



▪ INTRODUCTION TO CANNABIS

Cannabis is first of all a plant, and today it comes in many different varieties and forms. What is unique about cannabis is the combination of its essential oils: terpenes and cannabinoids. While terpenes can be found on many other plants, only the cannabis plant has cannabinoids. Cannabinoids have a medicinal effect by imitating compounds our bodies naturally produce (endocannabinoids). Together the cannabinoids and terpenes hold most of the influence when it comes to the effects of cannabis.

There are over 85 cannabinoids in cannabis, but the main two that you should know about are THC and CBD:

- **THC (DELTA-9-TETRAHYDROCANNABINOL)** is the cannabinoid in cannabis responsible for the psychoactive (“stoned”) effects. Commonly experienced effects include euphoria, relaxation, and “giggles”. If you do not desire psychoactive effects, you may want to specifically avoid this cannabinoid and opt for products with little to no THC.
- **CBD (CANNABIDIOL)** is a substantive cannabinoid has little to no psychoactive effects. CBD does not have intoxicating effects and can balance or counteract the anxiety produced by THC. CBD has been reported to reduce anxiety, provide pain relief, suppress nausea, support cardiovascular health, and have anti-inflammatory properties.

We also mentioned terpenes which are aromatic oils that distinguish cannabis varieties with smell and flavor, but they also affect the human body in a variety of ways and contribute to the Entourage Effect.

Did you know? These are the 5 things that are chemically similar to a cannabis high: Catnip; Running; Love; Chocolate; Cheese.

▪ WHAT PRODUCTS TO CHOOSE?

The effects of the cannabis products will vary significantly depending on the individual as each person metabolizes, processes and experiences marijuana differently. Before making a purchase, you should understand your desired effect, its lengths and strength of impact as well as the overall experience that you are looking for. Our expert Product Specialists will help you find the right product based on the following factors:

- **Type:** we offer flowers, edibles, concentrates, topicals and tinctures – all of which are consumed in different ways.
- **Dosage:** products come in a variety of strengths and dosages. You might want to start with a low dosage, especially if you are new to cannabis.
- **Effect:** the main groups of cannabis strains are Indica (sedative/relaxing), Sativa (invigorating/uplifting) and Hybrids (fall in between Indica and Sativa). Keep in mind that terpenes will also influence the effect of the product.

▪ WHAT TYPE OF PRODUCT AND METHOD OF USE IS RIGHT FOR ME?

There are many ways to use cannabis, and its effect may vary depending on the method. If you are not sure what works best for you – ask our Product Specialist about the products and methods of use.



Type	Method	Start With	Effects Onset	Effects Duration	Benefits
Flower	Smoking	One Inhalation	1 - 15 minutes	½ - 2 hours	Easy to Control
Edible	Ingest	5mg or less	15 -120 minutes	3 - 8 hours	No inhalation, longer lasting
Concentrate	Smoking, Vaporizing	One Inhalation	1- 15 minutes	½ - 2 hours	Stronger effect
Tincture	Under Tongue	1 or 2 drops	15 - 60 minutes	1 - 4 hours	No inhalation, longer lasting
Topical	Apply to Skin	Thin Layer	20 - 120 minutes	1 - 4 hours	Targeted relief, no “high” feeling

▪ **WHAT IS THE CORRECT DOSAGE?**

All products vary in their strength of effect on body and mind, and cannabinoid profile. Strain specific details are labeled on all products after they are tested by certified third-party laboratories. It is important that anyone using marijuana is careful in finding the appropriate dose for their desired effects. Each person is unique and may experience cannabis differently. Before using cannabis re-read the laboratory test results and instructions on the packaging label. This will help you understand how strong the product is and what is the recommended method and dosage of use. It is always best to start with a small dosage and wait a few hours to realize the full effects. Most products come in a variety of strengths and dosages, so start low and go slow, especially if you are new to cannabis or trying out a new product.

Remember:

- Wait 15-20 minutes before taking another inhalation of a flower or vape.
- For sublingual use wait 30-60 minutes before taking another dose.
- Always have some food before taking an Edible and remember to keep your dose within 5mg. Never rush for an additional dose, wait at least 2 hours before consuming more.

Always note the time when you used the product to keep track of the onset and duration.

If you are not into math: cannabis is often in grams or ounces. To better understand the weight of our products please use the following conversion table:

1/8 oz. ≈ 3.5 g | ¼ oz. ≈ 7 g | ½ oz. ≈ 14 g | ¾ oz. ≈ 21g | 1 oz. ≈ 28 g

Note: All conversions are approximate and have been rounded up or down to the nearest whole number.

▪ **CANNABIS TYPES AND EFFECTS:**

The two commonly identified classes of cannabis are Sativa and Indica. Sativa usually provides a more energizing experience, whereas Indica may have more relaxing effects.



	SATIVA	INDICA
Preferred Time Of Consumption:	Daytime	Nighttime
Reported effects:	<ul style="list-style-type: none"> • Mood elevation • Increased energy • Increased sense of well-being • Increased focus • Increased creativity • Thought provoking • Increased appetite 	<ul style="list-style-type: none"> • Relaxation & stress relief • Relaxes muscles, reduces spasms • Reduces pain • Reduces inflammation • Promotes sleep • Reduces anxiety • Relieves nausea

REMEMBER: Most cannabis strains are Hybrids and their effect fall somewhere between the two.

Don't forget: terpenes play a role in the effect as well. Here are the most common cannabis terpenes that you can find:

TERPENE	AROMA	EFFECT	ALSO FOUND IN
PINENE	Pine	Alertness, memory retention, counteracts some THC effects	Pine needles, rosemary, basil, parsley, dill
MYRCENE	Musky, cloves	Sedating, relaxing	Mango, lemongrass, thyme, hops
LIMONENE	Citrus	Elevated mood, stress relief	Fruit rinds, rosemary, peppermint
CARYOPHYLLENE	Pepper, spicy, woody	No detectable physical effects	Black peppers, cloves, cotton
LINALOOL	Floral, citrus, candy	Anxiety relief, sedating	Lavender, citrus, birch, rosewood
HUMULENE	Woody, earthy	Suppresses appetite	Hops, coriander

Did you know? Consuming cannabis at a lower temperature (e.g., with a vaporizer) preserves the terpenes and gets you more THC, and CBD without the smoke.

▪ **THINGS YOU NEED TO KNOW:**

Please consume cannabis products responsibly. Cannabis is for use only by adults 21 years of age or older. All information contained herein and, on our website, www.capecodcannabis.com, is for educational purposes only. None of this information should be interpreted as medical or treatment advice for any person or condition. Always consult with a licensed physician in all matters regarding your health.

Marijuana and marijuana products have not been analyzed or approved by the FDA, therefore there is limited information on side effects. There may be health risks associate with using marijuana or marijuana products. All marijuana and marijuana products should be kept away from children.



ALCOHOL. Do not mix cannabis with alcohol.

CONSUMPTION. Cannabis use is allowed only in a private space where smoking and/or vaping is allowed. Consumption is prohibited in or around the Cape Cod Cannabis location. Do not consume in public areas as it is prohibited by State and Local laws. Consumption and possession of cannabis on the territory of the Cape Cod National Seashore and the Cape Cod Rail Trail is prohibited. Violators will be put on “blacklist” and would not be able to shop at Cape Cod Cannabis locations in the future.

DIVERSION. Consumer may not sell marijuana to any other individual or distribute to minors, doing so may impose a fine and/or imprisonment; Violators will be put on “blacklist” and would not be able to shop at Cape Cod Cannabis locations in the future. Any unused, excess, or contaminated product can be returned to the dispensary for disposal.

DOSAGE always speaking with your doctor about your medical history and the medications you are taking before using cannabis. Consult with a physician regarding dosage. For consumers who are new to cannabis we recommend starting with smallest dosage according to package directions and allowing sufficient time to pass to allow effects to be felt, based on the method of consumption or application. Some people report dry mouth, dizziness or paranoia when using cannabis. While many use cannabis to combat anxiety, it may create anxiety in others. Responsible dosing can help you avoid unpleasant experiences with cannabis.

DRIVING & MACHINERY cannabis can slow your reaction time. Under M.G.L. c90, §24 it is illegal to drive or operate machinery under the influence of marijuana. When driving, keep your cannabis in a secure area of your vehicle, out of reach of the driver and passengers.

FOOD. Do not consume cannabis infused products (edibles) on an empty stomach. We recommend eating a full meal before consuming cannabis infused products as it helps lower the intensity of effects. The undesirable effect will subside with time.

LIMITS. You may purchase up to 1 ounce of cannabis flower or up to 5 grams of cannabis concentrate per day. Possessing more than the legal limit (1 oz.) outside of your place of residence may be penalized up to 6 months imprisonment or a \$500 fine.

PENALTIES. For information regarding penalties for possession or distribution of marijuana in violation of Massachusetts law please refer to M.G.L. c90, §13. Selling cannabis to others is illegal and a first offense (under 50 lbs.) can be punishable up to 2 years of imprisonment or a \$5,000 fine.

PREGNANCY certain health risks may be associated with consumption of cannabis while pregnant, breastfeeding or planning to become pregnant.

STATE BORDER. Stay in Massachusetts and do not cross state lines with cannabis products.

STORAGE. Store cannabis securely, away from children and pets. Keep cannabis in the original child-proof packaging and away from other food items. To keep cannabis fresh, store in dark, dry and cool place.

TOO MUCH OR TOO STRONG? Anxiety and paranoia may accompany accidental overdose. It is best to stay calm and remain in a comfortable and safe place.



TOLERANCE, DEPENDENCE AND WITHDRAWAL. Although it is generally accepted that cannabis is not a physically addictive substance, a psychological dependence is possible with excessive usage of any substance. Please consume cannabis and cannabis products at your own risk. If you or someone you know is experiencing symptoms of substance abuse, consider talking to someone, your physician or counselor, about the drug use. Some examples of symptoms and signs of substance abuse are:

- Neglecting responsibilities at school, work, or home because of drug use.
- Using drugs under dangerous conditions or taking risks while high.
- Built up a drug tolerance.
- Taking drugs to avoid or relieve withdrawal symptoms. Symptoms may include nausea, sweating, shakiness, and extreme anxiety.
- Causing problems in relationships.
- Abandoning previously enjoyed activities.
- Continuing using drugs, despite knowing it is hurting you.
- Losing control over drug use, may want to stop using, but feel powerless.
- Experiencing legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.

If you or someone you know is exhibiting signs or symptoms of substance abuse please contact the Massachusetts substance abuse helpline at (800) 327-5050 for further assistance

EXPERIENCE LOG

Use the template below to record your experience using different cannabis strains and products (line 1 is filed as an example):

1	Date: <i>2/1/2021</i>	Product: <i>Flower</i>	Strain/Type: <i>Bubba Kush (Indica)</i>	Method of Use: <i>Smoking</i>
Dosage: <i>2 puffs</i>		Effects: <i>sleepy, happy, hungry</i>		Onset: <i>3 mins</i>
Duration: <i>1 hr</i>				
Notes: <i>sweet with a taste of coffee and chocolate</i>				
2	Date:	Product:	Strain/Type	Method of Use:
Dosage:		Effects:		Onset:
Duration:				
Notes:				
3	Date:	Product:	Strain/Type	Method of Use:
Dosage:		Effects:		Onset:
Duration:				
Notes:				
4	Date:	Product:	Strain/Type	Method of Use:
Dosage:		Effects:		Onset:
Duration:				
Notes:				
5	Date:	Product:	Strain/Type	Method of Use:
Dosage:		Effects:		Onset:
Duration:				
Notes:				
6	Date:	Product:	Strain/Type	Method of Use:
Dosage:		Effects:		Onset:
Duration:				
Notes:				



RULES AND REGULATIONS

DON'TS

Do **NOT** consume cannabis in public.

Do **NOT** drive or operate heavy machinery while under the influence of cannabis.

Do **NOT** consume cannabis with alcohol. Cannabis may increase the intensity of intoxication.

Do **NOT** consume cannabis on National Seashore and bike trail.

Do **NOT** travel out of the state of Massachusetts with your cannabis.

Do **NOT** engage in the diversion of any marijuana products.

DO'S

DO take your cannabis products directly from the dispensary to a private residence.

DO keep your cannabis sealed and out of reach while in your motor vehicle. Cannabis cannot be transported once opened.

DO store cannabis in a safe place away from direct sunlight and out of reach of any children or pets.

DO consult your physician if you have any medical conditions before using cannabis.

How Much Weed Can I Buy at a Time?

1 ounce of flower or 5 grams of concentrate.

Up to 100 servings of edibles at a time, which can be up to 500 milligrams of THC.

How Much Am I Allowed to Possess?

You're allowed to hold up to ten ounces of marijuana in your home.

If you're on the street, the 1 oz or 5 grams rule still applies. You also can't go out in public, or drive around in your vehicle, with an open container of weed. This will earn you a fine of \$500, so respect the law and keep it sealed up.