



# 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