



Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com



Selecting THC in Flower

Δ-9 THC

Accurate Education

THC Dosing Recommendations

It is a value to be aware of how much THC one intakes when smoking, vaping or ingesting cannabis products. As with any medication, the THC dose should be kept as limited as possible in an effort to reduce side effects and avoid the buildup of tolerance to the benefits the cannabis provides.

Adverse Effects of Inhaled THC - The most frequently reported adverse effects of inhaled THC for are dizziness, drowsiness, dry mouth and nausea. Cognitive effects—including impaired attention, short-term memory loss, and slower reaction time—are well documented, particularly with inhaled THC. Psychiatric symptoms (e.g., anxiety, paranoia) and euphoria are also common, while serious side effects are rare.

Cannabis Withdrawal Syndrome - Cannabis withdrawal symptoms typically occurs after substantial reduction or discontinued use of long-term or high THC dose (> 20 mg/day), with symptoms beginning within 1–2 days, peaking at 2–6 days, and resolving within 1–2 weeks. In some cases symptoms, especially sleep disturbances, may last for several weeks.

The most common psychological symptoms are depression, anxiety, restlessness, irritability, decreased appetite, and sleep disturbance. Physical symptoms are less common but may include abdominal cramps, muscle aches, tremor, headache, sweating, chills, and weight loss.

The probability and severity of withdrawal are related to the frequency and duration of cannabis use, rather than age or gender. In general, patients inhaling more than 1.5 gm/day of flower, taking in more than 20 mg/day of THC or using cannabis products more than 2–3 times daily, are at high risk for having withdrawal. The severity of withdrawal symptoms increases with higher dosing and longer duration of use.

- **Nearly 50% of daily cannabis users experience some withdrawal symptoms.**
- **Daily use—regardless of the specific dose—is strongly associated with withdrawal risk.**
- **Chronic pain patients with daily or near-daily use of inhaled THC are at highest risk**

THC Dosing - While there is no universally established recommended daily dose of THC for chronic pain, clinical trials and guidelines suggest starting with very low doses (1–2.5 mg THC per inhalation/day) with subsequent slow titration upward as needed and tolerated.

Average daily THC doses should range between 13–25 mg/day or less, and the maximum daily dose is recommended to not exceed 30 mg THC per day. Doses should be individualized and based on effectiveness and tolerability. These recommendations are based on a modest degree of benefits and increased risk of adverse effects at higher doses. In some cases of long-term chronic use tolerance to THC benefits may increase and require higher doses. In such cases, however, efforts to reduce tolerance should be engaged..

Most cannabis users absorb 20–50% of the THC in the smoke they inhale (bioavailability), so the effective dose of THC per puff is variable, and it also depends on the flower's potency and inhalation technique. When estimating the THC dose from the range of dosing listed below, a short puff would be on the low end, and a long puff holding one's breath would be on the high end.

Similarly, when estimating the THC dose from the range of dosing per joint listed below, if a joint is rolled thin, it would be on the low end and if it is fat, it would be on the high end of the range listed. The average joint is considered to contain approximately 300 mg of flower but it may range from 250-500 mg.

The following tables provide THC dosing estimates to guide the use of THC products:

Cannabis Flower: Mg THC per Puff or per Joint

% THC	Mg THC /puff	Mg THC /Joint
10%	1-3 mg	6-15 mg
15%	2-5 mg	9-22 mg
20%	3-7 mg	12-30 mg
25%	4-9 mg	15-37 mg
30%	5-10 mg	18-45 mg

Cannabis Flower: Average Mg THC/day based on Grams of Flower per Month

% THC	Mg THC /Day (7 gms /Month)	Mg THC /Day (14 gms /Month)	Mg THC /Day (21 gms /Month)	Mg THC /Day (28 gms /Month)
10%	5 mg	10 mg	15 mg	20 mg
15%	7.5 mg	15 mg	22.5 mg	30 mg
20%	10 mg	20 mg	30 mg	40 mg
25%	12 mg	25 mg	37.5 mg	50 mg
30%	15 mg	30 mg	45 mg	60 mg

Cannabis Cartridge: Average Mg THC per Puff

Cartridge	Mg THC /puff	Puffs /Cartridge	Mg THC /Cartridge
Freedom 205mg THC/205 CBD	2-3 mg	75-160 puffs	205 mg
GDF 1 gm 80-90% THC	2-5 mg	200-300 puffs	800-900 mg

Cannabis Use Disorder (CUD)- Recent research reports that **25–29% of patients using cannabis for medical reasons, including pain management, meet criteria for CUD within a 6–12 month period.** This is similar to that seen in recreational users and is higher among those with daily or near-daily use, younger age, and inhaled routes of use. Studies confirm that CUD rates are higher in those with chronic pain and have increased over time, especially among older adults and those with multiple pain conditions.

The most common signs and symptoms suggestive of CUD in pain patients include:

- **Impaired control:** Using more cannabis than intended, unsuccessful attempts to cut down, and spending excessive time obtaining or using cannabis.
- **Craving and withdrawal:** Strong desire to use and/or withdrawal symptoms (irritability, sleep disturbance, decreased appetite) when stopping.
- **Tolerance:** Needing higher doses for the same effect.
- **Continued use despite harm:** Persisting with cannabis use despite physical, psychological, or social problems related to cannabis use.
- **Social/occupational impairment:** Neglecting responsibilities, relationships or activities due to cannabis use.

