



Onset + Duration of Various Forms of Cannabis

Format/Method	Onset (minutes)	Duration (hours)
Ingested (capsules, edibles, drinks)	30-90+	6-12
Inhaled (vapor or smoke)	1-3	1-3
Raw Cannabis Juice (non-psychoactive)		
Rectal Suppositories	15-30	6-8
Sublingual /buccal (drops, lozenges, spray)	15-30	2-4
Topical (balms, salves, bath soaks)	30-60	2-4
Transdermal (patch, gels)	15-30	6-12