

Adult Use Handbook

Consumer Education

**CAPE ANN**
CANNABIS
FOR A BALANCED LIFE

Cape Ann Cannabis is a dispensary that provides a safe, knowledgeable environment to assist customers 21 and older who want to try cannabis and incorporate it into a healthy, fulfilling lifestyle.

The core values of Cape Ann Cannabis include: integrity, compassion, safety, transparency, professionalism, and community partnership.

Empowering our customers to make safe and sound choices begins with our diligently trained staff and on-site nursing services.

The mission of every member of our staff is to enhance the health and wellbeing of the community by safely selling a product whose whole-health benefits we believe in.

CANNABIS IS A HUMBLE, YET COMPLEX, PLANT

Cannabis can provide a myriad of benefits from its hundreds of unique chemical compounds- cannabinoids, terpenoids, and flavonoids. Understanding the difference between these compounds is the first step in finding the product that's right for you.

The cannabis plant has many species including *Cannabis sativa* and *Cannabis indica*. You may have heard that sativas and indicas have different effects. A common belief is that sativas provide an energetic "head high" while indicas provide a relaxing "body high" but new developments in cannabis research show that it is not that simple. In addition, many plants grown today are hybrids of the sativa and indica species. Ultimately, the effects of the cannabis you consume come from a combination of your own body chemistry with the variety of cannabinoids, terpenoids, and flavonoids in the plant.

CANNABINOIDS HOLD ALL THE BENEFITS

Cannabinoids are chemical compounds that are found both in the body (endocannabinoids) and in the cannabis plant (phyto-cannabinoids). While THC and CBD are the most popular and most well researched cannabinoids, there are over 100 cannabinoids found in the cannabis plant, many of which have been shown to have specific benefits and effects.

Research has shown that cannabinoids are an integral part of our body's endocannabinoid system (ECS). The ECS is made up of receptors that interact with cannabinoids. These receptors have been found within the brain, central nervous system, reproductive organs, skin, digestive tract, and many other parts of the body. The main purpose of the ECS is to regulate homeostasis - a state of equilibrium throughout the mind and body. It's no surprise that a deficiency in the ECS can impact a person's physiological balance, which can result in pain, inflammation, mood issues, and many other ailments.

▶ The Most Well-known Cannabinoids

THC adds more than just the "high." While THC (Tetrahydrocannabinol) is known for producing the "high" associated with cannabis use, it is also revered for its anti-inflammatory, anti-microbial, anti-nausea, and pain-relieving qualities. THC has been shown to help with PTSD, insomnia, arthritis, seizures, and severe pain.

CBD provides relief without the "high." CBD (Cannabidiol) is the powerhouse non-psychoactive compound of the cannabis plant that has been shown to help with inflammation, pain, mood issues, and sleep.

A powerful duo: Try one of our "one-to-one" products, which contain a 1:1 ratio of CBD and THC. These products offer a balance between the psychoactive and non-psychoactive effects of cannabis that some individuals report to be helpful.

TERPENOIDS DEFINE THE SMELL AND BOOST EFFECTS

Terpenoids (or terpenes) are fragrant, organic compounds found in many species of plants that determine smell and flavor. They also affect the human body in a variety of ways and contribute to The Entourage Effect -- terpenes help boost and expand the therapeutic effects of cannabinoids, especially THC. Different strains have specific concentrations of terpenes. Our customer advocates will review product labels with you to help explain which terpenes are present in each product.

Two of the Most Prevalent Terpenoids

Limonene: Also found in citrus fruits, limonene provides a rich citrusy aroma and may help provide relief from inflammation and stress.

Myrcene: Also found in mangos and hops, myrcene provides an earthy, fruity aroma and may help with pain or sleep.

see our **EMPOWERMENT LIST** for a more complete cannabinoid and terpene guide

FLAVONOIDS GIVE CANNABIS CHARACTER

Flavonoids share a role in how we perceive cannabis through our senses in terms of aroma, flavor, and pigmentation. For example, the flavonoid anthocyanin creates a beautiful, deep purple color in certain cannabis strains. While flavonoids are vastly understudied, emerging research shows their potential as anti-inflammatory, anti-fungal, and antioxidant agents.

THE CAPE ANN CANNABIS ENTOURAGE EFFECT FOR PEAK PERFORMANCE

The "Entourage Effect in Cannabis" describes the synergy between the cannabinoids, terpenes, and flavonoids found in the cannabis plant. The individual effects of these compounds can change, and even be enhanced, when the full spectrum of the whole plant is working together. The whole is indeed greater than the sum of the parts.

We believe in creating the same synergy. By combining the sum of our expertise including in-depth knowledge of cannabis strains, on-site medical staff, and supreme customer service standards, we will work with you to understand your goals and to find the right solution that fits your needs.

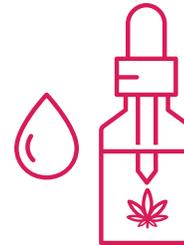


Safety First

Start Low and Go Slow: The effects of different cannabis products can vary greatly depending on the individual. Each person metabolizes, processes, and experiences cannabis differently. Plus, there are individual preferences around the length of impact, day vs. nighttime relief, method of use, and the type of effects experienced.

There is no one size fits all method to consuming cannabis. Each delivery method can offer a different experience. We make it safe to experiment as you find what's right for you.

TINCTURES



Tinctures are an option for people who value convenience, efficiency, and discretion. Tinctures are often made by soaking cannabis in alcohol, glycerin, or coconut oil and typically come in small dropper bottles. Tinctures are absorbed sublingually (under the tongue) to work quickly. They are also very concentrated and require careful dosage levels using the included graduated eyedropper. Another option is to add tinctures to food and beverages to make your own cannabis edibles (but make sure to follow the dosing guidelines for an edible.)

EDIBLES



An easier and sometimes whimsical way to ingest cannabis, we offer products to fit everyone's taste buds: cookies, gummies, lozenges, and even capsules. Edibles are often made with cannabis-infused butter or oil and come in easy-to-dose servings. Edibles are absorbed through the digestive track and can take over an hour to feel the effects, which also makes the effects last the longest. Stay mindful of time and don't get impatient if you don't feel something right away.

TOPICALS



Cannabis topicals, including lotions, salves, and balms, can work their magic with little to no intoxicating effects. Topicals are most popularly chosen for localized pain relief, muscle soreness, tension, inflammation, and skin conditions like psoriasis, dermatitis, and itching. Apply directly to affected areas, avoiding any open wounds. Wash your hands after every use.

INHALATION



Inhalation through vaporization or smoking is the fastest acting method. Vape cartridges are filled with cannabis distillate that's designed for vaporization using a portable battery. It's common for cartridges to be filled with a variety of additional cannabinoids and naturally derived terpenes to suit a variety of needs. Cannabis flower continues to be a popular choice for its versatility, offering numerous methods of consumption, including vaporizing or smoking using pipes or papers. Vaporization is preferred over smoking as it occurs at temperatures that do not allow the flower to combust and to release toxins, thus reducing irritation to the lungs. All vaporizer products have been tested for contaminants, including Vitamin E Acetate, with no adverse findings. **WARNING:** Vaporizer Products may contain ingredients harmful to health when inhaled.

CONCENTRATES



An extremely potent method, concentrates (also called wax, dabs, or shatter) are products made from the cannabis plant that have been processed to keep only the most desirable plant compounds (primarily the cannabinoids and terpenes), while removing excess plant material and other impurities. Concentrates come in a variety of textures, ingredients, and extractions that dictate the experience and benefit. For example, a dab is a dose of concentrate that is heated on a hot surface and then inhaled through a glass rig or electronic dab pen.

The dosing guideline that Cape Ann Cannabis recommends is **“Start Low and Go Slow.”** Try a low dose, then increase very slowly until your desired effect is achieved.

METHOD	DESCRIPTION	START LOW	GO SLOW	ONSET	DURATION
Tinctures	Taken sublingually (under the tongue), the active ingredients are absorbed directly into the bloodstream so effects can begin quickly and last long.	Start with 1 serving of 1-5mg under the tongue for 30-60 seconds until you know how it will affect you.	Wait 1-2 hours before taking an additional dose if needed.	Effects begin within 15-60 minutes. Peak effects at 90 minutes.	Effects may last 6-8 hours or more.
Edibles	Ingested cannabis is metabolized by the liver before it enters the bloodstream so effects take longer to begin and last longer than other methods.	Start with 1 serving of 1-5mg until you know how it will affect you.	Wait at least 2 hours before ingesting more if needed.	Effects may take up to 2 hours or more to begin. Peak effects at 2-3 hours.	Effects may last 4-8 hours or more.
Topicals	Active ingredients bind to cannabinoid receptors in the skin to provide localized relief. With most topicals, cannabinoids can't breach the bloodstream, resulting in little to no "high" effect. Wash hands after every use.	Start with applying a very small amount to test for allergic reaction. Then apply as needed, when needed.	Wait 10-20 minutes before applying more.	Effects begin within 5-10 minutes. Peak effects at 1-2 hours.	Effects may last 2-4 hours or more.
Inhalation (Smoking or Vaping)	Active ingredients of inhaled cannabis pass into the bloodstream through the lungs making it the fastest acting method.	Start with one inhalation lasting 3 seconds until you know how it will affect you.	Wait 10-20 minutes before taking another inhalation if needed.	Effects begin within 1-15 minutes with peak effects at 30 minutes.	Effects may last 2-4 hours or more.
Concentrates (Dabs, Wax, Shatter)	Not recommended for new users. The effect is much more intense than smoking or vaping and requires more set up.	These hit hard, so start with one and see how you feel. Make sure there is water on hand, and somewhere you can lay down if the dose was too much for you.	Wait 30 minutes before using more.	Effects begin within 1-5 minutes. Peak effects at 10 minutes.	Effects may last 2-6 hours or more.



Safety First

Tolerance, Withdrawal, and Addiction: Research has yet to prove that physical dependence on cannabis is possible, however, psychological dependence is possible as it is with any overused substance. Be aware that as you use cannabis your tolerance may increase, which means that you may feel as though you need to take higher and higher doses in order to feel the desired effects. However, instead of continuing to up your dosage, a better option may be to take a break from cannabis. Even lowering the amount of use or abstaining from use for a short period of time (generally one to two weeks) helps to reset the brain.

Although different drugs have different physical effects, the symptoms of addiction to any substance are similar. If you or someone you love is experiencing any of these symptoms, please consider consulting your doctor or contacting the Massachusetts Substance Abuse Helpline at www.helplinea.org or 800.327.5050.

- You're neglecting your responsibilities at school, work, or home because of drug use.
- You're abandoning activities you used to enjoy such as hobbies, sports, or socializing because of drug use.
- Your drug use is causing problems in your relationships, such as fights with your partner, family members, or friends.
- You're driving or doing other risky activities when you're under the influence of drugs.
- You continue to use drugs even though you know it's causing problems in your life or causing you physical or psychological harm.
- You find yourself taking more drugs to avoid or to relieve withdrawal symptoms. If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, or anxiety.
- Your life revolves around drug use. You spend a lot of time using and thinking about drugs, figuring out how to get them, and recovering from drug effects.
- You've lost control over your drug use. You often do drugs or use more than you planned, even though you told yourself you wouldn't. You may want to stop using, but you feel powerless.

OUR EMPOWERMENT LIST

THE MAJOR CANNABINOIDS

This information is helpful when evaluating strains.

THC

THC (Tetrahydrocannabinol)

What it is: THC is the psychoactive compound of the cannabis plant. While the "high" of THC may produce euphoria, relaxation, calm, peace, or even boosts of energy, in some people THC may increase levels of anxiety and paranoia. In addition to the "high", other side effects of THC may include: hunger, drowsiness, increased heart rate, dizziness, or dry mouth.

Benefits: THC is an anti-inflammatory, anti-microbial, anti-nausea, and analgesic, and has been shown to help with many conditions, including PTSD, insomnia, arthritis, and seizures.

THCA

THCA (Tetrahydrocannabinolic acid)

What it is: THCA is the raw form of THC. The label of your product may list a large percentage of THCA, but know that once the product is smoked, vaped, or otherwise heated, the THCA is converted to THC. While the raw THCA compound is nonpsychoactive, the heated (or "decarboxylated") THC compound is very psychoactive and produces the "high" associated with cannabis use.

Benefits: THCA has anti-inflammatory, neuroprotective, and anti-nausea properties, and has been shown to help with arthritis, insomnia, and pain.

THCV

THCV (Tetrahydrocannabivarin)

What it is: THCV is a mildly psychoactive cannabinoid with anti-bacterial and antiviral properties.

Benefits: THCV may suppress appetite, regulate blood sugar levels, reduce panic attacks, help with Alzheimer's, and stimulate bone growth.

CBD

CBD (Cannabidiol)

What it is: CBD is a cannabis compound that has extensive medical benefits, but it is non-psychoactive so it does not make people feel "high." Side effects of CBD may include drowsiness.

Benefits: CBD has anti-inflammatory, anti-oxidant, antitumoral, anti-anxiety, anti-convulsant, anti-depressant, and anti-nausea properties. CBD may relieve pain, reduce anxiety, help with sleep, and soothe skin conditions."

CBDA

CBDA (Cannabidiolic acid)

What it is: CBDA is the raw form of CBD. When CBDA is heated (by smoking, vaping, cooking, or other processes), it becomes CBD.

Benefits: CBDA has been shown to relieve inflammation and pain, and may help with arthritis, spasms/seizures, IBS/Chrohns, and skin irritation.

CBDV

CBDV (Cannabidivarin)

What it is: CBDV is a non-psychoactive cannabinoid with anticonvulsant and anti-nausea properties.

Benefits: CBDV may help with epilepsy and autism.

CBG

CBG (Cannabigerol)

What it is: CBG is a non-psychoactive cannabinoid with anti-inflammatory, anti-bacterial, analgesic, and antidepressant properties.

Benefits: CBG may help with inflammation, anxiety, IBS, tumors, autism, and glaucoma.

CBC

CBC (Cannabichromene)

What it is: CBC is a non-psychoactive cannabinoid with anti-inflammatory, analgesic, anti-anxiety, and antidepressant properties.

Benefits: CBC may help with pain relief, brain health, and shows promise in fighting cancer.

CBN

CBN (Cannabinol)

What it is: CBN is a non-psychoactive cannabinoid with anti-inflammatory, anticonvulsant, antibiotic, analgesic, anti-anxiety, and antidepressant properties.

Benefits: CBN may help with arthritis, glaucoma, and neurodegenerative diseases.



THE 7 MOST PREVALENT TERPENES

Terpenes play a key role in differentiating the effects of various cannabis strains.



CARYOPHYLLENE

Aroma: Woody and Spicy. Also found in black pepper, cloves, oregano, and hops.

Benefits: Analgesic (pain relief), anti-bacterial, anti-fungal, anti-inflammatory, anti-tumor, and gastrointestinal relief.



HUMULENE

Aroma: Herb and earthy. Also found in hops, basil, and coriander.

Benefits: Anti-bacterial, anti-inflammatory, and appetite suppressant.



LIMONENE

Aroma: Orange, citrus, and spicy. Also found in citrus rinds, caraway seeds, dill seeds, rosemary, juniper, and peppermint.

Benefits: Anti-anxiety, anti-bacterial, anti-depressant, anti-fungal, anti-tumor, bronchodilator, and focus.



LINALOOL

Aroma: Floral, spicy, and citrus. Also found in lavender, citrus, birch, and coriander.

Benefits: Analgesic (pain relief), anti-anxiety, anti-convulsant, calming, and sedating.



MYRCENE

Aroma: Cloves, earthy, and fruity. Also found in mango, hops, bay leaves, lemongrass, and eucalyptus.

Benefits: Analgesic (pain relief), anti-bacterial, anti-depressant, anti-inflammatory, anti-oxidant, muscle relaxant, and sedating.



PINENE

Aroma: Pine. Also found in pine trees, rosemary, dill, sage, and eucalyptus.

Benefits: Anti-bacterial, anti-inflammatory, bronchodilator, and focus.



TERPINOLENE

Aroma: Pine, earth, and wood. Also found in conifers, nectarine, mango, coriander, and apple.

Benefits: Analgesic (pain relief), anti-fungal, gastrointestinal relief, and sedating.

AFTER YOUR VISIT: THINGS YOU NEED TO KNOW

Using Cannabis

Massachusetts law prohibits the use of cannabis in any form in public, including in or near the Cape Ann Cannabis facility. As such, you should only open your packaged products and consume them in a private space, where allowable by law. Don't consume cannabis on an empty stomach and don't mix cannabis with alcohol or other controlled substances.

Traveling with Cannabis

All cannabis products should be placed in the trunk of your vehicle, a locked container, glove compartment box, or other area that is not easily accessible to the driver or visible from the outside. Stay in Massachusetts - do not cross state lines with cannabis. Never drive under the influence.

Driving

Driving under the influence of cannabis is dangerous and illegal under M.G.L. c.90 s.24. Don't drive or use heavy machinery after using any cannabis products.

Storing Cannabis

Keep all products in a secure location away and out of reach from children and pets. All Cape Ann Cannabis products are packaged in, and should be kept in, child-proof and tamper-proof containers. Do not store cannabis with other food where it may be accidentally ingested.

Start Low and Go Slow

Don't consume too much cannabis. Anxiety, paranoia, and other intense feelings may pop up if you use too much cannabis. If you feel as though you've done too much, stay calm and in a safe, comfortable place. These effects will pass with time.

Consult Your Doctor if Pregnant or Breastfeeding

There may be additional health risks associated with the consumption of cannabis for women who are pregnant, breastfeeding, or planning on becoming pregnant. Please consult your doctor.

Purchase Limits

Adults aged 21 and older can purchase and possess up to 1 ounce of cannabis flower (or the equivalent of up to 5 grams of cannabis concentrate) per day. Possessing more than the legal limit outside your home may be penalized with imprisonment or substantial fines.

Sharing Cannabis

In Massachusetts you can share or gift up to 1 ounce of cannabis (or the equivalent of up to 5 grams of cannabis concentrate) with adults ages 21 and over, without any form of compensation. Selling cannabis to others is illegal and penalties may include imprisonment or substantial fines. Knowingly and intentionally supplying, giving, or providing cannabis, cannabis products, or cannabis accessories to a person under the age of 21 is illegal and may result in substantial fines and/or imprisonment.

Returns/Exchange Policy

Purchases of cannabis flower, oil, concentrates, topicals, or edibles are final and cannot be returned or exchanged. We will exchange products, such as vape cartridges, that are defective and/or are damaged within 30 days of purchase. We will offer this exchange for the same, or similar, product. There will be no cash return. Please note you may not sell cannabis to any other individual, and must return unused, excess, or contaminated products purchased at Cape Ann Cannabis to our dispensary for proper disposal.

Disclaimer

Cannabis has not been analyzed or approved by the FDA. There is limited information on side effects of cannabis and there may be health risks associated with cannabis use. Please Consume Responsibly. Cape Ann Cannabis products are for use only by adults 21 years of age or older. Cannabis can be dangerous, especially when ingested by children and pets. This handbook is informational only and is not intended to substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a licensed physician or other qualified health provider in all matters related to your health.



We are Located at:

300 Newburyport Turnpike
Unit 1
Rowley, MA 01969

Contact Us at:

(978) 948-7070
www.capeanncannabis.com
info@capeanncannabis.com

Hours of Operation:

Monday - Saturday 10am - 8pm
Sunday 11am-7pm
Hours Subject to Change

Accepted Forms of Payment:

Debit Card or Cash (ATM on site)

All guests entering Cape Ann Cannabis must be 21 years of age or older, and must present a valid form of identification (driver's license, military ID, government ID, or passport). Customers under the age of 21 are not permitted in the facility.

© 2020 Cape Ann Cannabis – All Rights Reserved

