



Guide To Being A Smart Cannabis Shopper



Table of Contents

Intro	i
Cannabis Pricing Guide.....	4
What is a Gram?.....	5
What is the Average Cost?.....	6
Cannabis Measurement Guide.....	7
What Factors Affect Cannabis Price?.....	8
Supply & Demand.....	9
Taxes.....	10
Quality.....	10
What to Expect at a Dispensary.....	11
Visiting Medical Dispensary for the First Time.....	12
Bring ID.....	12
Have Cash.....	13
Research.....	14
Product Availability.....	15
Talk to a Budtender.....	16
Microdosing.....	14
Smaller Doses.....	17
What is Microdosing?.....	18
Who is it For?.....	18
Best Way.....	19
Is Microdosing for Me?.....	20

As more states in the United States legalize marijuana and lift prohibitions from the past, more and more individuals are curious about it and want to try it for themselves or for medicinal reasons. Like alcohol, marijuana is mostly used for recreational purposes, but it is also increasingly being utilized medically to treat a variety of ailments.

Purchasing marijuana goods for the first time may be a daunting experience for many people who are new to the drug. An strange jumble of words, goods, and brands will be thrown at you. Educating yourself about the marijuana business may help you make better purchasing decisions and learn how to use it responsibly.

To help you out, we've put up a short guide to purchasing marijuana that covers all the essentials you should know before making a purchase.

Cannabis Pricing Guide: How Much Can I Expect To Pay?

As consumers, we're always on the lookout for the best prices. More importantly, as a medical marijuana patient, you want to get the most out of your money when visiting a cannabis dispensary. Whether you're a cannabis enthusiast or a first-time user, understanding the concept of the amounts and cost of cannabis can sometimes be confusing. Luckily, we've done the legwork and research to provide a helpful guide that can help you better understand and prepare for your next trip to the dispensary.

WHAT IS A GRAM, EIGHTH, QUARTER, HALF, OR OUNCE OF CANNABIS?



Before getting into the prices of cannabis, it's first important to know the measurements and quantities to know exactly what you're going to get. Cannabis is sold in predetermined denominations, including a gram, eighth, quarter, half, and ounce. These quantities can be broken down into the following:

1g = 1 Gram (equal to about 1 to 2 joints worth of cannabis)
1/8 ounce (Eighth) = 3.5 grams
1/4 ounce (Quarter) = 7 grams
1/2 ounce (Half) = 14 grams
1 ounce = 28 grams

If you are a beginner at using cannabis, you may still wonder what these quantities look like exactly. The chart below can help serve as a visual guide to help you get a better idea of how much cannabis is right for you.

A gram is the smallest amount that can typically be purchased from a dispensary. This is a great option if you are brand new to trying cannabis flower or if you're looking to test out a new strain without breaking the bank. On the other hand, if you have a specific strain that you enjoy and provides you with the most relief, you will most likely purchase it in larger quantities such as an eighth, quarter, or half.

WHAT IS THE AVERAGE COST OF A GRAM, EIGHTH, QUARTER, HALF, OR OUNCE OF CANNABIS?

Although cannabis is typically sold in the same weights and quantities, each can be drastically different. The following below highlights the average range of cost for each measurement.

One Gram: \$10-20; Eighth: \$30-\$60; Quarter Ounce: \$60-\$130; Half Ounce: \$100-\$225; Ounce: \$200-\$350

While these are just average prices, the cost of cannabis will vary from state to state. For example, according to The Oxford Treatment Center, the average cost of an ounce of high-quality cannabis in states such as Oregon, Colorado, and California is around \$237. However, in other states like North Dakota and Maryland, the average cost is about \$372. At the same time, in Washington, DC, it can be as high as \$598 an ounce.

CANNABIS MEASUREMENT & PRICE GUIDE

	How Much Does It Cost?	What Is The Measurement?
How much is a gram of weed?	\$10-\$20	1g=1
How much is an eighth or 8th of weed?	\$30-\$60	1/8 oz (eighth) = 3.5 grams
How much is a quarter of weed?	\$60-\$130	1/4 oz (quarter) = 7 grams
How much is a half of weed?	\$100-\$225	1/2 oz (half) = 14 grams
How much is a ounce or zip of weed?	\$200-\$350	1 oz = 28 grams
How much is a quarter pound of weed?	\$600-\$1200	4 oz (1/4 lb) = 113.398 grams
How much is a pound of weed?	\$2000-\$3000	16 oz (1 lb) = 453 grams

WHAT FACTORS CAN AFFECT THE PRICE OF CANNABIS?

So why does the price of cannabis vary so much in each state? There are, in fact, a few factors to keep in mind that can impact the cost at dispensaries across the United States.

Supply and Demand



One of those factors includes cannabis supply and demand. If the demand for cannabis is high but supply is low, dispensaries can charge higher prices for the product. On the flip side, when supply is greater than demand, this can benefit consumers. Suppose there is a high supply of cannabis. In that case, dispensaries will start to compete on prices with other facilities in the area to find an attractive price point for consumers. In this case, buyers will have the opportunity to seek and select the best prices.

Taxes



Whether you reside in a state where cannabis is legalized medicinally, recreationally or both, you will have to pay some form of taxes on your purchase. There are three different types of taxes that can be added: sales, excise, and local jurisdiction tax. These tax rates will vary depending on the state and location. In recreational states such as Michigan, the excise tax is 10% of the retail price, while it is subject to up to 37% in Washington, D.C. However, some states such as Washington and Maine offer exemptions for specific taxes for medical marijuana patients. This can be beneficial towards saving money on trips to the dispensary.

The Quality of the Product



As expected, higher-quality cannabis will be priced at a higher rate. In comparison, lower-quality cannabis will be priced at a lower rate. Factors such as the THC content, growing methods, and production process can contribute to a higher quality product.

Fortunately, since medical marijuana supports treating specific medical conditions and ailments, it will contain the best quality. Therefore, it is important to remember that the most expensive product(s) does not always mean they will work the best, especially since every patient is different and will experience different effects.

If you are still unsure about what products to purchase when visiting the dispensary, don't hesitate to speak with your budtender to talk about your symptoms and budget so they can help make recommendations that are best suited for you and your needs. Many dispensaries can also offer special discounts for patients, so be sure to check with your local facility and see if they are running any current promotions that can help you save some extra cash.

What to Expect At A Medical Marijuana Dispensary

GOING MEDICAL CANNABIS SHOPPING!

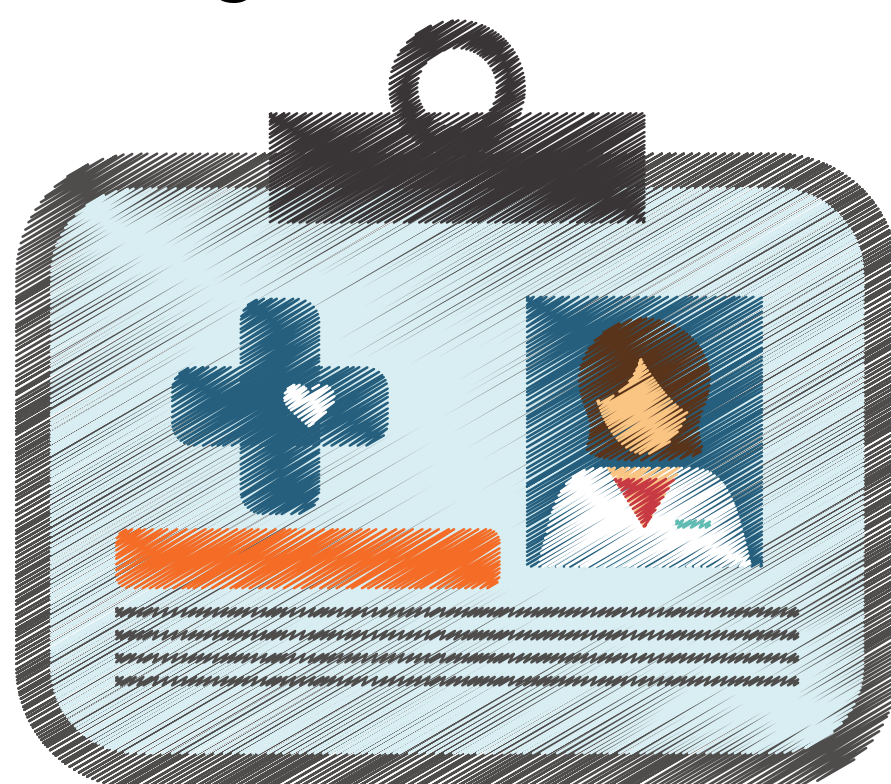


If you've never visited a dispensary before, especially if you're new to medical marijuana, it might seem intimidating. Don't stress yourself out, though! Visiting the dispensary should be an enjoyable experience. Your budtender will be ready to help you find exactly what you need to treat your specific condition and needs. Before your visit, you can do a few things to prepare so things can go smoothly.

VISITING THE MEDICAL MARIJUANA DISPENSARY FOR THE FIRST TIME

Mostly, visiting a cannabis dispensary does not differ from visiting any other specialty store. Most budtenders and dispensary workers will be there when you're ready for them while giving you a chance to explore the store at your own pace. Think of it like visiting a brewery, a natural health store, or any other shop very niche-specific. However, there are a couple of things you should bring with you on your first and every visit to the dispensary.

Bring Your Identification



Identification is one of the most important things to bring to a medical or recreational marijuana dispensary. Suppose you're going to a recreational dispensary. In that case, your state-issued ID, passport, or other government-issued photo ID showing you're 21 or older will be sufficient. But if you're going to a medical-only dispensary, be prepared with your state-issued medical marijuana ID card.

Have Cash on Hand



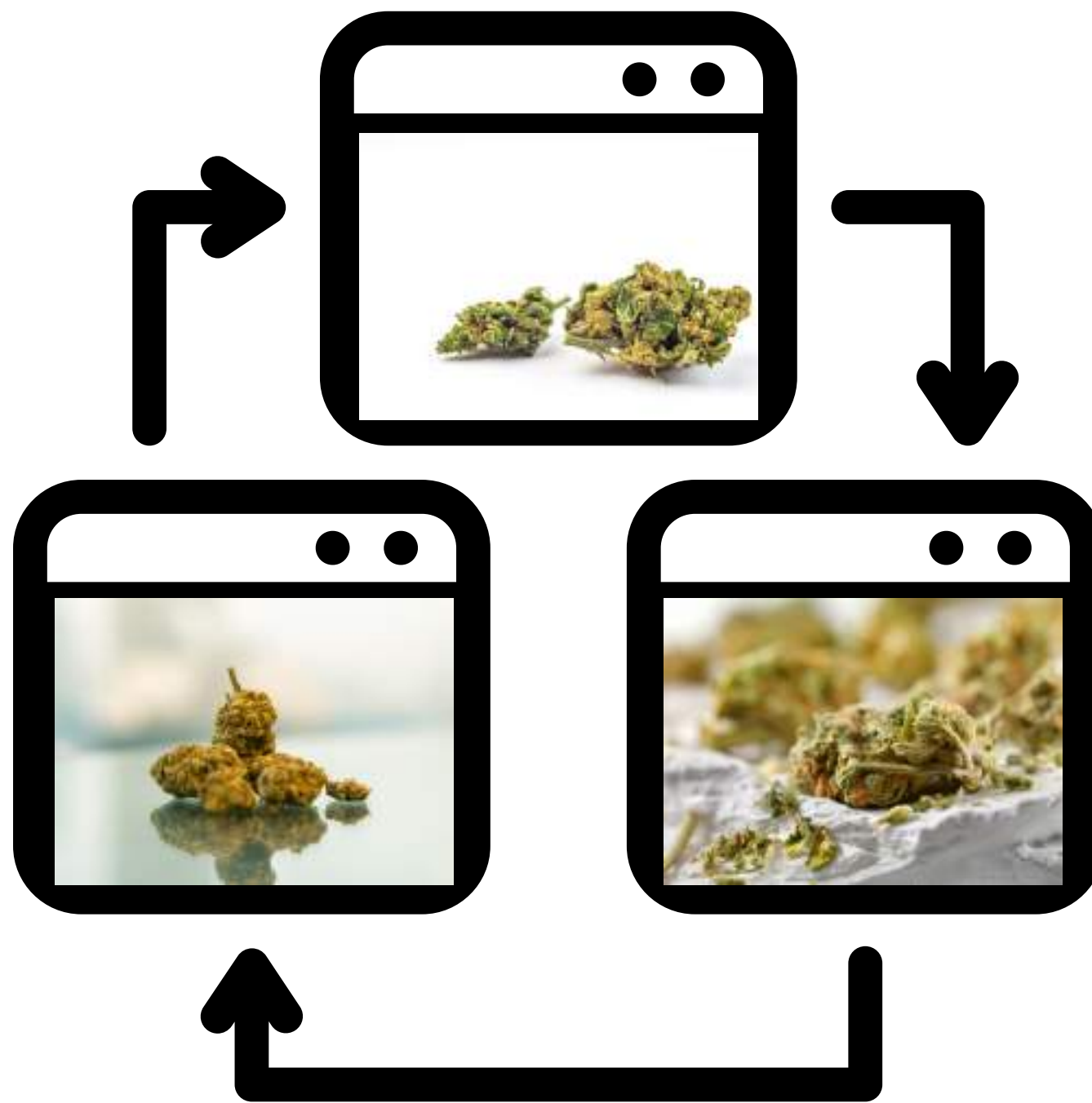
Cash is almost as important to bring as your ID. Though this trend has shifted, especially in the pandemic era, many dispensaries are still cash-only businesses. This is mostly because banks and credit unions are uncertain about offering services to an industry that lingers in a legal grey area between state and federal law. While some shops may take your debit card, you're better off keeping cash on hand just in case.

Research Before Choosing a Dispensary



Just like choosing your mechanic or finding the right lunch stop, choosing a dispensary is something that you should research online first. Websites like Leafly and WeedMaps make it easier to look up reviews of dispensaries, the products they offer, and sometimes you can even order ahead if they take card payments. This will allow you not only to decide on which shop to visit, but it also gives you a chance to consider what you purchase when you get there, which brings us to our next point.

Look at Products Available Online Before Shopping



Comparing product prices and reviews online before making a purchase is practically second nature for most of us. Honestly, how often have you checked your Amazon or Walmart app before making a purchase in a different store? It should be no different when it comes to the medical marijuana products you purchase in a dispensary. Look up products and brands for reviews before you go, and if you're still unsure at that point, then ask your budtender when you're in the shop. The more you know going into the purchase, the better the results, especially with medical cannabis.

TALK TO YOUR BUDTENDER TO GET RECOMMENDATIONS FOR YOU



There is no one-size-fits-all recommendation for medical marijuana. Even two people treating an identical condition with identical symptoms may find that different dosages or products work better for them. However, based on your specific needs and preferences, a budtender is like your pharmacist. They can help point you in the right direction. They can help you decide between different products and strains and advise how often and how much to medicate

Microdosing Cannabis & Its Benefits

SMALLER DOSES OF MEDICAL MARIJUANA



Medical marijuana is a popular option for patients for treating many different conditions, however, the methods of using it can vary from person to person. Micro-dosing has become a popular option for many patients because of its ability to deliver a relaxed, yet still focused 'high'. By using cannabis in even the smallest doses it still has the ability to deliver substantial results for many medical marijuana cardholders.

WHAT IS MICRO-DOSING?

Micro-dosing is when you take small amounts of cannabis in order to reap the medical benefits of THC while avoiding its psychoactive effects that sometimes interfere with completing daily tasks.

Who is Micro-dosing For?



If you are someone who suffers from severe, intractable, or chronic pain, micro-dosing may not be a good fit for you. Microdosing may be a possible treatment option for those combatting stress, anxiety, depression, and acute pain. It can also work to aid in sleep, and improve focus. One study in 2012 showed that when cancer patients consumed lower doses of cannabis they experienced more pain relief than others who used more.

What is the Best Way to Microdose?

There are many ways medical marijuana patients can microdose. The ideal place where patients want to be in order to relieve their symptoms effectively is in the middle of not being high at all, and being too high. Patients should start with a low enough dosage, somewhere between 3-5 milligrams for a few days before increasing their dosage. When consuming, you want to make sure you are not consuming to get high, but just enough to where you start to feel the cannabis working.

From this point, you can slowly increase your dosage after a few days.

The most popular option for micro-dosing cannabis is in the form of edibles. Edibles available at dispensaries can be purchased in lower milligrams, making it easier to only consume a small amount at a time.

Homemade edibles can be much harder for dosing, as it's hard to determine exactly how many milligrams are being consumed in each piece.

IS MICRO-DOSING AN OPTION FOR ME?



Medical marijuana should be tailored to each patient's individual make-up and condition. The first thing you should do as a patient understands your body's endocannabinoid system by keeping a journal to track your results. Journaling the cannabis strain used, consumption method, dosage, and side effects can help you easily determine which products work best for you and your body. Take your time and be patient when figuring out what dosage and consumption method works best for you. Be mindful of other elements that may impact the outcome of your high, such as your environment, state of mind, hydration, and nutrition.