



# INDICA SATIVA and HYBRID

AS CANNABIS DISPENSARIES CONTINUE TO OPEN in various states, we see more & more products (not always so common) coming out of these locations. Each type of cannabis product, also known as a strain, has a different euphoria or “high”. There are many strain names which are very well known to frequent cannabis users. Some of these strain names fall under various THC products and others, under CBD products. Various strain names can sometimes include the words “Kush” or something starting or ending with the term “Diesel”. As the strains become more commercialized, we can also observe them on t-shirts, billboards, and other cannabis products.



First, there are three different “classifications” of most marijuana products. These are known as Indica, Sativa and Hybrid. Many dispensaries will also refer to these as “strains”. To put it simply, a strain name such as “Kush” will fall under one of the three classifications.

The many forms include leafy/ traditional marijuana buds, edible products like snacks, candy, drinks and other foods, vape cartridges (generally 1/2 to 1 gram in size), and finally concentrates, also known as dabs, wax, butter and oil. **To better understand each strain, please read below:**

## INDICA



According to those who purchase and use this strain, they feel that Indica provides them a

body high, couch locked / sleepy, depressant like effect, a more relaxing & heavier high. It is also said that this strain reduces anxiety.

## SATIVA



According to those who purchase and seek the Sativa strain, they feel more of a head high, providing

more energy, an increase in creativity, similar to a hallucinogen. It is also called the daytime strain.

## HYBRID

Finally, there is the Hybrid strain which I refer to as “a bowl of soup”. This strain is a combination of Indica and Sativa. Hybrids usually lean towards either Indica or Sativa but they do contain both strains.

IN CONCLUSION, remember these designations are made by those who sell and use these three different strains. These forms of cannabis are commonly marketed under these strains. You will see a lot of differing options through online searches or even drug user reports. Also, some believe that many of today's marijuana products are Hybrids simply because many of the plants undergo crossbreeding during production.

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