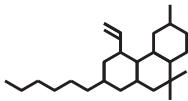




Patient and Customer Handbook

THC

THC is the cannabinoid in cannabis typically attributed to the plant's psychoactive effects.

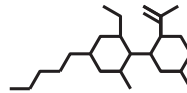


DELTA-9-TETRAHYDROCANNABINOL

&

CBD

CBD is the minimally psychoactive cannabinoid in cannabis that may relieve anxiety, inflammation, and more.



CANNABIDIOL

THC & CBD are the two main compounds found in the cannabis plant. These compounds are called cannabinoids. There are over 85 cannabinoids in cannabis, but THC and CBD are the most abundant and researched.

WHAT PRODUCTS ARE RIGHT FOR ME?

At NETA, we know that the effects of different cannabis products can vary greatly depending on the individual. Each person metabolizes, processes and experiences marijuana differently. Different therapies work well to deliver your desired effect. Plus, there are individual preferences around the length of impact, day vs. nighttime relief, method of use and type of effects experienced, among others.

Finding the right product for you will depend on the following factors:

METHOD

NETA offers a variety of flower, topicals, edibles, vaporizer products, and concentrates.

DOSAGE

Most products come in a variety of strengths and dosages. It is best to start with a low dosage and wait a few hours to realize the full effects. Or as we like to say: *Start low and slow.*

TYPE

The two main types of marijuana are Sativa and Indica. There are also several Hybrid strains that combine varying elements of both. Cannabinoid profiles are also important. NETA offers products in different THC and CBD combinations.

Method, dosage, type and other factors will be explained in detail over the following pages. When you visit our dispensaries, our Patient Service Associates (PSAs) will be ready to offer guidance and answer questions. Not all products/varieties featured are guaranteed to be available at all times. Menu is subject to availability.

WHAT METHOD OF USE IS RIGHT FOR ME?

METHOD	START WITH	PRODUCTS
Smoking	One Inhalation	Flower
Vaporizing	One Inhalation	Flower Vape* Wax* Shatter* Rosin* Distillate*
Edibles	5mg or less	Gummy Candies Mints Drinks Bars
Capsules	One Capsule	Upside Capsules
Tinctures	5mg Serving or less	Tinctures
Topicals	1 or 2 pumps	Lotion & Salve

***Concentrates such as wax, shatter and distillate have a high THC content. This may result in stronger, more pronounced, and longer-lasting effects. Consume responsibly.**

There are many different ways to use marijuana to achieve your desired results. We recommend that you explore various therapies to determine which approach works best for you. Feel free to speak with a Retail Service Associate to discuss products and method of use.

ATTRIBUTES	LIMITATIONS
Most traditional method. Effects felt almost immediately. Smoking devices generally are inexpensive, easy to clean and accessible. Maintains flavor.	Burning at high temperatures may compromise the efficacy of some cannabinoids. Can be limiting for individuals with lung/respiratory issues. Distinct, strong aroma.
Effects felt immediately. Easy dosing with some devices. Keeps most cannabinoids intact. Can be compact and discreet. Little cannabis aroma; no burning smell.	Cartridge vaporizers (like the RemPen) require little to no maintenance. Flower and other concentrate vaporizers require some light maintenance and can be more expensive.
Long-lasting effects. Ideal for individuals with lung/respiratory issues. Discreet. Tastes delicious.	Delayed onset. May require more trial and error.
Long-lasting effects. Ideal for individuals with lung/respiratory issues. Discreet. No taste or smell. Quick and easy to consume.	Delayed onset. May require more trial and error.
Quicker onset if absorbed under tongue. Steady lasting effects. No smell. Discreet. Easy dosing.	Delayed onset if swallowed.
Little to no "high." Easy application. Discreet. Long-lasting effects.	Skin must be clean, dry and intact. Not recommended for sensitive skin or open wounds/sores.

CANNABIS TYPES

The effect of marijuana depends largely on which type of cannabis you consume.

S SATIVA

Sativas are reported to have the following therapeutic effects:

- Mood elevation Increased energy
- Increased sense of well-being
- Increased focus
- Increased creativity
- Thought provoking
- Increased appetite

Individual experiences will vary, so it is important to experiment with different strains to achieve desired results. Sativas are often recommended for daytime use.

I INDICA

Indicas are reported to have the following therapeutic effects:

- Relaxation & stress relief
- Relaxes muscles Reduces spasms Reduces pain
- Reduces inflammation
- Promotes sleep
- Reduces anxiety Relieves nausea Stimulates appetite
- Reduces intraocular pressure Antiepileptic

For some individuals, indicas may result in tiredness and unclear thinking. Indicas are often recommended for evening use.

H HYBRID

Hybrid strains are produced when two or more different strains are cross-bred. Strains are often tailored through cross-breeding, with one variety typically dominant, to create the desired therapeutic effects.



CBD DOMINANT

CBD strains are reported to be helpful in treating a number of medical conditions and symptoms, while producing little to no psychoactive effects (or “high”). It has also been reported to be useful in treating seizure disorders.

Antiepileptic

Reduces pain

Reduces anxiety Reduces

inflammation



CBD:THC 1:1

A one-to-one 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.

Antiepileptic

Reduces pain

Reduces anxiety Reduces

inflammation



THC-A

Another potential option for individuals looking to avoid a psychoactive effect is THC-A. THC-A is the main non-psychoactive cannabinoid constituent in raw cannabis. It converts to THC when burned, vaporized, or heated. NETA offers THC-A edible formulations that have been reported to have the following properties.

Reduces pain

Reduces inflammation

Reduces anxiety

DOSING GUIDE

Products will vary in potency (strength of effect on body and mind) and cannabinoid profile. Strain specific details and ingredients are clearly labeled on all of our products after they are tested by accredited third-party labs. It is important that anyone using marijuana is careful in finding the appropriate dose for their desired therapeutic effects. Each person is unique and may experience marijuana quite differently.

GET COMFY

Eat a snack. Get cozy. Be sure to re-read the testing label.

START LOW

Start with a low dose.

Follow directions on the labels for all products.

GO SLOW

Wait the recommended amount of time between dosages.

ENJOY

Remember to note the time you consume an edible and keep track of the onset and duration.

EDIBLES

Start with **5MG OR LESS**.

Wait at least 2 hours before eating more.

ONSET

EFFECTS FELT



15 min. to 2 hours

4 to 8 hours or more

FLOWER/VAPE

Start with **1 INHALATION**.

Wait 15-20 minutes before taking another inhalation.

ONSET

EFFECTS FELT



1 to 15 minutes

2 to 6 hours or more

SUBLINGUAL UNDER TONGUE

Start with **5MG OR LESS**.

Wait 30-60 minutes before taking additional dose.

ONSET

EFFECTS FELT



15 to 30 minutes

2 to 4 hours or more

THINGS YOU NEED TO KNOW

ALCOHOL

Do not mix marijuana and alcohol.

DRIVING & MACHINERY

Never drive or operate machinery while under the influence of marijuana. It is prohibited by M.G.L. c. 90, § 24.

EATING

Eating a full meal before consuming MIPs (Marijuana Infused Products) is recommended as it helps in lowering the intensity of effects.

TOO MUCH?

Anxiety and paranoia may accompany accidental over-ingestion. In this event, it is best to stay calm and remain in a comfortable, safe place. With time, these unwanted effects will pass.

PREGNANCY

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

Warning: Marijuana has not been analyzed, studied, or approved by the FDA, there is limited information on side effects, there may be health risks associated with using marijuana, and it should be kept away from children. Driving under the influence of marijuana is prohibited and machinery should not be operated.

THINGS YOU NEED TO KNOW

TOLERANCE, DEPENDENCE & WITHDRAWAL

SIGNS AND SYMPTOMS OF DRUG ABUSE AND DRUG ADDICTION

Although different drugs have different physical effects, the symptoms of addiction are similar. If you recognize the signs and symptoms of substance abuse, consider talking to someone about your drug use. Some examples of signs and symptoms of substance abuse are:

- Neglecting responsibilities at school, work, or home because of drug use.
- Using drugs under dangerous conditions or taking risks while high.
- Built up a drug tolerance.
- Take drugs to avoid or relieve withdrawal symptoms. Symptoms may include nausea, sweating, shakiness, and extreme anxiety.
- Causing problems in relationships.
- Abandoning enjoyed activities.
- Continue using drugs, despite knowing it's hurting you.
- Losing control over drug use, may want to stop using, but feel powerless.

MA Substance Use HELPLINE: 800.327.5050



For more information on mental & emotional health, including drug abuse and addiction, please visit HELPGUIDE.ORG - TOPIC: ADDICTIONS.

WHERE CAN I SMOKE?

- In a private space where smoking and/or vaping are allowed.
- Not in or around NETA's dispensaries.
- Sorry, smoking in public is prohibited by state and local laws.

CAN I TRAVEL WITH MY CANNABIS?

- Never drive under the influence.
- Keep your cannabis in a secure area of your vehicle, out of reach of the driver and passengers.
- Stay in Massachusetts - do not cross state lines with marijuana.

HOW MUCH CAN I PURCHASE?

ADULT USE

Up to 2 ounces of marijuana flower or up to 10 grams of marijuana concentrate and 1000 mg of Edibles.

Possessing more than the legal limit outside your home may be penalized by up to 6 months imprisonment / \$500 fine.

MEDICAL PATIENT

Medical patients can purchase up to their 60-day limit set typically at 10oz per 60 days unless otherwise determined by their healthcare practitioner.

STORAGE OF MY CANNABIS?

- Always keep your cannabis locked and secure in your home away from children and pets! Do not store near other food items. To keep your cannabis fresh, store it in a dark, dry and cool place.

CAN I SHARE MY CANNABIS?

ADULT USE

In Massachusetts you can share or gift up to 2 ounces of cannabis, or 10 grams of cannabis concentrate, or 1000 mg of edibles with adults ages 21 and over, without any form of compensation.

MEDICAL PATIENT

Registered Qualifying Patients may not share, distribute, or sell Marijuana to any other individual, and that they shall return unused, excess, or contaminated product to the MTC from which they purchased the product, for disposal;

Selling marijuana to others is illegal and a first-time offense (under 50 lbs) may be punishable by up to 2 years imprisonment / \$5,000 fine. Subsequent offenses may be punishable by up to 2.5 years imprisonment / \$10,000 fine.

STRAIN & PRODUCT LOG

Use this log to document your experience using cannabis strains and products.

EXAMPLE				
1	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
	12/4/18	Flower	Facewreck (Sativa)	Vaporized
	DOSAGE	EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
	3 puffs	Eased pain		Instant/5 hours
NOTES Really liked this strain. Helped w/ pain but also created feeling of general happiness. Effects lasted about 2.5 hours.				
2	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
	DOSAGE	EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				
3	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
	DOSAGE	EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				
4	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
	DOSAGE	EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				
5	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
	DOSAGE	EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				

6	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
DOSAGE		EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				
7	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
DOSAGE		EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				
8	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
DOSAGE		EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				
9	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
DOSAGE		EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				
1	DATE	PRODUCT	STRAIN/TYPE	METHOD OF USE
DOSAGE		EFFECTS & SYMPTOM RELIEF		ONSET/DURATION
NOTES				