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 four years, we’ve had the honor to assist over 50,000 patients to improve their quality of life after becoming medical marijuana patients in Florida. We are very proud of the over 5,000 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 32 locations throughout Florida with offices that are opening very soon!

Aventura
Bonita Springs
Brandon
Clearwater Gulf to Bay
Clearwater Palm Harbor
Dania Beach*
Delray Beach
Englewood
Fort Lauderdale
Fort Myers
Hudson
Jacksonville Beach
Lake City
Lake Worth
Lehigh Acres
Margate
North Tampa
Ocala
Orange Park
Orlando South
Orlando West
Palm Bay
Pensacola*
Saint Augustine*
Saint Petersburg
Sanford
Sarasota
South Miami
South Tampa
Tallahassee*
Tampa/Citrus Park
Winter Haven*
*coming soon
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**
- Patients are our #1 priority. Patient Care available 6 days a week.
- 32 locations throughout Florida with more coming soon!
- 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.
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)

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

2 **MAKE AN APPOINTMENT AT ANY OF OUR 32 LOCATIONS, WITH MORE COMING SOON.**

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.

---

**Medical conditions of the same kind or class as or comparable to those above:**

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Multiple Sclerosis
- Parkinson’s Disease

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

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2. **MAKE AN APPOINTMENT AT ANY OF OUR 32 LOCATIONS, WITH MORE COMING SOON.**
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**How to Become a Medical Marijuana Patient:**

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What’s Next…..

Look out for our email blasts!

To provide our patients with ongoing care, we are constantly on the lookout for dispensary 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.
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.

**What is the Endocannabinoid System?**

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**CB1 receptors**

Are found mostly in the brain and central nervous system, and to a lesser extent elsewhere in the body

**Target:**
- Thinking
- Short term memory
- Pain perception
- Appetite
- Motor activity
- Motor coordination
- Immune cells

**CB2 receptors**

Are found primarily in the peripheral organs, especially cells associated with the immune system

**Target:**
- Eyes
- Bones/skeletal muscles
- Skin
- Immune system
- Respiratory system
- Cardiovascular system
- Gastrointestinal system
- Reproductive system
- Pancreas/liver
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.
High Quality CBD • All Independently Lab-Tested • No Artificial Additives

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Welcome to Trulieve
Discover Why More Floridians Choose Trulieve
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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

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Your First Order
Birthday Discount 25% off
One Time During your Birthday Month
State Card Renewal $75 off
Purchase of $150+
Your Second Order 15% off

Text ‘Sign-Up’ for Daily Text” at Trulieve.CC/Texts
Contact Us
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www.trulieve.com
@Trulieve
@Trulieve_
@Trulieve

New patient discounts are valid for the first time patients. Each offer is valid one-time per patient. Renewal card discount is valid one time per year, following the renewal of a patient’s medical card. All patients now get a one-time 25% off discount during their birthday month once per year. Discounts exclude Ground, non-CDT c-cell cartridges and Clearance. Discounts cannot be combined with any other patient discount. Trulieve reserves the right to change or adjust this discount.
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 injecting 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.
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.
WHY CANNABIST?

- QUALITY PRODUCTS
- FLOWER ALWAYS IN STOCK
- INCREDIBLE VARIETY
- EXCELLENT CUSTOMER SERVICE
- 14 CONVENIENT LOCATIONS

PATIENT 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+
DONT MISS THE GOOD STUFF!

Follow us on social media and opt into our text and email lists by scanning the QR code below.

Bonita Springs - Bradenton - Brandon - Cape Coral - Delray Beach - Gainesville - Jacksonville Longwood - Melbourne - Miami - Orlando Sarasota - St. Augustine - Stuart
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.
Medical marijuana relieves symptoms of the following qualifying conditions:

**GLAUCOMA**
Temorarily lowers intraocular pressure

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

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

**PTSD**
Relieves anxiety and depression; improves mood

**EPILEPSY**
Reduces seizure frequency

**CROHN’S DISEASE**
Eases pain and promotes weight gain

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

**PARKINSON’S**
Relieves muscle spasms, tremors, stiffness, and pain

**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.
MÜV uses advanced tools to deliver effective cannabis therapeutics, like Strainprint.

Strainprint is the secure journaling app that helps you discover the best products for your needs. Medicating sessions are anonymously tracked and shared through the app to measure the efficacy of specific products for specific symptoms. And, patients that participate in our Patient Pioneer Program earn real savings while learning, too.

Current efficacies for MÜV Strains:

**MÜV Flower - Cherry Punch**
REPORTED EFFECTIVENESS FOR DEPRESSION: **62%**

**MÜV Flower - Slurricane**
REPORTED EFFECTIVENESS FOR IRRITABILITY: **68%**

**MÜV Flower - Velvet Glove**
REPORTED EFFECTIVENESS FOR MUSCLE PAIN: **57%**

*Data as of Dec. 2021, reported by MÜV Patients via Strainprint*
Learn & Earn with MÜV

Strainprint is the secure journaling app that helps you discover the best products for your needs. Medicating sessions are anonymously tracked and shared through the app to measure the efficacy of specific products for specific symptoms. And, patients that participate in our Patient Pioneer Program earn real savings while learning, too.

Current efficacies for MÜV Strains*:

MÜV uses advanced tools to deliver effective cannabis therapeutics, like Strainprint.

Increasing knowledge. Improving effectiveness.

müv patient pioneer strain assessment

MüV Flower - Cherry Punch

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REPORTED EFFECTIVENESS FOR

MüV Flower - Slurricane

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REPORTED EFFECTIVENESS FOR

MüV Flower - Velvet Glove

- MUSCLE PAIN: 57%

REPORTED EFFECTIVENESS FOR

*Data as of Dec. 2021, reported by MÜV Patients via Strainprint
### 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.

<table>
<thead>
<tr>
<th>Route</th>
<th>Product Types</th>
<th>Attributes</th>
<th>Path to Bioavailability</th>
<th>Onset</th>
<th>Peak Effect</th>
<th>Duration</th>
</tr>
</thead>
</table>
| Flower        | Loose Flower        | • Fast acting method  
• Distinct aroma  
• Limiting 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           | • Fast acting method  
• Little cannabis aroma  
• May 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 | • Faster onset if taken under the tongue  
• Discreet  
• Easy 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 | • Simple dosing  
• Delicious  
• Discreet | Active ingredients absorbed into the bloodstream after digestion | 30-60 minutes | 2-4 hours | 4-6 hours |
| Oral          | Gel Caps Capsules   | • Precise dosing  
• Discreet  
• Longer lasting relief | Active ingredients absorbed into the bloodstream after digestion | 30-60 minutes | 2-4 hours | 4-12 hours |
| Topical       | Lotions Creams Patches | • Localized relief  
• Discreet | 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.
COME AND GET FLUENT

Try our full lineup of cannabis products with discounts on Whole Flower, Pre-Rolls, Edibles, Cartridges, Drops, Syringes, Capsules, and more!

FIRST-TIME CUSTOMER DISCOUNTS

50% Off
on your first visit purchase of $200 or less plus $10 merch credit

FLUENT SAMPLER DEALS
7 unique first-time customer discounts to sample all of our products

PLUS MANY MORE...

For a full list of promotions and discounts scan the QR code or head to getfluent.com/promotions

FLORIDA DISPENSARY LOCATIONS

CAPE CORAL
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CLEARWATER
CORAL GABLES
CORAL SPRINGS
CUTLER BAY
DEERFIELD BEACH
FORT MYERS
FORT PIERCE
FORT WALTON BEACH
FRUITLAND PARK
GAINESVILLE
JACKSONVILLE - ATLANTIC
JACKSONVILLE - SAN JOSE
KENDALL
LAKE WORTH
LAKELAND
MELBOURNE
MIRAMAR BEACH
NEW PORT RICHEY
NORTH MIAMI BEACH
ORLANDO - COLONIAL DR
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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.

<table>
<thead>
<tr>
<th><strong>SATIVA</strong></th>
<th><strong>HYBRID</strong></th>
<th><strong>INDICA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Often preferred for Daytime Use</td>
<td>Choice for Day or Evening</td>
<td>Often preferred for Nighttime Use</td>
</tr>
<tr>
<td>Uplifting, energizing, and stimulating</td>
<td>Blended mix of effects, combining traits of both parent strains</td>
<td>Soothing, relaxing, and sedating</td>
</tr>
<tr>
<td>Good choice for patients who not only need relief but who also want to stay energized and alert</td>
<td>Good choice for patients who are seeking a balance between invigoration and sedation while seeking symptom relief</td>
<td>Good choice for patients who are seeking calming and to unwind while managing their symptoms</td>
</tr>
<tr>
<td>Sativa strains usually contain a higher CBD vs THC level</td>
<td>Often contain a relatively balanced mix of THC and CBD</td>
<td>Indica strains usually contain a higher THC vs CBD level</td>
</tr>
</tbody>
</table>

**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

VidaCann™
Premium Cannabis Products
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:

<table>
<thead>
<tr>
<th>TERPENE</th>
<th>AROMA</th>
<th>PROPERTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bisabolol</td>
<td>Floral and black pepper</td>
<td>Antibacterial and antifungal</td>
</tr>
<tr>
<td>Caryophyllene</td>
<td>Spicy and peppery</td>
<td>Anti-inflammatory, anti-anxiety, pain relief</td>
</tr>
<tr>
<td>Humulene</td>
<td>Woodsy and earthy</td>
<td>Antibacterial, anti-inflammatory, appetite suppressant, and pain relief</td>
</tr>
<tr>
<td>Limonene</td>
<td>Citrus</td>
<td>Anti-anxiety and stress relief</td>
</tr>
<tr>
<td>Linalool</td>
<td>Floral and citrus</td>
<td>Pain relief and relaxation</td>
</tr>
<tr>
<td>Myrcene</td>
<td>Earthy</td>
<td>Sedative and muscle relaxation</td>
</tr>
<tr>
<td>Pinene</td>
<td>Pine</td>
<td>Anti-inflammatory and effective against short-term memory effects of THC</td>
</tr>
<tr>
<td>Ocimene</td>
<td>Sweet</td>
<td>Anti-inflammatory</td>
</tr>
</tbody>
</table>
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Potential Short-Term and Long-Term Effects

- Insomnia relief
- Depression relief
- Short term memory problems
- Irritated/red eyes
- Coughing
- Increased heart rate
- Slowed reaction time
- Nausea relief
- Muscle spasm relief
- Pain relief

- Mood enhancement
- Anxiety relief
- Psychoactivity
- Lightheadedness/dizziness
- Dry mouth
- Lowered body temperature
- Increased hunger
- Settled stomach
- Paranoia

Beneficial Neutral Unfavorable
### 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

<table>
<thead>
<tr>
<th>SIDE EFFECT</th>
<th>REMEDY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry Mouth</td>
<td>• Drink a beverage such as water</td>
</tr>
<tr>
<td></td>
<td>• Use a lozenge or chew gum to increase the production of saliva</td>
</tr>
<tr>
<td>Irritated/red eyes</td>
<td>• Use over the counter lubricating eye drops</td>
</tr>
<tr>
<td>Coughing</td>
<td>• Drink cold water once coughing eases</td>
</tr>
<tr>
<td></td>
<td>• Reduce the amount of vapor/smoke inhaled</td>
</tr>
<tr>
<td>Lightheadedness/dizziness</td>
<td>• Keep your eyes open and focused on an object until the symptoms subside</td>
</tr>
<tr>
<td>Rapid Heart Beat</td>
<td>• Will usually resolve approximately 15-20 minutes after intake of cannabis</td>
</tr>
<tr>
<td></td>
<td>• Breathe slowly and deeply for several minutes</td>
</tr>
<tr>
<td></td>
<td>• Contact an emergency healthcare professional if accompanied by chest pain</td>
</tr>
<tr>
<td>Short Term Memory Loss</td>
<td>• Will be completely reversible when cannabis usage is decreased or completely ceased</td>
</tr>
<tr>
<td>Psychoactive Effects</td>
<td>• Sit comfortably and empty your lungs through your mouth</td>
</tr>
<tr>
<td></td>
<td>• After closing your mouth, take a deep breath through your nose filling your lungs to a mental count of four</td>
</tr>
</tbody>
</table>
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plus $25 off the next $75 spent
(Or save $25 on $75)

*with proof of status. See specific offers for details. The transfer of medical marijuana to another person is illegal.
Medical marijuana is not available to individuals under the age of 18 unless by a registered caregiver.
Vital Information

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OMMU Password: ________________

Re-evaluation Appointment (subject to change)

Date: ___________ Time: ___________

OMMU Card Renewal Date: ___________

Patient Care: 844-442-0362

MMUR website: https://mmuregistry.flhealth.gov

For order questions/requests, email us at orders@marijuanadoctor.com. Make sure to include your full name, DOB, and your Patient ID #.

NOTES

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