## Purchasing Your Medical Cannabis

Welcome to your essential guide on purchasing medical cannabis! Navigating the marketplace can be complex, but with the right information, you can make purchases that are safe, legal, and beneficial for your health needs.



Before purchasing medical cannabis, speak with your medical provider about the recommended dosage and the different ways to consume cannabis.

## Forms of Cannabis You Can Purchase

- Flower: Dried buds of the cannabis plant, which can be smoked or vaporized.
- Edibles: Foods infused with cannabis, such as gummies, cookies and beverages.
- Tinctures: Liquid cannabis extracts that are typically administered under the tongue with a dropper.
- Topicals: Cannabis-infused creams, lotions or oils applied directly to the skin. Used for localized pain relief without psychoactive effects.
- Concentrates: Potent extracts from the cannabis plant, which include oil, waxes and shatter. They can be used in vape pens, dab rigs, or added to flower.

## **Dispensaries**

- You will need to present your patient card and state issued identification when purchasing medical cannabis at dispensaries.
- Only purchase medical cannabis from licensed cannabis dispensaries.
- Patients enrolled in the medical cannabis program may purchase up to 425 units of tax-free medical cannabis in any 90-day period.
- Be sure to carefully read the label of the product you are purchasing. The label will provide information on potency, expiration, and allergens.
- Ask the dispensary attendant any questions you may have about medical cannabis products.

## **Safety Tips**

- Never drive while under the influence of cannabis.
- Don't smoke cannabis around children or pets, due to the dangers of secondhand smoke.
- Keep cannabis products in their original packaging so they are easily identifiable.
- Lock your cannabis in a place that cannot be accessed by pets or young children.
- If you've never used cannabis before, start low and go slow until you know how it will affect you.
- If you feel ill or have negative effects after using cannabis, seek help.



Center for Medical Cannabis Website: mcp.doh.nm.gov

