

INDICA - SATIVA - HYBRID



Indica, Sativa, and Hybrid were once used to predict how a strain might feel — but research now shows they don't reliably determine effects.

Originally, these were botanical categories — Indica from cooler climates, Sativa from warmer ones. Hybrid means a cross of both. Today, almost every strain on the menu is a hybrid.

What's the real difference?

- **Indica** — broader leaf, denser buds, traditionally tied to relaxing reputations
- **Sativa** — narrower leaf, taller plant, traditionally tied to uplifting reputations
- **Hybrid** — a cross of both — the majority of modern strains



What matters most today?

- **Terpenes** — the aromas and scents that shape the experience
- **Cannabinoids** — like THC, CBD, CBG, and more
- **Your own ECS** — everyone's body responds differently

Focus on the plant's profile.

Quick Tip: Use the category as a rough starting point, not a promise. Two Indicas can feel completely different — and the same Indica can feel different to two people. Your nose, the terpene profile, and your own body's response will tell you more than the label.