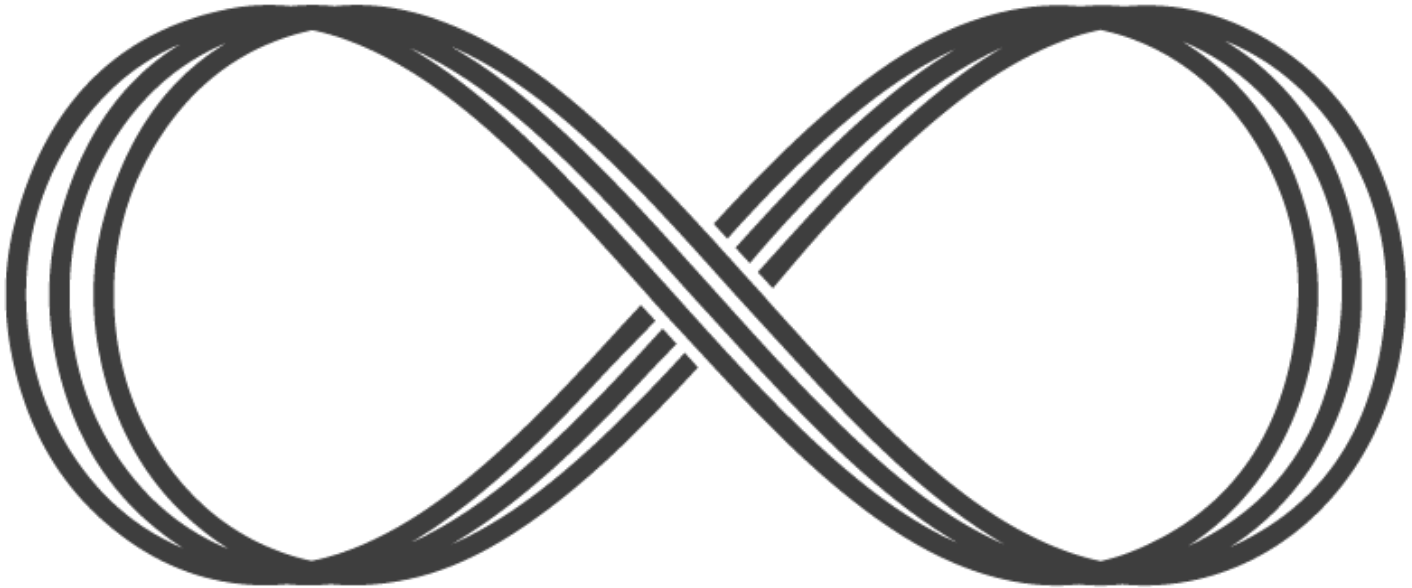


PERPETUAL

Patient Education Materials

Legal Notice

Marijuana has not been analyzed or approved by the FDA, that there is limited information on side effects, that there may be health risks associated with using Marijuana, and that it should be kept away from children.

When under the influence of Marijuana, driving is prohibited by M.G.L. c. 90, § 24, and machinery should not be operated.

Consumers may not sell Marijuana to any other individual.

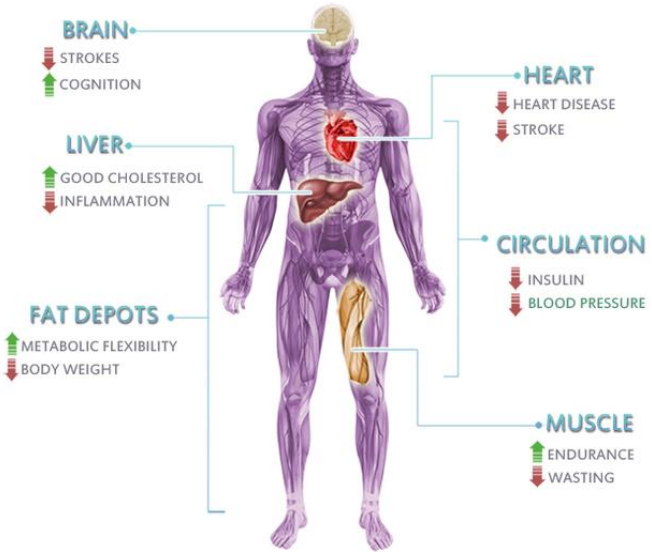
Illicit distribution of cannabis products could result in fines, arrest and barment from cannabis retail establishments.

Marijuana Customers may not sell or distribute their cannabis purchases to any other person. Any excess, unused, or contaminated product must be returned to Perpetual for disposal

ECS & Cannabinoids

The Endocannabinoid System (ECS) is in nearly all living creatures, it is a physical system in the body that interacts with nearly all the other internal systems like:

- Appetite
- Sleep Regulation
- Cardiovascular system
- Immune System



Cannabinoids are molecules found in both the body and in the trichomes of the cannabis plant. We can take these cannabinoids in to the body in many different ways.

Some of the popular cannabinoids are:

- THC
- CBD
- CBN
- CBG
- THCV

Cannabis Consumption Ups and Downs

- Feeling of Euphoria
- Feelings of Anxiety and Panic
- Great Sleep
- Loss of Time
- Becoming very hungry
- Dry eyes, mouth, nose
- Fatigue
- Slow Reaction Time
- Dizziness

How to Safely Experiment with Cannabis:

Start LOW

Consume the smallest amount possible until you are familiar with how the product will make you feel. If smoking, take one pull from the smoking device, if eating, start with 2.5 mg or half a recommended dose.

Go SLOW

Wait for 20 minutes after your first pull on the smoking device or 2 hours after consuming an edible to assess the full effect of the dose.

Cannabis Consumption

The most common methods for consuming cannabis are:

- Smoking
- Vaping
- Eating
- Drinking
- Topically
- Sublingual

There are many product categories, some of which are:

- Flower (1gr, 8th, 4ths)
- Pre-Rolls (.5gr, 1gr)
- Loose Leaf
- Chocolate, Gummies, Hard Candy, Condiments
- Soda, Seltzer
- Creams, salves, oils
- Tinctures

Terpenes

- Terpenes are scent molecules that are abundant in the natural world. **They are found on all plants** and they are the same molecule for each smell, so the limonene terpene is the same if found in lemongrass, on a lemon, or from lemon skunk marijuana.
- **Follow your nose**: Cannabis patients often find the cannavars that work best for them by identifying which cannavars they think smell the best.
- According to the Mayo Clinic "...Aromatherapy is thought to work by stimulating smell receptors in the nose, which then send messages through the nervous system to the limbic system — the part of the brain that controls emotions."

  - *https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/aromatherapy/faq-20058566*

- Terpenes and Cannabinoids work together to create the **Entourage Effect.**

  •Some combinations reduce an effect while others enhance an effect. Overall terpenes increase or decrease effects of cannabinoids in the body and those will all be based the physiology of the individual. Remember, follow your nose, start low, go slow.

R4 Concept

- Rest
- Relax
- Rejuvenate
- Recharge

Cannabis is well known to affect everyone differently, however a majority of users find similar effects occur when they use cannabis that has a specific smell to it. That smell is from the terpenes in the cannabis plant.

Indica and Sativa are commonly accepted terms for anticipating a cannavar's effect. Our R4 models allows us to go deeper into the compounds of the products we sell to better inform the end user. It is possible to test the cannabis and chemically assess the smells so as to anticipate the effects on the user.

We have grouped the commonly tested terpenes into these 4 segments, and we color code all our products and brands so that the end user always knows what to expect.

We test for terpenes on every batch test to create the experiences that the customer is looking for.

Terpenes for Effect

Terpene	Flavor	Reported Effect	Vaporization Temp
A-Pinene	Pine/Woodsy	Anti-inflammatory, anti-bacterial, bronchial dilator	311*F
Humulene	Spicy/Herbal	Appetite Suppressant, anti-inflammatory	222.8* F
Limonene	Citrus	Uplifting, anti-anxiety, anti-depressant	348.8*F
Myrcene	Earthy, Musk, Fruity	Relaxation, Euphoria, Couch Lock	332.6*F
Borneol	Mint, Metallic	Anti-inflammatory and analgesic	415.4*F
Eucalyptol	Minty, Menthol	Anti-bacterial and anti-fungal	341.6*F
Sabinene	Woodsy, Spicey, Peppery	Digestive aid, anti-bacterial, antioxidant	326.4*F
Ocimene	Herby, Basil, Tarragon	Anti-fungal	122*F
Linalool	Floral, warm	Anti-Anxiety, Relaxation, Sleep-aid	388.4*

Terpenes for Effect

Terpene	Flavor	Reported Effect	Where else it's found
Pinene	Pine/Woodsy	Clarity, focus, improved memory	Pine trees
Humulene	Spicy/Herbal	Uplifting, energy inducing	Hops
Limonene	Citrus	Uplifting mood, energy booster, focus	Lemon
Myrcene	Earthy, Musk, Fruity	Anti-Anxiety, relaxing	Mango
Borneol	Mint, Metallic	Relieves anxiety, improves memory, treats mental exhaustion	Mint
Eucalyptol	Minty, Menthol	High energy, mood elevating	Eucalyptus
Sabinene	Woodsy, Spicey, Peppery	Appetite suppressant	Pepper
Ocimene	Herby, Basil, Tarragon	Uplifting mood, energy booster	Basil
Linalool	Floral, warm	Anti-depressant, anti-anxiety, relaxation, calm	Lavendar

R4 Combinations

These are the terpene combinations we strive for when selecting what cannavar is attributed to each R-Combination.

- Rest

Linalool

Borneol

Myrcene

- Relax

Pinene

Myrcene

Sabine

- Rejuvenate

Humulene

Limonene

Pinene

- Recharge

Eucalyptol

Ocimene

Sabine

Smoking cannabis causes an effect after only a few moments, will peak at 15 minutes and last about 2 hours.

Eating cannabis may cause effect after 1 hour, commonly found to peak after 2 hours and may last for up to 7 hours.

In order of Speed to Effect:

1) Smoking/Vaporizing/Inhalation
2) Tincture/Sublingual
3) Eating/Drinking
4) Salve/Topical

Dependence, Tolerance, Withdrawal

Cannabis dependance can become an issue for some consumers; and it is possible to consume enough cannabis consistently that a consumer is unable to experience the desired effects of the product.

It is a common practice among consumers to take a “break” for at least 4 weeks to reset your ECS.

During a break you may experience difficulty sleeping, irritability, and minor physical discomfort.

Overdose & Illness

- There are no known deaths from over consumption of cannabis and cannabis products.
- Your ECS may become better adapted to using cannabis in the body and you may experience a need to consume more to get the same effect.
- Consult your recommending doctor before stopping or changing your recommended dosage.

Are you consuming too much?

If you are experiencing reperocussions from consuming cannabis like loss of your job, family conflict, overspending, or other common addiction symptoms please seek help.

SAMHSA National Helpline

Confidential free help, from public health agencies, to find substance use treatment and information.

1-800-662-4357

OR

MOAR- Massachusetts Organization for Addiction Recovery

617-423-6627

Varietal Tracker

Strain Name	Product Type	Purchase Date	Use Date
Manufacturer	Dosage TAC	THC	CBD



Print several copies of this and keep a record to help track the items you like and the ones you may not want to purchase again.

Impressions on a scale of 1-5 (1=dislike 5=loved)	
Smell	
Color	
Flavor	
Cure	
Packaging	
Package Date	

Effects on a scale of 1-5 (1=weak 5=strong)	
Energizing	
Sedative	
Pain relief	
Creativity	
Length of effect	
Post consumption effects	