

CONSUMER EDUCATION GUIDE



Sanctuary
Medicinals

Our mission is simple:

To provide the highest quality organic medicine, service, education and experience to qualified medical cannabis patients and adult consumers in Massachusetts.

Types & Effects of Cannabis

Cannabis has been used for medicinal purposes for many years. Mature cannabis plants contain many different cannabinoids that give the user physical and/or psychotropic effects. Each strain or variety of cannabis has a different cannabinoid profile with varying strengths.

Sanctuary Medicinals produces many different strains of cannabis to ensure that each individual can find a product that suits their needs.

TETRAHYDROCANNABINOL (THC)

This was the first cannabinoid identified. The therapeutic effects of THC have been well documented as a result. THC is known to produce the “high” effect associated with cannabis.

CANNABIDIOL (CBD)

CBD is another well known cannabinoid. It has gained attention for its medicinal benefits but provides little to no “high”. Sanctuary Medicinals offers a myriad of CBD products in varying strengths.

FACTORS TO CONSIDER

Everyone has different experiences using cannabis. There are a number of factors that impact the effect you feel including:

- Dosage (amount used)
- Strain or type of cannabis
- Environment/setting
- Method of use
- Mood or mindset
- Experience/history of cannabis use

Strain Types

Cannabis strains can be divided into four categories: sativa, indica, hybrid and High CBD. Different types of cannabis can have very different effects on the human body. Strains are bred to maximize/minimize specific traits and effects, and hybrid strains are created when genetics from both sativas and indicas are joined together.

SATIVA

Sativa strains tend to provide uplifting and energizing effects that are good for daytime use. Consumers seeking cannabis that offers pain relief and encourages physical activity, increased energy, and creativity may prefer sativa strains. Sativas can also help alleviate anxiety and depression, promoting a sense of well-being.

INDICA

Indica strains are known for relaxing the body and mind. Indica strains are helpful for consumers looking to manage pain, insomnia, anxiety, and stress – especially in the evenings. Indica strains also help relieve intra-ocular pressure. The full-body sedating effects of indicas are best for those with chronic pain and those with issues related to sleep. These strains are also effective in stimulating appetite and reducing nausea.

HYBRID

Hybrid strains are crossbred strains of cannabis that have genetics from both sativa and indica strains. Their traits depend on what is inherited from parent strains. Hybrid strains are generally categorized as sativa-dominant, indica-dominant, or balanced (50/50) hybrid.

HIGH CBD

High-CBD strains are reported to be helpful in treating a number of conditions while producing little to no psychoactive effects. These strains can be an indica, sativa, or hybrid. Strains are specifically bred for high CBD content, therefore maximizing medicinal benefits. CBD may be helpful in treating pain, inflammation, and anxiety.

Ask one of our helpful employees about our strains, how to understand their different effects, and how to find the product that may be best for your needs.

Delivery and Dosage

INHALATION

The most common method consumers use is inhalation. When inhaled, cannabinoids enter into the lungs where they are then passed directly into your blood stream. This enables quick onset, making proper dosing easier than other methods.



Onset: 5-10 minutes

Duration: 2-4 hours

Vaporizing

Vaporizers are devices that heat cannabis to a specific temperature, below its ignition or combustion point. Due to the fact that there is no combustion occurring, vaping is a much safer alternative to smoking. This releases cannabinoids as a vapor without producing smoke. Vaporizing also causes little to no irritation to the throat or lungs.

Smoking

Smoking is the classic method of cannabis delivery. This is done by smoking cannabis in rolled paper, pipes, or water pipes. Smoking provides consumers with controllable and readily available effects which means that many consumers can slowly increase their dose to achieve symptom relief.

DOSAGE

Start with one inhalation and wait 5-10 minutes before consuming more. If using a concentrate, much less is required as concentrates provide a higher dosage. Start with one inhalation of concentrate and wait 5-10 minutes before consuming more.

TOPICALS

Topicals consist mostly of non-psychoactive, cannabis-infused salves, oils, and transdermal patches. Consumers apply these products directly onto their skin to treat localized pain, muscle soreness, and inflammation.

Consumers with skin disorders or peripheral pain disorders do well with topical cannabis. Cannabinoids are absorbed through the skin and do not result in psychoactive effects.



Onset: varies

Duration: varies

DOSAGE

Dose is a function of an area to be covered. Topicals can be used as needed.

INGESTION

Another popular way to consume cannabis is through ingesting it in edible form. When cannabis is ingested, cannabinoids are metabolized by the liver, which strengthens both the effects and duration of the medicine. Eating or ingesting cannabis usually leads to a longer, stronger, and much more physical effect than smoking. Due to the longer and slower release of cannabinoids, be sure to start with the lowest dose possible. The ability to control the effects (titrate) is more difficult than inhalation because of the variability of digestion.



Onset: 1-2 hours
Duration: 6-8 hours

DOSAGE

Start low and go slow! Start with 5mg or less.

Wait at least two hours to assess the effects before increasing the amount of cannabis consumed, and remember that an empty stomach can significantly affect the time it can take for the cannabis to take effect.

If the effects are too strong, drink water and find a safe and comfortable place to rest. It may take some time but the effects will pass.

SUBLINGUAL DELIVERY

Some cannabis products are designed for sublingual consumption, including tinctures. "Sublingual" refers to the tissue under the tongue, an area where cannabinoids can enter directly into the bloodstream. Dosing can be easily managed through this discreet, and very effective delivery method.



Onset: 5-30 minutes
Duration: 1-6 hours

DOSAGE

The amount needed will depend on the tincture. Consumers should start with a few drops and increase it as needed. One dropper is equal to 1mL.

CANNABIS INFUSED PRODUCTS FIRST TIME RULE OF THUMB

Start low and go slow! Start with 5mg or less.
Wait at least two hours before having more.

Limited Psychoactive Effects

Sanctuary Medicinals understands some consumers are looking for products that provide limited psychoactive effects. We offer several products with little to no psychoactive effects including flower, vaporizers, capsules, and tinctures.

THC-A

THC-A is the main non-psychoactive cannabinoid in raw cannabis. It converts to THC when heated, smoked, or vaporized. THC-A has been reported to help with inflammation, seizures, and muscle spasms.

CBD DOMINANT

CBD products are reported to be helpful in treating many conditions while producing very little to no psychoactive effects. It has been used for anxiety, pain, seizures, and inflammation.

CBD:THC 1:1

A one to one ratio of CBD and THC offers a balance of both CBD and THC. These products offer a balance of psychoactive and non psychoactive effects that many consumers find are helpful.

In addition to the products listed above, there are other products at Sanctuary Medicinals with similar ratios. Talk with a Sanctuary Medicinals employee at your next visit to learn more about these products.

Finding the Right Dose

Start low and go slow. When trying a new product, always start with a low dose to gauge how well the product works for you.

Method	Start With
Smoking	One inhalation
Vaporizing	One inhalation
Tincture	5mg or less
Edibles	5mg or less
Topicals	Thin layer of product

Tracking the products you use is beneficial to many consumers. Use the Strain and Product Log on page 11 in this handbook to learn from your experiences.

AVOID ACCIDENTAL INGESTION AND KEEP CHILDREN SAFE!



KEEP ALL CANNABIS AWAY FROM CHILDREN. STORE ALL PRODUCTS IN THEIR ORIGINAL CHILDPROOF PACKAGING, OUT OF REACH OF CHILDREN, AND IN A LOCKED CONTAINER. TO AVOID THE RISK OF ACCIDENTAL INGESTION, **DO NOT** STORE EDIBLE CANNABIS PRODUCTS WITH OTHER FOODS. BE RESPONSIBLE ABOUT SAFE STORAGE.

Tolerance & Dependence

CANNABIS WITHDRAWAL

Unlike other medicinal and illicit drugs which may cause severe withdrawal symptoms and even death upon cessation of that drug, cannabis withdrawal may be unpleasant but never deadly.

SIGNS AND SYMPTOMS OF DRUG ABUSE

Each drug has different physical effects however, the symptoms of addiction are similar. If you notice the following signs or symptoms of drug abuse, consider talking to someone about this.

- Neglecting responsibilities at home, work, or school because of your drug use
- Spending excessive time in acquisition, using, or recovering from use
- Unsuccessful attempts to quit/cut down use
- Getting into legal trouble
- You take drugs to avoid or relieve withdrawal symptoms
- Your life revolves around your drug use
- The substance is often taken in larger amounts or over a longer period than was intended
- Continued use of the substance despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of its use

TOLERANCE

Tolerance plays a significant role in the amount of cannabis used and tolerance develops faster with high potency cannabinoids. When cannabis is used chronically, there is a continued stimulation of cannabinoid receptors which leads to a “desensitization” of these receptors. Thus, more cannabis is needed to achieve the desired effect.

**If you think you need help with substance abuse call
SAMHSA's National Helpline,
1-800-662-HELP (4357)**

Important Things to Know

RESPONSIBLE USE

Cannabis may cause drowsiness and impaired motor skills. Avoid driving or operating heavy machinery when using cannabis. It is illegal to drive or operate machinery under the influence of cannabis per M.G.L. c. 90, § 24. If you are inexperienced with cannabis, ask someone you trust to stay with you the first time you use it. Stop use if you feel stressed, confused, anxious, or uncomfortable. Remember that edibles and infused products have a delayed impact and are long lasting.

FREQUENTLY ASKED QUESTIONS

Where can I use cannabis?

You can use cannabis in a private space (such as your home) where smoking and/or vaping is allowed. You can not consume cannabis in any public area including our store or parking lot. This is prohibited by state law.

Can I share my cannabis with others?

In Massachusetts you can share or gift up to one ounce of cannabis or 5 grams of concentrate with another adult who is over the age of 21. You cannot receive any type of compensation for the cannabis you gift.

How much cannabis can I purchase?

You may purchase up to 1 ounce of cannabis or up to 5 grams of concentrate. If you are in possession of more than the legal limit, you can be penalized by up to six months imprisonment or a \$500 fine.

Can I drive with cannabis in my car?

You can't have an open container of any type of cannabis in the passenger area of your car while on the road. It must be stored in a closed container in your trunk or a locked glove compartment. You can not transport cannabis across state lines. Make sure to stay in Massachusetts if you have cannabis in your car.

Is it still worth it to become a patient?

Absolutely! As a patient you will have access to a wider range of edible products, will not have to pay the sales tax of 20%, can purchase larger amounts, and enjoy a greater product variety. Speak with a Sanctuary Medicinals employee for more information about getting you medical card or visit our website www.sanctuarymed.com

Marijuana has not been analyzed or approved by the FDA and there is limited information on the side effects of marijuana. There may be health risks associated with using marijuana.

Keep marijuana away from children.

