

Label-reading cheat sheet

The label, the math, and the batch — distilled from our guide to reading a cannabis label.

Label anatomy

- **Strain / cultivar name.** The genetics the grower intended — a starting point, not a promise. Names get reused and misapplied.
- **THC and CBD percentages.** "Total THC" is usually calculated, not measured — see the math below.
- **Net weight.** The one number that is never ambiguous — check it against what you paid for.
- **Harvest and package dates.** Cannabis ages; the gap between them affects aroma and character.
- **Batch / lot number.** Ties your jar to one harvest, one test, one lab report. Two jars with different batch numbers can be meaningfully different products.
- **Producer and license number.** Who grew it — useful for finding the original lab report.
- **Warnings and symbols.** Required, not informative — but their absence means it is not a legal product.

The THC math

Raw flower holds THCa, the acidic precursor. Heat converts THCa into THC. Labels usually compute total THC as:

Batch variance

A strain name is a recipe; a batch is the meal. Two harvests of the same genetics can test differently. Shop for batches — growers you trust, fresh harvest dates, terpene profiles you enjoy — not just names.

Five questions for your budtender

- “Can I see the COA for this batch?”
- “When was this harvested?”
- “What are the top terpenes on this batch — not the strain page?”
- “What does your shop mean by indica and sativa?”
- “What is tasting best to you right now?”