



MARIJUANA DOC+OR

Patient Guide

Making Cannabis Comfortable

Now Offering Virtual Consultations

Trulieve.cc/VirtualConsultation

Questions about cannabis?

Get the answers you need from a Trulieve Certified Consultant from the comfort of home.
Schedule a free 30-minute Virtual Consultation and be well on your way to relief.



Marijuana Doctor: Our Patients are our #1 Priority!

“As a medical marijuana patient myself, I understand firsthand the impact of having a qualifying condition as well as experiencing the health benefits that medical cannabis delivers. It helped enhance my quality of life and it was the major driving force for starting Marijuana Doctor. I am delighted that over the last three years, we’ve had the honor to assist over 30,000 patients to improve their quality of life after becoming medical marijuana patients in Florida. We are very proud of the over 1,500 5-star Google reviews that we have received from our patients.

On behalf of myself and the entire Marijuana Doctor team, I want to thank our patients for their business as well as for spreading the education around medical marijuana benefits in their communities so that more people can



learn that there is an alternative natural option available for their health needs. We are always here for our patients who come first in our organization. Our team of physicians and patient care specialists at Marijuana Doctor are dedicated to providing our patients with the education and services they need.”

Ivan Field,
Founder and CEO Marijuana Doctor

We have over 20 locations throughout Florida and growing!

Aventura
Bonita Springs
Brandon
Clearwater
Fort Lauderdale
Fort Myers
Hudson

Jacksonville Beach
Lake Worth
Lehigh Acres
Margate
Ocala
Orange Park
Orlando South

Orlando West
Palm Bay
Saint Petersburg
Sanford
Sarasota
South Tampa
Sunset

As Florida’s Top Medical Marijuana Evaluation Clinic, Marijuana Doctor is:

Compassionate

- Our board-certified doctors will evaluate your qualifying condition and recommend a treatment plan
- Our patient care specialists will help guide you through the entire certification and registration process

Convenient

- Over 20 locations throughout Florida and growing!
- We offer telehealth consultations for existing patients
- Risk-free: if you don’t qualify for medical marijuana, you don’t pay

Affordable

- Our medical marijuana evaluation service is all-inclusive
 - We offer monthly payment memberships
- Check out our referral program: for each patient you refer to us, you save \$20 off your next re-evaluation!
- We offer discounted pricing for veterans and students



Read what some of our over 30,000 Patients Have Shared With Us:

"Wow! Such a Great Staff! They help you through every bit of the process. The Doctor is very thorough and Compassionate. I have put this off for 3 years and I am glad that I came here! Words can not say how appreciative that I am for this Doctor and his staff."
– Charles W.

"First time applying. The staff at the office was outstanding. They explained every detail of the application process. Will recommend them for any first time applicants."
– Jeannie P.

"Doctor was very kind and informative. The admins were also very friendly and knowledgeable I am definitely going to recommend to friends and family!"
– Ethan J.

"Easy online scheduling, friendly staff, short wait time, fast processing and quick approval. Dr. P is easy to talk to and very knowledgeable in cannabis for medicinal use. Highly recommend!"
– Allison L.

"Appointment was on time; as well as informative and handled in an efficient manner. Facility was neat, clean and inviting. Personnel were gracious and professional."
– Carol E.

"They take really good care of you and listen to your needs! Make your appointment asap!"
– Disto C.

How to Become a Medical Marijuana Patient:

Follow the steps below to begin your path towards a better, more natural way of healing:

1 DO YOU HAVE ONE OF THE FOLLOWING QUALIFYING CONDITIONS?

If you don't see your condition or ailment on the list, don't worry, as you may still have options. Call us at 844-442-0362, and our friendly Marijuana Doctor educator will be able to provide you with more information.

- Chronic Pain
- Anxiety Disorders
- Insomnia
- Chronic Muscle Spasms
- Crohn's Disease
- Post-Traumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Multiple Sclerosis
- Parkinson's Disease

(Medical conditions of the same kind or class as or comparable to those above.)

2 MAKE AN APPOINTMENT AT ANY OF OUR 20-PLUS LOCATIONS IN FLORIDA TO SIT DOWN WITH ONE OF OUR MARIJUANA DOCTORS.

You'll be evaluated thoroughly in a setting that is comfortable and safe under the guidance of an expert. Scheduling an appointment is easy! Just go to our website, www.marijuanadoctor.com to select a location near you and the time of your appointment. Or, if you prefer, you can call us at 844-442-0362.

3 GET EVALUATED BY MARIJUANA DOCTOR.

Once your medical evaluation is completed, you can apply for a State Medical Marijuana Card, which is required to purchase your medicine at a dispensary (medical marijuana treatment center).

*Marijuana Doctor is 100 percent risk-free. If you see a doctor and find out you do not qualify, we will give you a refund.

4 APPLY FOR YOUR STATE MEDICAL MARIJUANA CARD.

- The state application processing fee is \$75.
- Easy online application submission and payment.
- On average, the state process takes 10 business days.
- The state card is issued by the state of Florida and is valid for one year.

*Patients can start renewing their state cards 45 days before the current one expires. You cannot buy your medicine if the card is expired.

5 GO TO A DISPENSARY OF YOUR CHOICE AND FILL YOUR ORDER.

And that's it! We keep things moving by setting up your re-evaluation appointment during your initial visit and periodically notifying you later on as well.

It's all part of the Marijuana Doctor promise to bring you better care. So, stay healthy with Marijuana Doctor, the friendliest marijuana doctor in the country.

*By law in Florida, medical marijuana certification is only valid for 210 days (7 months), which means you will have to renew with us to keep your State Medical Marijuana Card valid.



You are Almost There! You Just Need to Complete Your OMMU Registry Application...

Step 1

Patient receives 2 emails from MMUR:
a. Welcome email
b. Temporary password
• Open Temporary password email and copy the temporary password and then click on the link directly under it and it will take you to **MMUR** (Medical Marijuana User Registry)
(If you are doing this process on a cell phone click **MENU** button to reach **LOG IN** screen. If you are doing this process on computer view it takes you directly to the **LOG IN** screen)

Step 2

- Click **LOG IN** from menu
- Enter your email as your Username (email address given to the clinic)
- Paste in your Temporary Password
- Click **LOG IN** button

Step 3

Next you will be prompted to change password
• Paste temporary password in “Current Password”
• Create New Password
(If you are doing this process from a cell phone-- click **MENU** button to reach next screen / Computer view takes you directly to options)

Step 4

- Click on **YOUR CARD** from menu
 - Click **VIEW**
- (On cell phone scroll all the way down and click view button. On computer view scroll to the far right and click **VIEW** option)

Requirements to complete your application

a. Your Proof of Residence

- Adult applicants must submit a copy of a valid Florida driver license or Florida identification card, per section 381.986(5)(b)1., Florida Statutes.
- Seasonal residents who do not possess a valid Florida driver license or Florida identification card must submit a copy of two documents under section 381.986(5)(b)2., Florida Statutes as proof of residential address.
- Minor patients must have the parent or designated legal representative submit proof of residency of the parent or designated legal representative, per section 381.986(5)(b)3., Florida Statutes.

b. Your Signature

- You'll only be able to sign once your photo and proof of residence have been uploaded. Type your name into the signature fields exactly as it's listed in your Patient Profile.

c. Your Payment Record

- If you mailed in your payment, the OMMU will supply the Payment Record when your payment has been processed. If you have not mailed your payment, and wish to pay online with a small convenience fee, click on the “Click Here to Pay Online” button. This button will only appear once you have submitted your application including the photograph, proof of residence and signature.

Step 5 Proof of Residence

Click on **UPLOAD** file (PICTURE) of Driver's License/Identification Card (and supporting documents if you are not a permanent Florida resident)

Step 6 Signature

- a. Sign your name and click **SUBMIT**
- b. Once complete a box will pop up stating you have completed the application and it will prompt for payment
- c. Click the **CLOSE** button

Step 7 Payment

Payment options section:

- a. Select **CLICK HERE TO PAY**
- b. Enter payment info
- c. Click **CONTINUE**

On Request For Confirmation page:

1. Enter email address
2. Click on **AGREE TO TERMS**
3. Click **MAKE A PAYMENT**

What's Next.....

Look out for our email blasts!

To provide our patients with ongoing care, we are constantly on the lookout for MMTC deals and offers to share with you.



At Marijuana Doctor we provide our patients with all-inclusive care so we never charge for changes to your active orders.

If you ever need to adjust your orders, please send an email to orders@marijuanadoctor.com and we'll get back to you in 1 or 2 business days.

In about
2-3 weeks:

Look for the approval email from the OMMU. This will be your "temporary" Medical Marijuana Card that you can print and take to the dispensary.

In about
4-5 weeks:

Look out for your medical marijuana card in your mailbox.

6.5
months:

Look out for our reminder that we will send you prior to your re-evaluation appointment - it is critical to keep your appointment since your orders will expire in 7 months.

In 12
months:

Your State medical card will expire so 45 days prior to expiration, look out for an email reminder from the MMUR about your upcoming MMJ Card Renewal.

CBD can benefit your wellness

Why CBD?

CBD, one of over 100 identified cannabinoids extracted from the hemp plant, has been known to aid individuals (and pets) with relief from muscle aches, stress, inflammation reduction, better sleep, and skin care. CBD may work with the Endocannabinoid System (ECS) to help signal and regulate the proper balance in bodily functions (there is a page later in the Guide on the Endocannabinoid System to learn even more).

Even CBD containing a trace amount of THC (below 0.3 % as allowed by law) is not psychoactive and will not produce a high, which makes it an appealing option for those who are looking for

relief from pain and other symptoms without the potential mind-altering effects of medical marijuana or pharmaceutical drugs.

Patients new to medical marijuana may find it beneficial to take CBD while waiting for their medical card to help ease symptoms and to prime the body prior to their initial dose of medical marijuana.

Some individuals have noticed that CBD can help offset the psychoactive side effects of higher THC medical marijuana products and that by combining their use of medical marijuana with CBD products, they experience a better result and may need to use less THC due to the Entourage Effect (Learn more about the Entourage Effect later in the Guide).

Navigating the CBD Spectrums

When considering which CBD products to purchase, it is important to consider what type of CBD will work best for your lifestyle:

Full Spectrum CBD

contains all of the natural elements found in industrial hemp plants such as the cannabinoids and terpenes, working together to deliver maximum effects to the user. Full spectrum CBD produces no psychoactive effects even though it contains trace amounts of less than 0.3 percent THC, falling below the legal limit. Studies show that full spectrum offers the complete benefits of CBD as it gives that complete or full dose of all the organic cannabinoids and terpenes present in the plant.

Broad Spectrum CBD maintains most of the benefits of full spectrum CBD minus

all trace amounts of THC. If you're looking to add CBD to your wellness regimen while avoiding any interaction with THC – or strict THC laws in your state – you'll find that broad spectrum CBD may be an ideal choice. Broad spectrum CBD provides you with a worry-free solution to enjoying the naturally soothing benefits of CBD oils.

CBD Isolate

contains pure, isolated CBD without any of the other natural compounds present in full and broad spectrum CBD. All of the plant's compounds

are extracted through a process that removes its cannabinoids, flavonoids, and terpenes. Since this is a concentrated product, free of the full elements of the source plant, it is unable to deliver the entourage effect present in full or broad spectrum CBD.



New to CBD? Helpful tips to get started:

- Always seek the advice of a medical professional before starting a new health regimen.
- Keep quality in mind: when considering where to purchase your CBD products, it is so important to be mindful of their ingredients and inherent value. We recommend that you always buy from companies that use third-party testing to ensure the potency and purity of their products.
- Since each person's response to CBD will be individual, we recommend starting with a low daily dose and increasing the amount gradually every few days until you feel that you have reached the dosage that you feel provides the symptom relief you are seeking.
- While there are currently no published medical guidelines for CBD dosages, for a starting point, you may want to consider using your weight and try the initial daily dosages below :
Under 120 pounds: 10 mg
120-190 pounds: 20 mg
Over 190 pounds: 30 mg
- Some individuals may notice benefits right away, while others may need several days or even a few weeks of consistent daily use to sense a benefit.

- Use a topical (cream, lotion, balm, patch) if your goal is a localized vs whole-body effect. Since topicals are applied directly to the skin, the CBD won't actually enter the bloodstream, but can provide relatively quick relief to the area in question.

- CBD creams and lotions offer a luxurious feel that melts into the skin while balms and salves are designed to be rubbed into aching muscles and joints. Roll-ons or sticks provide an easy-to-apply, quick-drying formula, ideal for on-the-go.

CBD for Pets

- High quality CBD oils and treats for dogs and cats are available in varying strengths for pets of all sizes.
- As with all supplements, consult with your veterinarian before adding CBD to your pet's health and wellness routine.
- You may want to start your pet on a daily dose of 1 mg CBD/10 pounds of weight and over time consider increasing to 2 mg CBD/ day per 10 pounds of weight.



CBD DOC+OR
Your Trusted Source



High Quality CBD • All Independently Lab-Tested • No Artificial Additives

Medical Marijuana & the Human Endocannabinoid System

Why Medical Marijuana?

The use of the cannabis plant to relieve medical symptoms has been documented for over five centuries across the globe from China to Canada to the UK to Israel.

The medical properties of cannabis stem from two main compounds, THC and CBD, along with over 100 other beneficial compounds in Marijuana including other cannabinoids along with terpenes and flavonoids.



Medical Marijuana:

Relieves

Often times, diseases and illnesses produce extremely painful symptoms. Cannabis has proven to be an effective treatment for people suffering from migraines, arthritis, multiple sclerosis, PMS, anxiety, etc. Cannabis also has the ability to prevent and/or decrease opiate addiction due to the fact that cannabis and opiates share many of the same benefits. When compared to opiates, cannabis carries a significantly lower risk.

Combats

Cannabis significantly combats the symptoms of depression, anxiety, PTSD, ADHD, etc. It is a natural relaxant that can ease the symptoms of these disorders. As a result, using cannabis will boost mood, improve sleep and lessen the number of episodes that one may experience. Cannabis is commonly used to stimulate the appetite of chemotherapy patients.

Treats

Marijuana treats symptoms of many different diseases. Cannabis can temporarily decrease pressure in the eye, hence relieving the symptoms of glaucoma. Medical marijuana has antispasmodic properties, which decrease symptoms of epilepsy, seizures and Parkinson’s diseases. As far as inflammatory bowel diseases go, cannabis can effectively treat several of the related symptoms like nausea, abdominal pain and diarrhea. Medical marijuana can also treat asthma by improving pulmonary function, over time.

Calms

Cannabis has the ability to calm a patient. Medical marijuana can effectively calm the symptoms of Tourette’s by slowing down the tics associated with the disease. It can also treat OCD by decreasing the obsessive neurological compulsions.

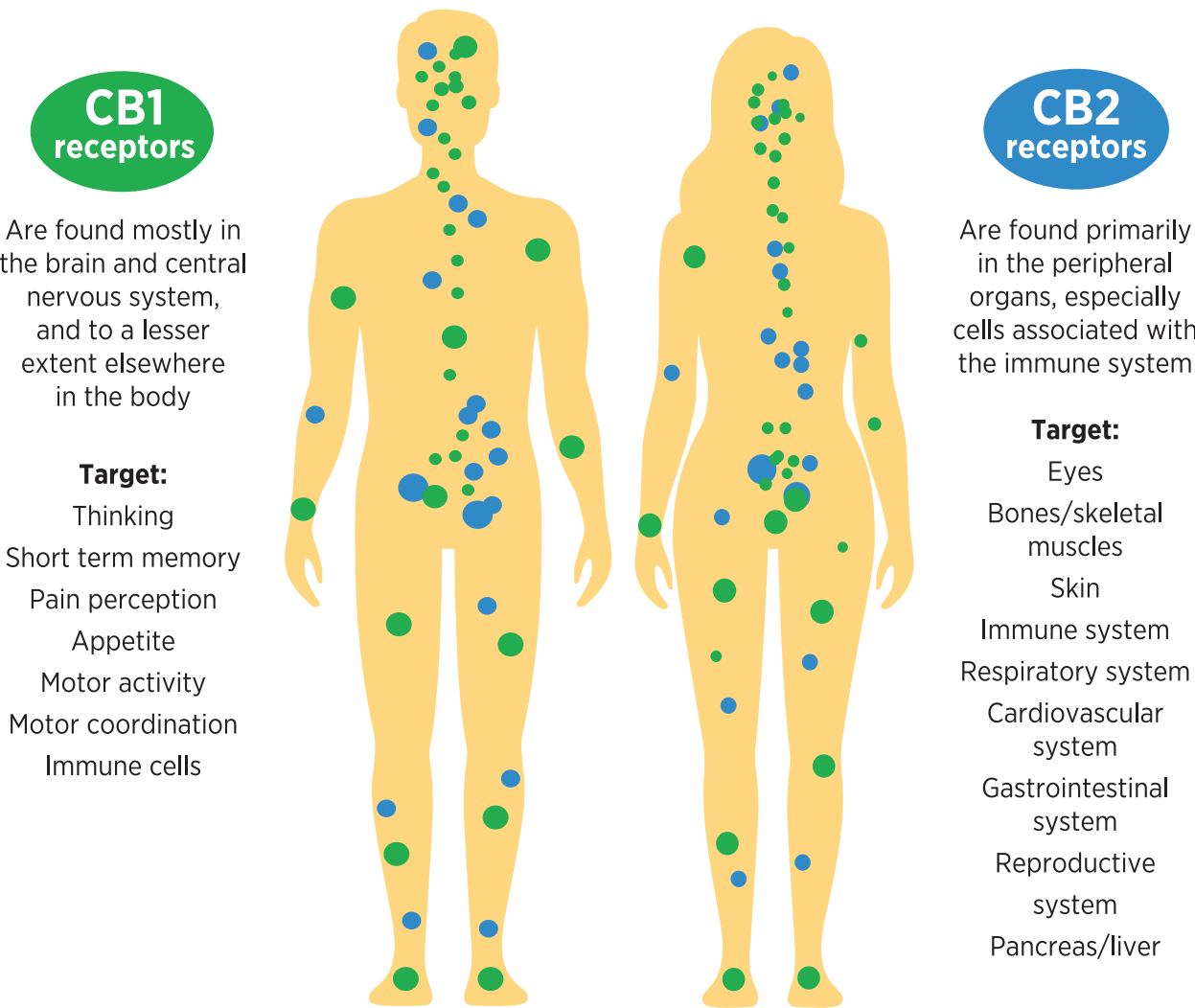
What is the Endocannabinoid System?

The Endocannabinoid System (ECS) is a complex system in the human body, which maintains all processes throughout the brain and body, including how the body manages appetite, pain, sleep, pleasure, and mood.

The role of this system is that of creating balance within the body to achieve the optimal state for maintaining health and natural wellness. ECS receptors are found in the skin, muscles, bones, throughout the central and peripheral nervous

system, the immune system, and even the reproductive organs.

Certain chemical compounds called cannabinoids, attach to ECS receptors and behave like chemical messengers to control physiological signaling. When produced by the body, these compounds are called endocannabinoids and when created by plants, they are called phytocannabinoids, such as THC and CBD.



Welcome To Trulieve

Discover Why More Floridians Choose Trulieve:



- Florida's first and largest MMTC with over 60 locations statewide
- Offering a wide variety of products from capsules and syringes to edibles and flower
- Certificate of Analysis testing report from a third-party laboratory are available for all products
- Free delivery on orders over \$200 and for patients ages 65+
- Free 30-minute Virtual Consultations to help you get comfortable with cannabis
- Convenient payment options including debt card, CanPay, and cash
- No hassle 100% return policy

NEW PATIENT DISCOUNTS

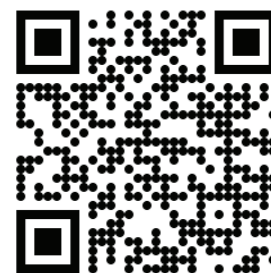
1ST ORDER:
15% OFF YOUR FIRST PURCHASE
2NS ORDER:
\$75 OFF PURCHASE OF \$150 OR MORE

LOYALTY PROGRAM EARN POINTS AND SAVE

GET 1 POINT FOR EVERY DOLLAR
SPENT AT TRULIEVE.
FOR EVERY 500 POINTS EARNED,
GET AN EXTRA 10% OFF
YOUR NEXT ORDER

WELCOME TO TRULIEVE A HELPFUL GUIDE FOR NEW PATIENTS

EXPLORE HOW TO SELECT THE TRULIEVE
PRODUCTS BEST FOR YOU
WELCOMETOTRULIEVE.COM



TEXT
SIGN UP FOR DAILY TEXTS AT
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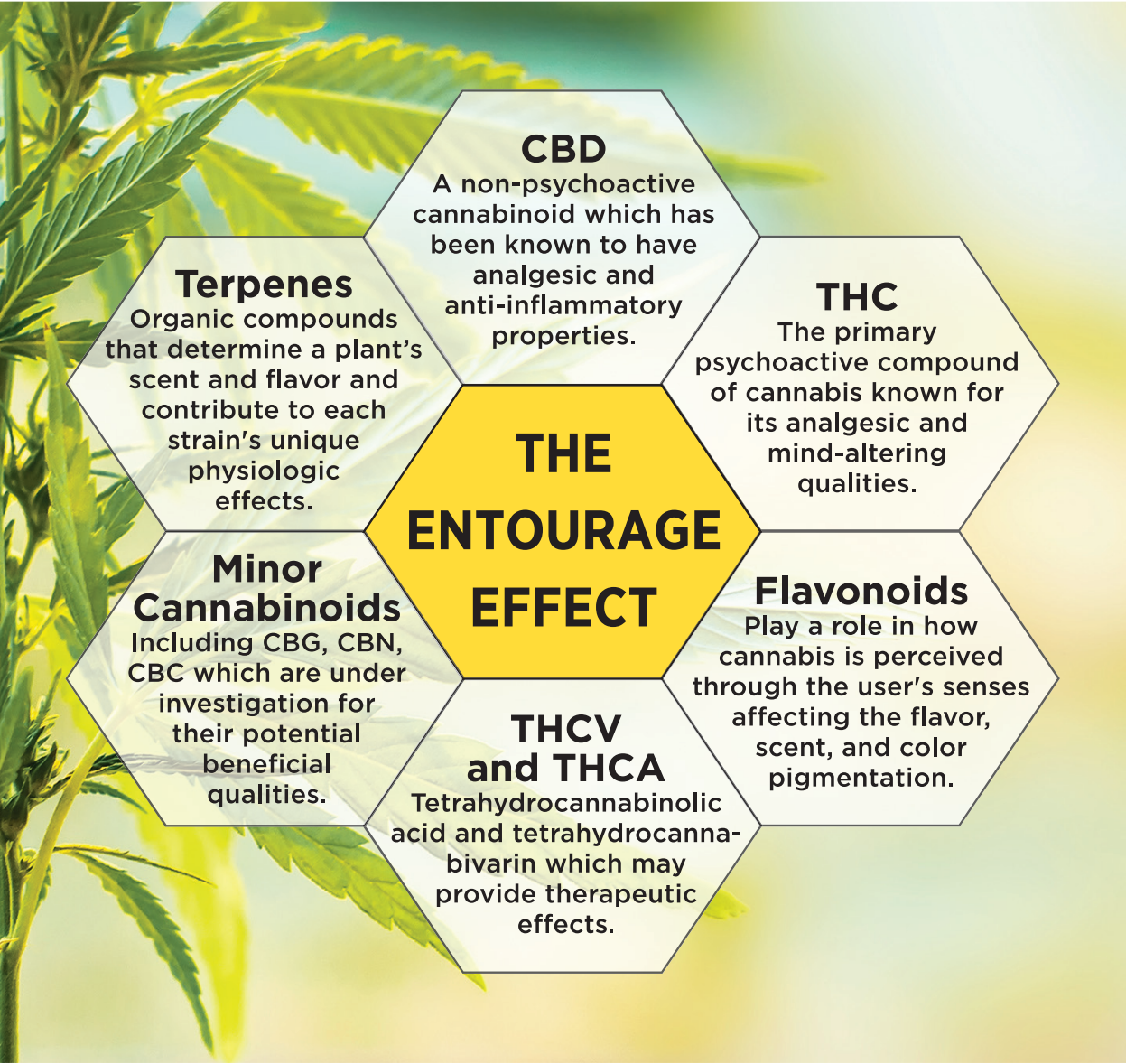
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New Patient Discounts cannot be stacked with any other patient offers and are not valid on clearance items. Truliever Loyalty Program savings can be stacked 1x with Veteran or SNAP discounts. Truliever Loyalty Program Savings cannot be applied to clearance items. Limit one Truliever Loyalty promotion per transaction. Free delivery on orders over \$200, after discounts have been applied. Promotions are subject to change. Product and strain availability vary by location.

Leveraging the Power of the Entourage Effect

The Entourage Effect is the overall result of the combined action of the numerous compounds found in the cannabis plant— the cannabinoids (including THC and CBD), the terpenes, and the flavonoids — which interact in harmony to produce stronger and more enhanced effects from the plant than might otherwise occur without all the elements present.

When taken alone, each of these compounds may have therapeutic effects, but when they are present together in whole-plant extracts, the combined effect may be greater than the sum of the individual benefits along with lower adverse side effects.



Therapeutic Effects of Qualifying Conditions

Medical marijuana relieves symptoms of the following qualifying conditions:

GLAUCOMA
Temporarily lowers intraocular pressure

EPILEPSY
Reduces seizure frequency

CANCER
Eases the side effects of cancer treatment: relieves nausea, vomiting, anxiety, depression; enhances sleep; stimulates appetite

PTSD
Relieves anxiety and depression improves mood

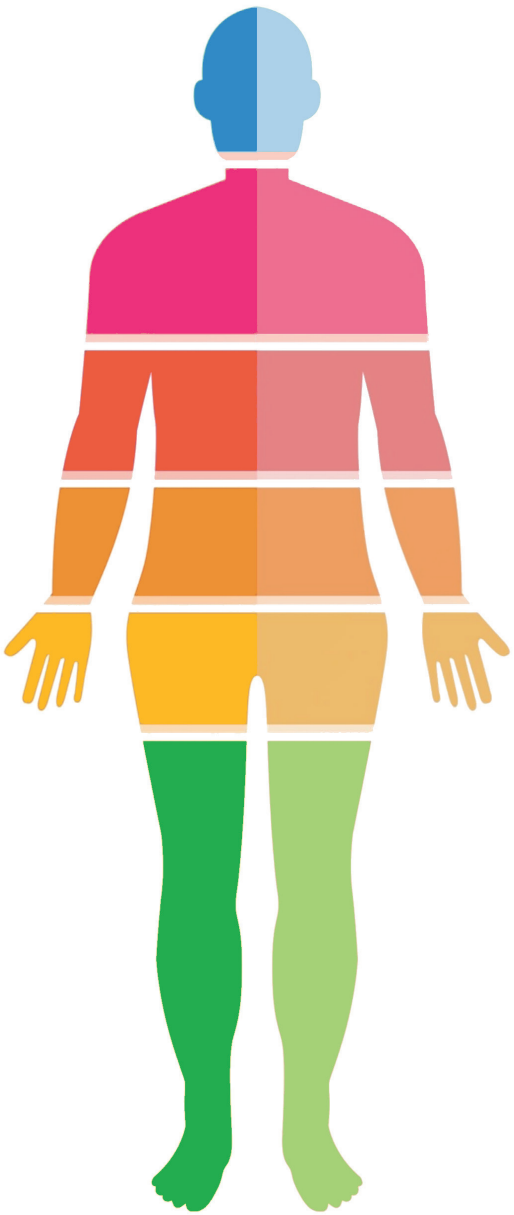
MULTIPLE SCLEROSIS
Relieves muscle spasms, stiffness, pain, and sleep problems

CROHN'S DISEASE
Eases pain and promotes weight gain

PARKINSON'S
Relieves muscle spasms, tremors, stiffness, and pain

AIDS/HIV
Improves mood and appetite. Increases ability to sleep

ALS
Relieves muscle spasms, stiffness, and pain. Improves mood and appetite



A doctor may certify a patient for medical marijuana to relieve the symptoms of other debilitating medical conditions of the same kind or class which may include: anxiety/depression, arthritis, chronic neuropathic pain, irritable bowel syndrome, migraine and muscular dystrophy among others.



**FIND YOUR LOCAL
COLUMBIA CARE AT
COL-CARE.COM/FL/**

**BRINGING QUALITY, EXPERTISE
AND TRUST TO CANNABIS**



Let's Connect!

Stay connected and get the most up to date info on sales, new products, restocks and more by following us on social media and opting into our text messages and emails! We promise to only keep you informed on the good stuff!



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Updated Discount Programs



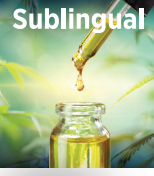



- \$50 OFF \$150 for New Patients
- 20% OFF your Second Order
- 15% OFF for Retired Heroes, SSI, Students, Pediatric patients, SNAP, Industry, Medicare/Medicaid, Seniors 60+

*New patient and second visit discount is not stackable with any other promotion. 15% off discounts may be stackable with other deals and promotions. Retired Heroes discount includes: Police, Fire, Veterans, EMTs

What are the Available Options for Routes of Administration?

What to Consider When Choosing a Route?

When selecting a route of administration, there are several factors you may want to consider, including your medical condition, your lifestyle, the desired time frame for onset, and duration.

Route	Product Types	Attributes	Path to Bioavailability	Onset	Peak Effect	Duration
 Flower	Loose Flower	<ul style="list-style-type: none">Fast acting methodDistinct aromaLimiting for individuals with lung/respiratory issues	Active ingredients pass directly into the bloodstream in the lungs	3-5 minutes	15-45 minutes	1-4 hours
 Inhalation	Vape Pens	<ul style="list-style-type: none">Fast acting methodLittle cannabis aromaMay be compact and discreet	Active ingredients pass directly into the bloodstream in the lungs	3-5 minutes	15-45 minutes	1-4 hours
 Sublingual	Tinctures, Oils, Drops	<ul style="list-style-type: none">Faster onset if taken under the tongueDiscreetEasy dosing	Active ingredients absorbed directly into the bloodstream through the mucosal membrane	10--15 minutes when administered under tongue	1-3 hours	1-6 hours
 Edibles	Gummies, Chocolate, Cookies, Brownies	<ul style="list-style-type: none">Simple dosingDeliciousDiscreet	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-6 hours
 Oral	Gel Caps Capsules	<ul style="list-style-type: none">Precise dosingDiscreetLonger lasting relief	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-12 hours
 Topical	Lotions Creams Patches	<ul style="list-style-type: none">Localized reliefDiscreet	Active ingredients absorbed locally through the skin	Variable	Approx. 1 hour	3-4 hours



Dosing: An Individualized Approach

Start Low and Go Slow

As you first start using medical marijuana, begin with a low dose (which the dispensary can recommend based on product selection) to give your body the time to adjust and enable you to get the most benefit from each dose.

Slowly and Gradually Increase Your Dose

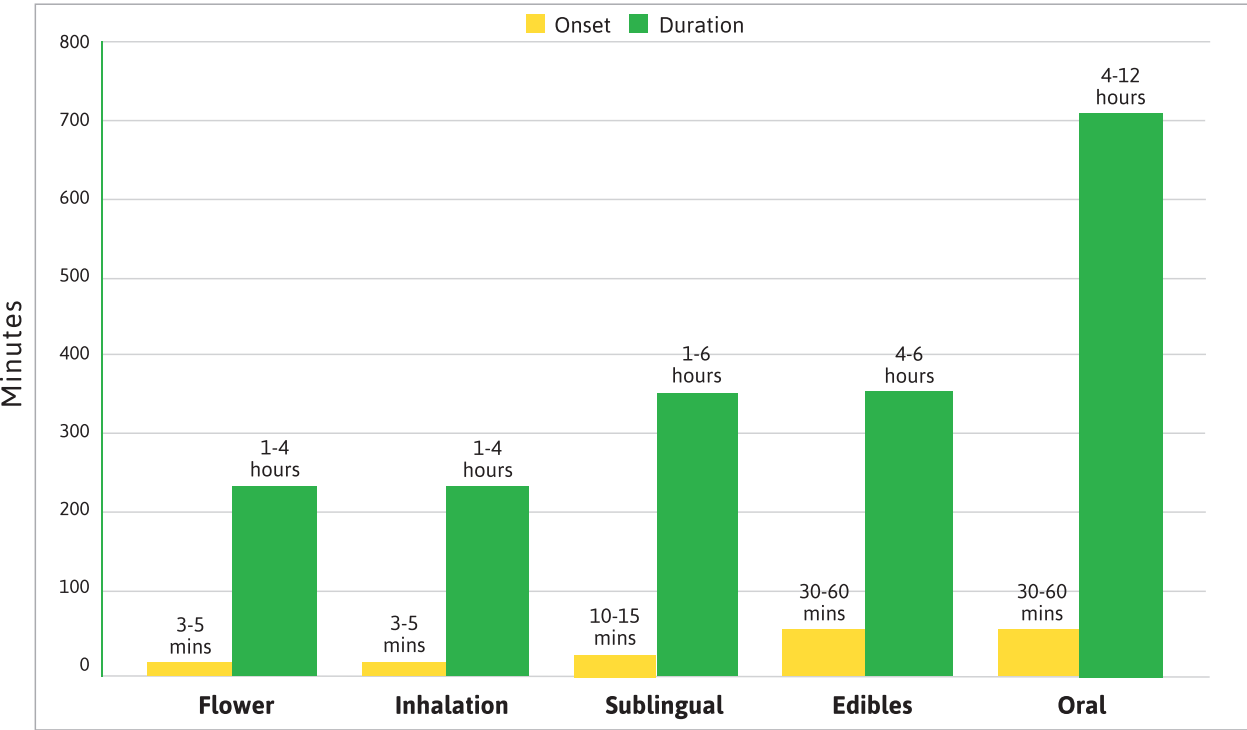
The dosage of medical marijuana will vary by individual and depend upon the medical condition. You can gradually increase your dose each week until

you find a level that provides you with consistent symptom relief.

CBD + THC Can Maximize the Entourage Effect

Many patients find that they experience the best therapeutic outcome when they use CBD in conjunction with THC. This may be achieved by using CBD products along with medical marijuana and/or by trying combination products which contain different ratios of THC:CBD.

Onset and Duration by Route





PREMIUM MEDICAL CANNABIS PRODUCTS FOR FLORIDA PATIENTS



TOPICALS



TINCTURES



INGESTIBLES



ORAL SPRAY



TRANSDERMAL GEL



72 HOUR PATCH



VAPING



INHALERS



CONCENTRATES



FLOWER

SAVINGS PROGRAMS FOR PATIENTS, INCLUDING:

1

25% Off
First Purchase



20% Off
Veterans Discount

55+

10% Off
Seniors Discount

25% PEDIATRIC DISCOUNT

For patients under 18 with a valid physician recommendation.

THE MÜV Ü POINTS

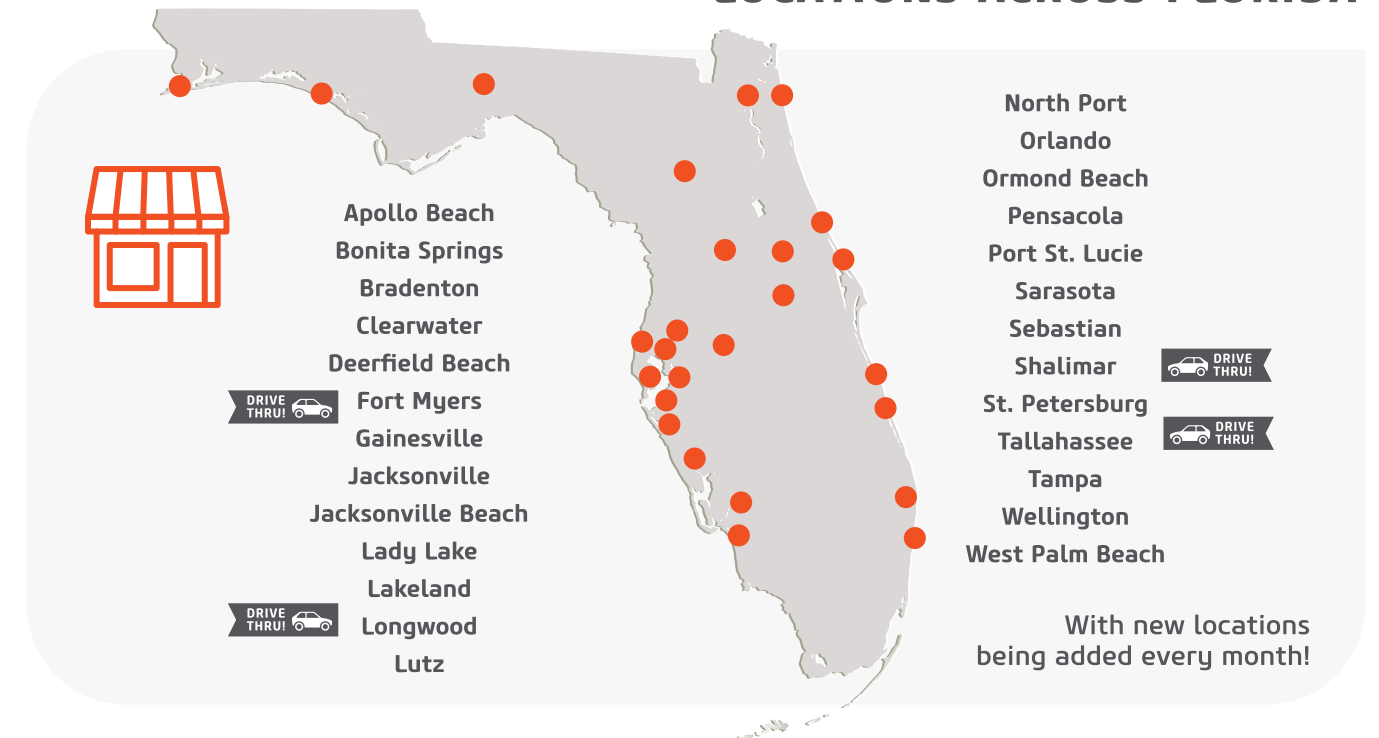


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Contact Our
Patient Care Team




833.880.5420
support@altmed.co
OR LIVE CHAT AT MUVFL.COM

EXPLORE OUR PRODUCTS AND PROGRAMS AT
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Which Strain Should You Try: Sativa, Hybrid or Indica?

While there are dozens of variations of strains of medical marijuana, most dispensaries break the medicinal benefits down into two or three categories: Sativa, Indica, and Hybrids of the two. This makes it much easier for patients to choose the strain that will help treat their symptoms most effectively. Take a look at the breakdown below, for a better understanding of which may be right for you!

The choice of strain is a critical factor affecting an individual's experience with medical marijuana. Strains are different types of cannabis plants, of which Sativa, Indica, and Hybrids are the most common.

SATIVA	HYBRID OF SATIVA AND INDICA	INDICA
		
Often preferred for Daytime Use	Choice for Day or Evening	Often preferred for Nighttime Use
Uplifting, energizing, and stimulating	Blended mix of effects, combining traits of both parent strains	Soothing, relaxing, and sedating
Good choice for patients who not only need relief but who also want to stay energized and alert	Good choice for patients who are seeking a balance between invigoration and sedation while seeking symptom relief	Good choice for patients who are seeking calming and to unwind while managing their symptoms
Sativa strains usually contain a higher CBD vs THC level	Often contain a relatively balanced mix of THC and CBD	Indica strains usually contain a higher THC vs CBD level
Common Symptom Relief: Boost mental focus Reduce pain Reduce nausea Relieve depression Reduce inflammation Relieve headaches and migraines Elevate mood	Common Symptom Relief: Reduce pain Reduce nausea Relieve depression Reduce inflammation Stimulate appetite Relieve headaches and migraines	Common Symptom Relief: Promote relaxation Reduce stress and anxiety Promote restful sleep Reduce pain Reduce inflammation Stimulate appetite Reduce muscle spasms



Come see what Curaleaf has in store for you



RSO Unrefined by Design

Enjoy an incredible depth of full-strain flavor. Rick Simpson Oil contains the complete range of properites found in cannabis. It's packaged in a simple-to-use dropper for precise dosing.



SELECT ELITE LIVE OIL The best-selling cannabis oil brand in America

Select is known for creating a better cartridge—and now you can try it yourself! Elite Live is a high quality, high potency oil that's been infused with freshly harvested live resin terpenes. It's available in plenty of strain-specific flavors for a variety of effects.



SUBLINGUAL TABLETS Your perfect dose is here

Finally in Florida: a simple, convenient way to experience cannabis. Containing a precise 5mg dose of high-THC distillate oil, each piece has a satisfying, soft texture that's full of Arctic Berry flavor with zero added sugar.

curaleaf.com











What are Terpenes?

Responsible for the distinctively sweet, citrusy, and earthy flavors of cannabis, terpenes are somewhat the unsung heroes of the cannabis world. If you’ve ever identified a strain from just one smell, or truly appreciated its taste, what you were processing is in fact the terpene profile which gives each strain its unique personality.

Terpenes change more than just the smell of marijuana, they also provide each strain with its own unique physiologic effects. These essential oils, which are secreted by the cannabis plant’s sticky glands, contribute to what is known as

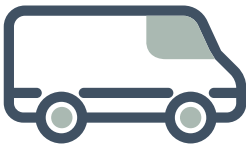
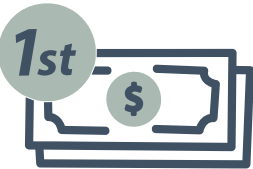
the “entourage effect” - the harmonic union of cannabinoids, terpenes and flavonoids which produces a more enhanced effect than any one compound on its own.

While there are more than 100 identified terpenes in cannabis (each of which produces a distinct combination of feelings and effects), some are more common than others. Knowing what to look for, what appeals to you, and what doesn’t will help you get the relief that you need. Here are the more popular terpenes and their noted effects:

TERPENE	AROMA	PROPERTIES	
Bisabolol	Floral and black pepper	Antibacterial and antifungal	
Caryophyllene	Spicy and peppery	Anti-inflammatory, anti-anxiety, pain relief	
Humulene	Woody and earthy	Antibacterial, anti-inflammatory, appetite suppressant, and pain relief	
Limonene	Citrus	Anti-anxiety and stress relief	
Linalool	Floral and citrus	Pain relief and relaxation	
Myrcene	Earthy	Sedative and muscle relaxation	
Pinene	Pine	Anti-inflammatory and effective against short-term memory effects of THC	
Ocimene	Sweet	Anti-inflammatory	



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First-Time Customer
\$55 OFF \$100

First Delivery
FREE



MMTC
15% OFF



Veterans
15% OFF



Pediatric
15% OFF

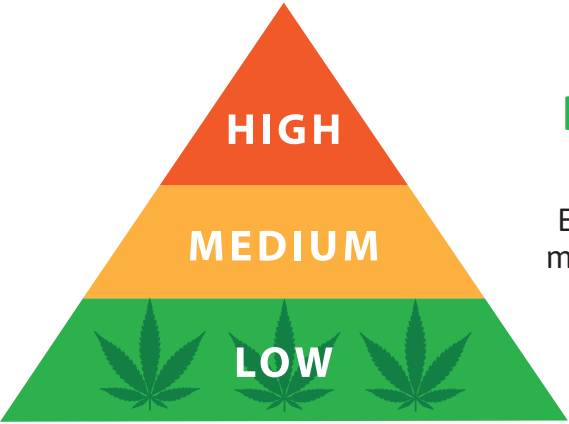
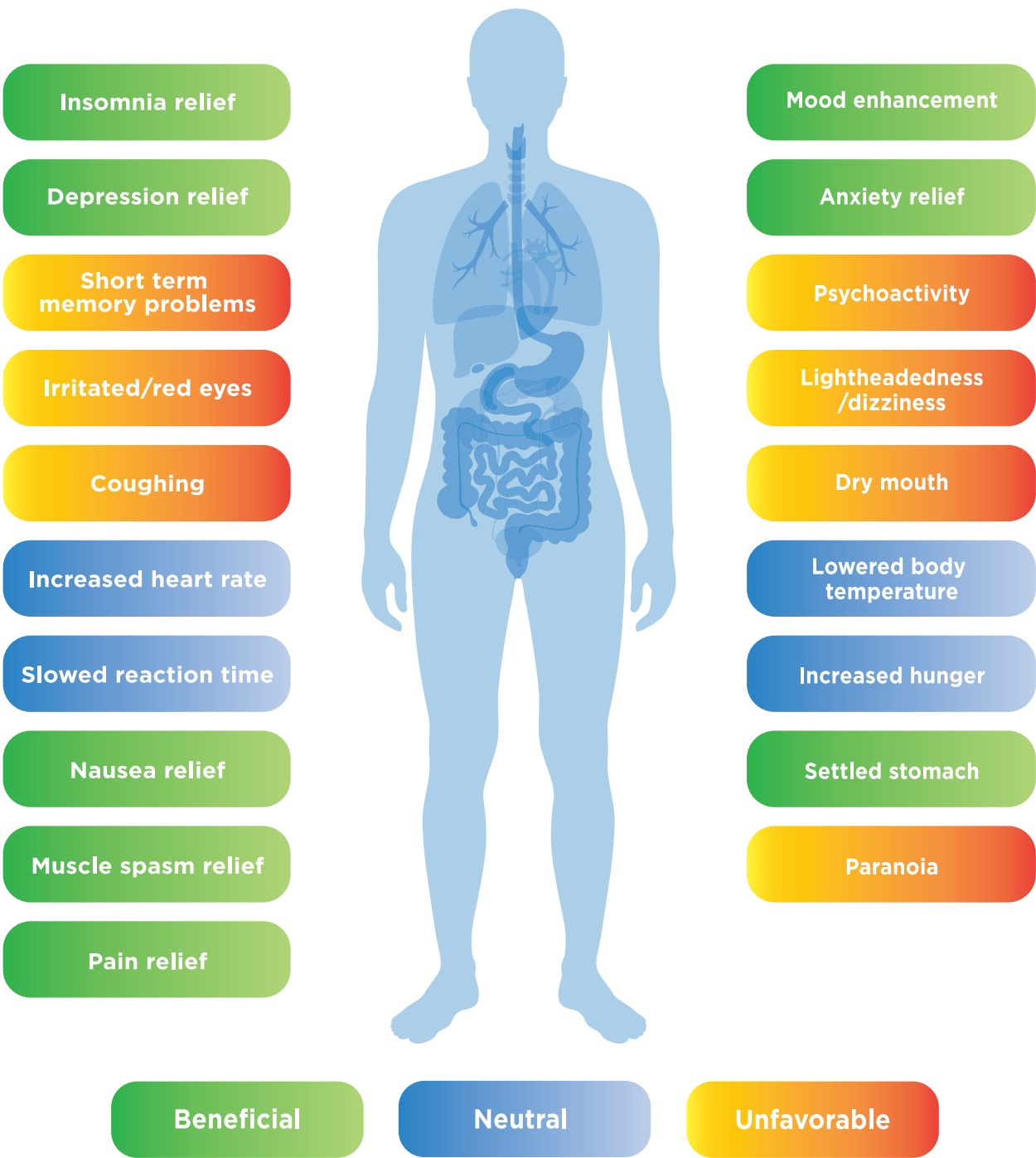


Physicians
15% OFF

Must show valid proof. Some restrictions and exclusions apply.
See dispensary associate for details.

www.vidacann.com

Potential Short-Term and Long-Term Effects



Low Dependency Potential of Marijuana

Even with chronic and excessively frequent marijuana use, approximately 10% of HEAVY marijuana users MAY develop a dependency on marijuana.

Effects and Remedies

SIDE EFFECT	REMEDY
Dry Mouth	<ul style="list-style-type: none">• Drink a beverage such as water• Use a lozenge or chew gum to increase the production of saliva
Irritated/red eyes	<ul style="list-style-type: none">• Use over the counter lubricating eye drops
Coughing	<ul style="list-style-type: none">• Drink cold water once coughing eases• Reduce the amount of vapor/smoke inhaled
Lightheadedness /dizziness	<ul style="list-style-type: none">• Keep your eyes open and focused on an object until the symptoms subside
Rapid Heart Beat	<ul style="list-style-type: none">• Will usually resolve approximately 15-20 minutes after intake of cannabis• Breathe slowly and deeply for several minutes• Contact an emergency healthcare professional if accompanied by chest pain
Short Term Memory Loss	<ul style="list-style-type: none">• Will be completely reversible when cannabis usage is decreased or completely ceased
Psychoactive Effects	<ul style="list-style-type: none">• Sit comfortably and empty your lungs through your mouth• After closing your mouth, take a deep breath through your nose filling your lungs to a mental count of four

Glossary of Key Medical Marijuana Terms

- Blunt/Joint

Cannabis rolled into a cigarette using paper.
- Bong/water pipe

Pipe used to smoke cannabis by drawing the smoke through water to cool it.
- Bowl/pipe

Device used to smoke cannabis which is often made of ceramic or glass material.
- Bud

Cannabis flower.
- Cannabinoid

Substances extracted from the cannabis plant including THC and CBD, as well as additional other less well known compounds such as CBN, THCV, THCA, and CBG. Cannabinoids interact with the Endocannabinoid System to bind directly or indirectly to ECS receptors, which behave like chemical messengers to turn on or turn off signaling in the body.
- CBD

Cannabidiol (CBD) is a non-psychoactive cannabinoid which has been known to have analgesic and anti-inflammatory properties.
- Cone

A cone-shaped joint that is thinner at the tip.
- Dabs

Cannabis concentrates such as shatter, wax, and oil.
- Distillate

Cannabis extract that has been refined and purified.
- Edible

Medical marijuana taken by ingesting cannabis-infused food.
- Endocannabinoid System (ECS)

A complex system which maintains all processes throughout the human brain and body, including how the body manages appetite, pain, sleep, pleasure, and mood. The role of the ECS is to create balance within the body to achieve the optimal state for maintaining health and natural wellness.
- Entourage Effect

The overall result of the combined action of the numerous compounds found in the cannabis plant interacting in harmony to produce stronger and more enhanced effects from the plant than might otherwise occur without all the elements present.
- Grinder

Device that is utilized to grind pieces of cannabis flower.
- Inhalation

Use of a vape pen to inhale medical marijuana - the active ingredients pass directly into the bloodstream in the lungs.
- Loose Flower

Ground up bud.
- MMUR

Medical Marijuana Use Registry: (800) 808-9580
- OMMU

Office of Medical Marijuana Use: (850) 245-4657
- Oral

Medical Marijuana taken by mouth such as gel caps and capsules.
- Pre-roll

Cannabis that has been pre-rolled for your convenience into a cigarette shape with a filter.
- Rosin

Cannabis that has been concentrated through heat and compression.
- Shatter

Cannabis that has been concentrated into solid pieces.
- Sublingual

Taking a dose of tincture and holding it underneath the tongue for about 60 seconds so that the capillaries there can absorb it directly into the bloodstream. Sublingual delivery allows faster absorption and greater bioavailability than when medical marijuana is ingested and needs to be subsequently broken down in the digestive system.
- Terpenes

Organic compounds in plants which determine a plant's scent and flavor as well as contributing to each strain's unique physiologic effects.
- THC


Tetrahydrocannabinoid, the primary psychoactive compound of cannabis, is known for its analgesic and mind-altering qualities.
- Topical

Medical marijuana applied directly to the skin to provide localized relief.
- Vape (Vaping, Vaporization)

Method of inhaling using heated liquid in vape form.
- Wax

Concentrated cannabis with a texture like candle wax.

Vital Information



OMMU User ID: _____

OMMU Password: _____

Re-evaluation Appointment (subject to change)

Date: _____

Time: _____

Patient Care: 844-442-0362

NOTES