

## **BEST LOW THC INDICA STRAINS**

### **SPECIAL SAUCE**

Botany Farm's own Special Sauce Indica is a great CBD strain with extremely low THC. With both flower and pre-rolls available, this sleepy indica is great for beginners and seasoned enthusiasts alike.

### **STEPHEN HAWKING KUSH**

If you want to experience a subtle high, this strain is perfect for you. Stephen Hawking Kush is a much more balanced strain than other low THC strains, with an average CBD level of 14% and 10% THC at its highest. Even if 10% seems like too much for a low THC strain, it is important to take into account that CBD offsets the effects of THC.

Stephen Hawking Kush has a rich cherry flavor and minty notes, keeping you alert and focused while it relieves pain and nausea. You can go about your day with a clear mind while CBD and THC make their therapeutic work in your body.

### **CHARDONNAY**

This hemp strain is great if you are looking for a relaxing indica-dominant strain that has a low THC level. Chardonnay has a rich fruity and sweet aroma and combines the best of Cherry Wine and Black Rose. Its CBD level ranges from 9-15%, acting against the low THC levels that it may contain. This strain is often used for melting stress away and relaxing your mind while staying alert. For this reason, Chardonnay can be consumed both at daytime and nighttime.

### **PENNYWISE**

You can find plenty of balanced cannabis strains on the market, like Pennywise. This strain has a low THC content that ranges from 8-15% and 12% CBD. Thanks to this near-perfect 1:1 ratio, Pennywise delivers a very mild high while feeling mellow due to the CBD content of its buds. Since it is an indica strain, you are more likely to experience a physical high like soft tingles, melting tension and pain.

### **ARGYLE**

Argyle is indica-dominant with a THC level of 4-7% and a CBD level of 5-8%. This ratio means this is the perfect strain for first-time users. You can benefit from a mellow high that takes a while to manifest a first. After a couple of minutes, you will enjoy the uplifting sensation this strain provides. A few side effects could be dizziness and red eyes, but nothing that will make you worry way too much for a first-time experience.

## **BEST LOW THC SATIVA STRAINS**

### **HARLEQUIN**

Probably one of the most popular low THC strains, Harlequin is a sativa-dominant bud that provides clear-headed and alert effects. It has sweet mango and earthy flavors that will make your mouth water. Additionally, it has an average 10% CBD content and 5% THC level, making it somehow balanced. Due to the presence of CBD, Harlequin is a nice low THC strain to treat pain and anxiety without the invasive effects of intoxication provided by large amounts of THC.

### **SOUR TSUNAMI**

With THC levels that can go from 0.1 to less than 10%, Sour Tsunami is a great low THC strain for those who seek the uplifting properties of a sativa strain without a head-hitting high. This strain has an herbal, fruity flavor profile, which suggests terpinolene, pine, and myrcene. You will treat pain and stress thanks to its CBD content while having a focused and euphoric mind.

### **CBD MANGO HAZE**

This sativa-dominant strain has been bred to have an almost perfect 1:1 THC:CBD ratio. CBD Mango Haze has about 6-8% THC content and 8-10% CBD, perfect for users who love an aromatic, fruity strain while enjoying the effects of an energizing sativa without a strong high.

### **DANCEHALL**

The name itself takes you to a fun place to be. Dancehall is a cross between Juanita La Lagrimosa and Kalijah that will lift your spirits and make you feel creative and social. Its CBD content is around 8.5% and it has a low THC level of 5.5%. While it provides a mild high, your body will definitely feel the smooth buzz provided by THC without distracting you. In addition, it's delicious spicy and citrusy flavors will make your mouth water.

## **BEST LOW THC HYBRID STRAINS**

### **CANNATONIC**

This strain was specifically bred by Resin Seeds for a balanced THC-CBD ratio. Cannatonic has a CBD content of 10-15% and 5.5-10% THC, making it a complete experience for beginners. You will find a mellow high in this strain while feeling euphoric and relaxed. The herbal and piney notes of Cannatonic are highly relaxing, which is great for treating pain, migraines and muscle spasms.

### **HARLE-TSU**

This low THC strain is a cross between Harlequin and Sour Tsunami. It was bred for purely medicinal purposes, but it has gained popularity among beginners because of its low THC levels. While it often depends on each breeder, laboratory testing has shown Harle-Tsu to have 1% THC level at its highest. On the other hand, the CBD content of this strain will help you treat insomnia, stress and fatigue.

## BEST LOW THC STRAINS FOR ANXIETY

When it comes to anxiety, low THC strains are the best option for you. This is because high THC levels have shown to produce paranoia and anxiety due to the potent cerebral stimulation they produce. Among the strains listed above, there are some quality buds that will reduce anxiety and balance your mood after a few drags. The best low THC strains for anxiety are:

- Harlequin
- CBD Mango Haze
- Harle-Tsu

## BEST LOW THC STRAINS FOR INSOMNIA

Insomnia is a problem many users struggle with, but a great selection of indica-dominant, low THC strains should do the work for those restless nights where your mind is full of thoughts. Find a solution to your insomnia problems with these low THC strains:

- Special Sauce
- Harle-Tsu
- Pennywise

## BEST LOW THC STRAINS FOR PAIN

CBD is known for being one of the best cannabinoids to relieve pain. For this reason, finding a CBD strain with low THC levels will provide all the therapeutic effects of both cannabinoids in a perfect way. Some of the best low THC strains to treat pain and inflammation are:

- Argyle
- Pennywise
- Harlequin
- Sour Tsunami
- Stephen Hawking Kush

Taken from © Botany Farms 2020

