# Purchasing concentrates

**All regulated cannabis products in New York are lab tested for harmful levels of contaminants and residual solvents (leftover chemicals) that are unsafe for consumption.** If purchased at a licensed dispensary, cannabis product packaging will have a link or a QR code with the Certificate of Analysis that has more info on the product's lab testing results.

**Always verify if a dispensary is licensed by the OCM** by scanning the QR Code on this sticker, found outside legal licensed dispensaries, which will take you to cannabis.ny.gov

scan me!

**Scan to learn how to read a Certificate of Analysis**

# Storing cannabis concentrates safely

**Always store cannabis products in original child-resistant packaging.** The product label displays cautionary warnings and key information in case of an emergency.

**Keep cannabis products locked, out of sight, and out of reach of young people and pets.** Store products and supplies in a locked container or inside a locked drawer.

**Be mindful to clean up any products, accessories, or matches after consuming.** Young people and pets sometimes find cannabis when it is openly discarded in the trash (such as residue from concentrates on Q-tips). Be sure to toss any cannabis waste into a trash container with a closed lid.

**Call the Poison Center at 1-800-222-1222 if you think someone has been accidentally exposed to a cannabis product or consumed too much. Call 911 if the person is showing signs of an emergency.**

# What to do if cannabis use becomes a problem

Talk to your health care provider or a substance use counselor if you think your cannabis use is problematic, such as disrupting your daily life or causing problems at work, school, or home, or if you are having difficulty cutting down or stopping your cannabis consumption.

**Call the Office of Addiction Services and Supports' 24/7 HOPE Line:**

**1-877-8-HOPENY (467369) or text HOPENY (467369)**

or visit **oasas.ny.gov** to learn more about addiction treatment.

**Concerned about a cannabis product or business?**

report it here

If you are exploring cannabis due to a medical condition or require assistance finding the right products for you, consider becoming a patient in the Medical Cannabis Program. For more information, visit: **cannabis.ny.gov/medical-cannabis**

If you have questions regarding the Office of Cannabis Management, please call **1-888-OCM-5151** (1-888-626-5151) or email: **info@ocm.ny.gov**

**cannabis.ny.gov**

NEW YORK STATE | Office of Cannabis Management

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# KNOW YOUR CONCENTRATES

*New York*

**What you need to know about cannabis concentrates**

NEW YORK STATE | Office of Cannabis Management

# What are cannabis concentrates?

Concentrates are extracted cannabis products that are the most potent (strong) cannabis form and contain high levels of active ingredients from the cannabis plant; primarily **cannabinoids (like THC or CBD), terpenes, and flavonoids.** THC is a cannabinoid known for its psychoactive effects or the feeling of being high. CBD does not cause a high and has an anti-inflammatory effect.

Because they only include select parts of the plant, concentrates are extremely potent and are recommended only for those with a higher tolerance to cannabis and experienced consumers.

**Concentrates can range from 50%-98% THC. (For comparison, cannabis flower typically ranges from 12%-30% THC).**

## What do concentrates look like?

Concentrates are processed into oils, waxes, and other forms. Here are a few examples:

Shatter

Vaporizers

Wax

Live Rosin

CO2 Oil

Budder

# How are concentrates consumed?

Concentrates can be consumed by smoking, vaping, and dabbing.

**Dabbing** is when individuals use a “dab rig” or pipe specifically designed for concentrates to produce cannabis vapor.

**High-potency cannabis products do not always lead to a better cannabis experience. The type of product, amount consumed, and individual tolerance all influence consumer experience. Always start with less than you think you need when trying new products for the first time.**

## How are concentrates made?

How cannabis concentrates are made can affect the product’s potency, color, ingredients, product form, and the consumer experience.

**Some methods include:**

- Using solvents, like alcohol or butane to isolate the desired active ingredients
- Pressing cannabis buds with heat or pressure
- Separating the desired buds and active ingredients by shaking, grinding, and using cold water

Sometimes you may see the word “live” on products, like “live resin.” This typically means the cannabis buds were flash-frozen (just like frozen vegetables) to preserve the freshness of the plant after harvest before it is ready to be processed.

# Considerations for consuming concentrates

Studies have shown high-potency cannabis products, like concentrates, may be associated with increased risk for certain health conditions, including psychosis, cannabis dependence, Cannabis Use Disorder, and anxiety.

More research is needed to better understand how the health effects of higher-potency products can differ from low potency products. The likelihood of experiencing psychosis after consuming higher potency products can be stronger for individuals living with or at risk of serious mental illness.

## Consuming safely and responsibly

**Recommended serving sizes for concentrates are much smaller than other product types. You might also feel the effects for even longer!** Because it can be easy to overconsume cannabis, here are some tips:

- **Start low and go slow!** It can take up to 10 minutes to feel the initial effects and they can last several hours. Wait to see how you feel or react before consuming more. You can always consume more, but you can’t consume less!
- **Concentrates may raise your tolerance of cannabis products if consumed on a regular basis.** Be sure to take breaks (known as tolerance breaks or t-breaks) from this type of product if you are not experiencing the same effects after repeated use.
- **Watch the temperature!** Dab rigs and vaporizers can get hot. Use caution around equipment to avoid burns. Aways use the suggested cartridge temperatures, if available. The optimal temperature for vaporizing concentrates can vary based on how the product was made.