

CANNABINOID BASICS



Cannabinoids are the active compounds in cannabis that interact with your body's ECS. Each one has a unique role—some might calm, some might energize, some could potentially help relieve pain or support sleep.

Cannabinoid	What It May Potentially Help With	Intoxication	Notes & Tips
CBD	Stress • Anxiety • Inflammation • Focus	✗ Non-intoxicating	Best for daytime balance • Builds over time with daily use
THC	Pain • Sleep • Appetite • Relaxation	✓ Intoxicating	“Start low & go slow” • Avoid mixing with alcohol
CBN	Sleep • Night-time relaxation	⚠ Very mild	Works best paired with CBD or THC for evening use
CBG	Focus • Mood • Inflammation	✗ Non-intoxicating	Often used for daytime mood & mental clarity
CBC	Mood • Inflammation • Nerve protection	✗ Non-intoxicating	Complements CBD & THC for whole-body support
THCV	Focus • Energy • Motivation • Appetite awareness	⚠ Mild (dose dependent)	Daytime use • May feel energizing at lower amounts • Differs from THC in appetite effects

Quick Tip: Different cannabinoids can work together in what's called the “entourage effect” — creating more balanced, effective relief when combined.