

# Cannabis FAQs



In order to possess or use non-medical cannabis in Maine, you must be 21 years of age or older.



Adults 21 years of age or older can possess up to 2.5 ounces of a combination of cannabis flower, cannabis concentrates and other cannabis products, including no more than 5 grams of cannabis concentrate.



Mainers can grow cannabis for personal use in their homes. As many as 6 mature plants, 12 immature plants, and an unlimited number of seedlings are allowed per resident 21 years of age or older.

*\*Effective in late 2023*



Out of state patients from specific states and registered patients can buy medical cannabis in Maine. Individuals who have received a patient certification from a medical professional may legally access medical cannabis from a registered caregiver or dispensary.



Using cannabis in any form (smoking, eating, or vaping) isn't allowed in public places in Maine or on federal properties (parks).



Don't drive while high. If you feel different, you drive different.



Start low, go slow: Cannabis impacts people differently. Pay attention to THC% - the higher the THC, the more impact it will have.



Remember to store cannabis at home safely and securely, locked and away from young people and pets.

# About the Maine Office of Cannabis Policy (OCP)

OCP's mission is to ensure the health and safety of all Mainers by effectively and responsibly licensing and regulating adult-use and medical cannabis programs in Maine.

## OCP Public Health & Safety Programs



Unclouded is OCP's public health and safety campaign for teenagers. It provides important information about the risks of using cannabis as a teen. Learn more at [www.uncloudedmaine.com](http://www.uncloudedmaine.com).



Let's Talk Cannabis is OCP's public health and safety campaign for young adults. It provides important information about recognizing the signs of a dependency on cannabis. Learn more at <https://www.letstalkcannabismaine.com>.

*If there is an accidental exposure or an adverse reaction to cannabis, call 911 for a medical emergency or the Northern New England Poison Center for non-urgent matters at 1-800-222-1222.*



## Contact OCP

Visit the OCP website for more information on industry data, program rules, upcoming events, and more.

Tel: (207) 287-3282 Fax: (207) 287-2671;

Website: <https://www.maine.gov/dafs/ocp/>

## Connect with OCP



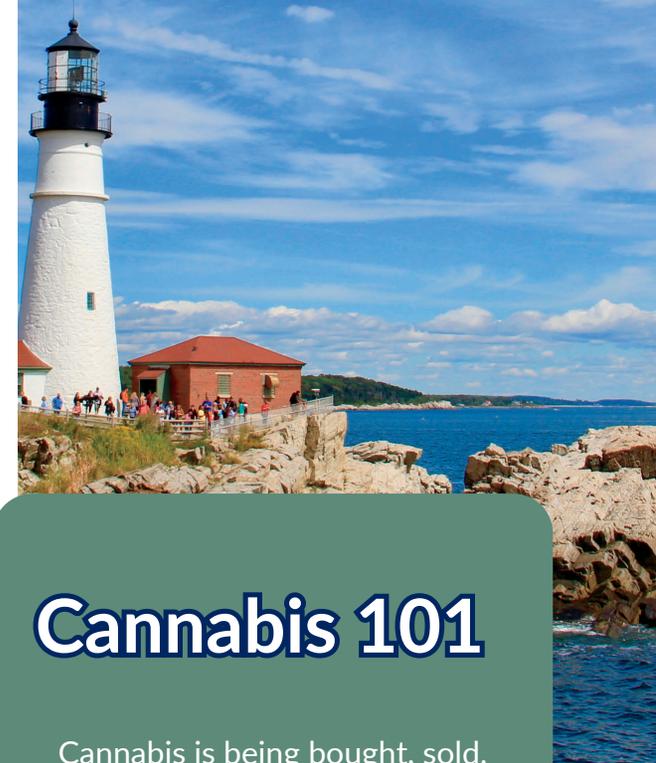
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# Cannabis 101

Cannabis is being bought, sold, and consumed in every town in Maine – together we can make sure it's tested, tracked, and taxed.

HERE'S WHAT YOU NEED TO KNOW



# Cannabis Landscape

The status of regulated cannabis programs nationwide

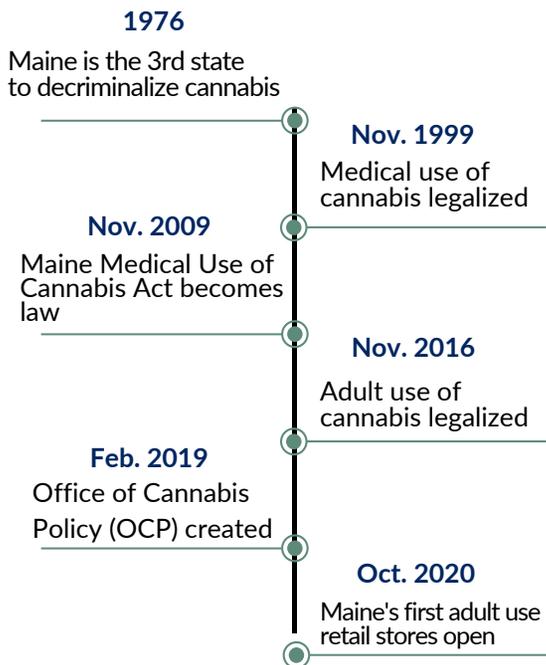
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Medical States

23

Adult-Use States

## Maine's Cannabis Timeline



For more information on Maine's regulated cannabis programs, visit [www.maine.gov/dafs/ocp](http://www.maine.gov/dafs/ocp)

# The Plant and Processes

## WHAT IS CANNABIS?

**Cannabis** means the leaves, stems, flowers and seeds of a cannabis plant, whether growing or not. "Cannabis" includes cannabis concentrate, except where context indicates otherwise, but does not include hemp as defined in 7 MRS §2231, or a cannabis product.

## WHAT ARE CANNABINOIDS?

Cannabis has over 100 chemical compounds called **cannabinoids**. These interact with the human endocannabinoid system and produce a wide range of physiological effects.

Tetrahydrocannabinol (**THC**) and cannabidiol (**CBD**) are the most common. THC is known for its psychoactive effects (a feeling of being high). CBD does not directly produce a feeling of being high and may counteract some of the psychoactive effects of THC.

## Best Cannabis Program Practices

- The best practices of any well-regulated cannabis industry include ensuring that cannabis is tracked, tested, and taxed.
- Testing and inventory tracking are especially important for product safety and quality assurance. These are mandatory in Maine's Adult Use Cannabis Program (AUCP).
- Testing is especially important as it helps ensure that cannabis and cannabis products are free of harmful contaminants
- Taxing cannabis is key to many economic factors due to the significant amount of revenue it generates.

# Types of Products

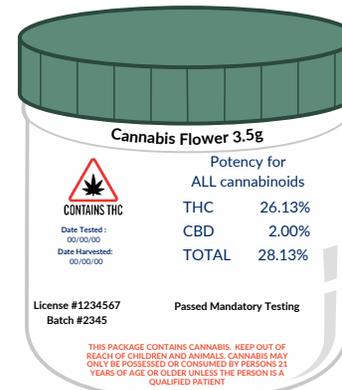
**FLOWER:** Raw cannabis plant material that can be smoked (combusted) or vaporized. Cannabis flower also plays a role in every other product type: edibles, concentrates, topicals, tinctures and capsules. Most commonly sold as plain flower ("buds") or pre-rolled joints ("prerolls").

**CONCENTRATES:** The result of extracting cannabinoids and terpenes from the cannabis plant using a variety of methods, which results in varying product types such as oils and waxes. These concentrates, as the name implies, typically have much higher levels of cannabinoids and can be smoked or vaporized.

**VAPES:** A method of inhaled cannabis consumption that heats the oils and other compounds in cannabis into a lower-temperature vapor. The most common product of this type is often referred to as the "vape pen", which utilizes varying forms of cannabis concentrates.

**EDIBLES:** Orally ingested forms of cannabis that use concentrated oils and butters to infuse varying types of edible products such as gummy candies, chocolates, beverages, tincture oils, capsules, and much more.

## Know What's In Your Product



**Potency:** the amount of THC and CBD in the cannabis product. Make sure to check product labels to ensure correct knowledge regarding potency.

**ALL** adult use cannabis and cannabis products must pass mandatory testing. There are no testing requirements for medical use products.

- Check your adult use product label for test result information and potency.
- Ask your caregiver or budtender if your medical cannabis has been tested and if so, for what and when.