



MARIJUANA: INDICA, SATIVA AND HYBRIDS

Many Cannabis users and retail (state legal) locations will highlight three different “strains, aka classifications, of Cannabis. These strains are Indica, Sativa, and Hybrid. Product forms include: leaf, edibles, and concentrates (dabs). The particulars for each of the strains are below. (These details are taken from user accounts and interviews.)

INDICA

Body High
Couch Locked / Sleepy
Sleep Aid
More Relaxing
Heavier High
Reduces Anxiety

SATIVA

Head High
“Daytime” Strain
More Energy
Creativity
Can Cause Hallucinations
Can “Increase Focus”

HYBRID

Combination of
Indica & Sativa
Can also have CBD
Specific to the grower
Could be Indica or
Sativa dominant