

Species

High

Scent**Taste****Cannabinoids****Strain Lingo****Feeling****Benefits****Best time to use****Indica**

Body, enhances the sense of taste, touch, and sound.

Sweet and Sour/Pungent

Complex Flavor, Flowery, Fruity

High CBD

Kush

Relaxing, Sedative

Insomnia, Pain Relief, Anxiety, Headache, Seizures, Stress, and Muscle Spasms.

At night, when you want to rest or sleep

Sativa

Head, Cerebral

Fresh, Spicy, Citrus

Brighter, Sweet, Citrus, Earthy

High THC

Haze

Stimulating

Depression, Focus, Energy, Creativity, Mood disorders, ADD/ADHD, Fatigue, Nausea and Vomiting

In the day when socializing or being physically active.