

High Profile × ***BUDEGA***

Cannabis Shop

Cannabis Explained

A
High Profile
guide for
the budding
connoisseur.

High Profile

× **BUDEGA**

As longtime industry insiders, we're dedicated to building the best experience and selection for our customers, serving as the premier cannabis destination for the communities in which we operate.

With a focus on full-spectrum products, we continually discover and proudly offer the industry's premier brands for recreational customers. Our budtenders are knowledgeable, attentive, and focused on helping shoppers enjoy the ultimate High Profile experience.

For menus and more info visit our website at
www.highprofilecannabis.com

So, what is Cannabis, its many types, and effects? Let's break it down.

Cannabis generally refers to two plants with psychoactive properties known as Cannabis sativa and Cannabis indica. Cannabis is produced by drying and harvesting the flowers of these plants.

Cannabis has a wide range of effects, from uplifting to calming, energizing to relaxing, and everywhere in between. Science has only scratched the surface on cannabis's potential for treatment, and its many benefits are continually being studied.

Types of Cannabis

There are a few main types of cannabis – Indicas, Sativas, and Hybrids. These groupings are commonly used to categorize the effects the respective cannabis is likely to have when consumed. Indicas are known to be relaxing, Sativas uplifting, and Hybrids a combination of the two. It's important to note that these classifications are more tied to botanic groupings than the actual experience they provide – some Indicas might be uplifting, while you might find yourself 'couch locked' with a Hybrid or Sativa. Your cannabis experience will also be influenced by other factors, including the way it's consumed and how much is consumed. Your body's chemistry, mood, environment, and expectations are also components in the type of 'high' you will have. Here are some more general cannabis category guidelines:

Indicas are commonly known to provide a relaxing body high with happy, soothing, and sleepy effects. Some people have found that using the indica variety can help alleviate insomnia.

Sativas are thought of as good daytime options because of their reputation as uplifting and energizing. The "head high" Sativa consumers experience is often said to increase focus and creativity while calming stress and anxiety.

Hybrids are a mix of Indicas and Sativa and often share the same parentage. Most cannabis strains are Hybrids, with pure Indicas and Sativas becoming increasingly rare. Hybrid effects are heavily influenced by their parent strains and often described as more 'Indica-leaning/dominant', 'Sativa-leaning/dominant', or 'balanced'.

Cannabinoids are naturally occurring compounds in cannabis that produce an array of effects on the body and mind. There are more than 100 varieties of cannabinoids, with Cannabidiol (CBD) and Tetrahydrocannabinol (THC) being two of the most frequently studied and well-understood.

Tetrahydrocannabinol (THC) THC is the main psychoactive compound in cannabis. THC is responsible for the "high" felt with cannabis use.

Cannabidiol (CBD) CBD is a psychoactive cannabinoid, yet it has no intoxicating or euphoria-inducing effects, meaning it will not get you "high." Consumers have reported that CBD could be used for possibly reducing inflammation, carrying many of the same effects as THC without the psychoactive effect. CBD may help ease nausea, migraines, seizures, and anxiety. Researchers are still studying the extent of CBD's medicinal uses.

Terpenes

Cannabis contains hundreds of terpenes giving each flower its unique scent and flavor profile. There are eight main umbrella terpenes in cannabis, each holding distinct flavors, scents, and commonly reported effects. Research in the field is increasing as it becomes more apparent terpenes may have a direct influence on CBD and THC – known as the entourage effect. Terpenes are the aromatherapy of the botanical world and are also present in trees, flowers, fruit, hops, and more. When cannabis is dried and cured, the molecular structure of terpenes are changed causing them to become terpenoids.

Pinene – Pine flavor, also found in rosemary, parsley, and pine trees.

Consumers have reported anti-inflammatory, anti-bacterial, and a bronchial dilator effects.

Humulene – Woody flavor, also found in cloves and basil.

Consumers have reported anti-inflammatory and appetite suppressant effects.

Limonene – Citrus flavor, also found in peppermint, and orange peels.

Consumers have reported uplifting, anti-anxiety, and an antidepressant effects.

Myrcene – Earthy flavor, also found in thyme and hops.

Consumers have reported euphoria-inducing, relaxing, and responsible for 'couch lock' effects.

Caryophyllene – Spicy flavor, also found in cinnamon and black pepper.

Consumers have reported anti-anxiety and an analgesic effects.

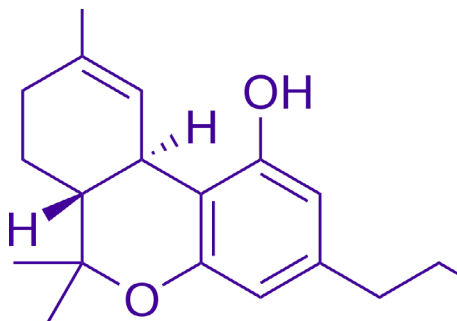
Linalool – Floral flavor, also found in lavender. Consumers have reported anti-epileptic and anti-anxiety effects.

Ocimene – Sweet flavor, also found in mint and orchids.

Consumers have reported anti-inflammatory and anti-oxidative effects.

Terpinolene – Herbal flavor, also found in nutmeg and cumin.

Consumers have reported anti-bacterial and sleep-inducing effects.



Getting Started

If this is your first experience with cannabis, or if you're revisiting cannabis after abstaining for some time, we recommend starting off slowly with small doses spread out over time.

The effects of cannabis can last anywhere from one to eight hours, and be influenced by your metabolism, body type, and weight. It's best to avoid mixing cannabis with alcohol, cigarettes, or other types of substances when first starting to consume.

Your High Profile Budtenders are here to help you discover the perfect products, methods, and doses to fit your unique needs.

There are many other types of terpenes in cannabis. We encourage you to research the available information to find the best strains for you.

Choosing a Consumption Method

Because cannabis has different effects on everyone, there are many factors that should be taken into consideration when deciding which form to choose. Keep in mind, an active consumer of cannabis may have a much higher tolerance than someone who has never tried it before. See the methods of consumption listed below:

Smoking/Vaping/Dabbing

- When you feel the effect
= seconds/minutes
- How long the effect lasts
= 1-3 hours
- Start low, go slow

Inhaling cannabis smoke is one of the quickest ways to feel its effects. How long the effects last depend upon how long smoke or vapor is held in the lungs before exhaling as well as how many puffs are taken per minute. Since smoking, vaping, and dabbing take a bit of practice, beginners are likely to experience shorter durations of effect.

Edibles

- When you feel the effect
= 1-3 hours
- How long the effect lasts
= 4-6 hours
- Start low, go slow

In addition to being more discreet, convenient, and easy to consume, edibles such as capsules, gummies, chocolate bars, or baked goods can deliver longer-lasting potentially therapeutic effects. The speed with which the effects are felt can be increased by consuming edibles with foods that are high in

saturated fats. Therefore, baked goods are a popular choice for cannabis edibles, especially those with coconut oil, which accelerates the absorption process.

Tinctures

- When you feel the effect
= seconds/minutes
- How long the effect lasts
= 4-6 hours
- Start low, go slow

Cannabis tinctures are placed under the tongue (known as the sublingual method) and absorbed into the bloodstream almost as quickly as smoking or vaporizing. After holding the dose under the tongue for a few seconds, it is then swallowed and processed by the digestive system possibly increasing the duration of its effects.

Topical

- When you feel the effect
= 30 minutes – 1 hour
- How long the effect lasts
= 6-8 hours
- Start low, go slow

Just as nicotine patches deliver a consistent dose of nicotine over the course of an entire day, a transdermal patch delivers a consistent dose of THC or CBD. Because it is applied to your skin, the dose is continuously absorbed into your bloodstream. What you give up in slower bioavailability, you gain in the longest-lasting potentially therapeutic benefits of all ingestion methods.

Storage

If you plan on storing your cannabis for any length of time, make sure to limit product exposure to light, extreme temperatures, or very high or low humidities. This will protect your flower from losing terpenes, molding, or degrading. An opaque glass jar with an airtight seal is ideal for flower preservation. Cannabis-infused products may enjoy a longer shelf-life if refrigerated. Oils or tinctures can last up to years in an airtight container.

Poisoning

According to the CDC, edibles, or food and drink products infused with marijuana hold different risks associated with consumption, including increased risk of poisoning. Unlike smoking marijuana, edibles can:

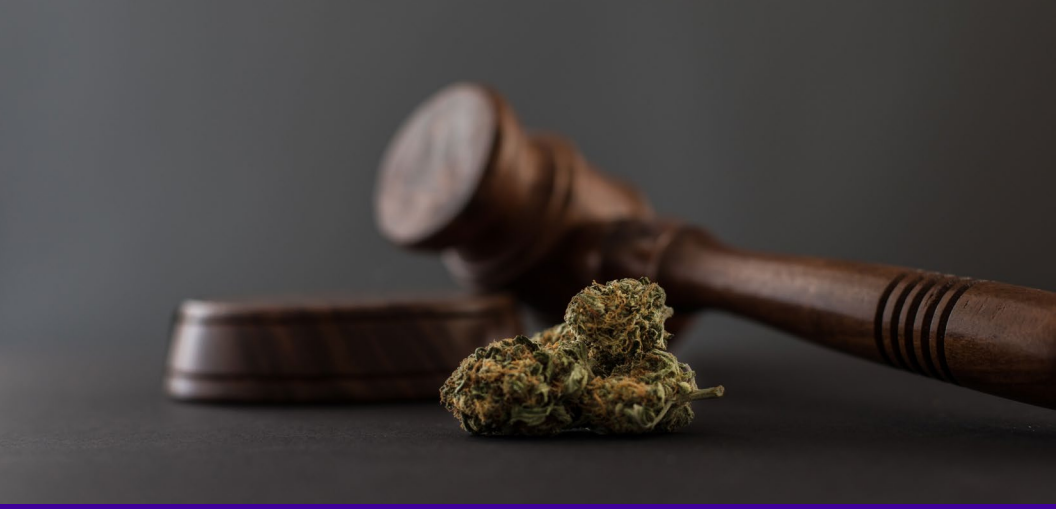
- Take anywhere from 30 minutes to two hours to take effect. Not immediately feeling the effects or thinking the edibles are 'not working', some consume too many which can lead to poisoning and/or serious injury.

- Cause effects that last longer than expected depending on the amount, when you last ate, and medications or alcohol currently being used.
- Be very difficult to measure. The amount of THC, the active ingredient in marijuana, is very difficult to measure and is often not precisely known in edible products. Many users can be caught off-guard by the strength and long-lasting effects of edibles.

A small safety note on edibles here. Since becoming legal in many states, there has been an increase in cases of children accidentally ingesting marijuana products, mistaking them for candy or treats and resulting in emergency medical care. We strongly recommend keeping all edibles in a safe place securely out of reach of children.

(<https://www.cdc.gov/marijuana/health-effects.html>).





Disclaimers & Penalties:

Marijuana has not been analyzed or approved by the FDA. There is limited information on the side effects of marijuana, and there may be health risks associated with using marijuana. Marijuana and marijuana products should be kept away from children and stored in such a way as to prevent access by anyone under the age of 21.

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

Failure to keep marijuana and marijuana products in excess of one ounce locked up within the home may be punished by a civil penalty of up to \$100 and forfeiture of the marijuana.

The civil penalty for consuming marijuana in public or smoking marijuana where smoking tobacco is prohibited is up to \$100.

Possessing more than the legal limit (1 oz.) outside your home may be penalized by up to 6 months imprisonment / \$500 fine.

An individual may receive a civil penalty of up to \$500 for having an open container of marijuana in the passenger area of a vehicle while on the road or at a place where the public has access.

Consumers may not sell marijuana to any other individual; only Marijuana Retailer Establishments licensed by the Commission may sell marijuana and marijuana products directly to consumers. Selling marijuana to others is illegal and a first-time offense (under 50 pounds) 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.

Individuals who knowingly and intentionally supply, give, or provide marijuana, marijuana products, or marijuana accessories to a person, under 21 years of age, either for the person's own use or for the use of the person's parent or another person shall be subject to a civil penalty of not more than \$2,000 or imprisonment for not more than one year or both the fine and imprisonment.

Individuals who knowingly and intentionally allow a person under 21 years of age (except for the children and grandchildren of the person charged) to possess marijuana, marijuana products, or marijuana accessories on premises or property owned or controlled by the person charged shall be subject to a civil penalty of not more than \$2,000 or imprisonment for not more than one year or both the fine and imprisonment.

An individual under 18-20 years of age (unless a patient with a registration card for medical use of marijuana) that purchases or tries to purchase marijuana, marijuana products, or marijuana accessories shall be subject to a civil penalty of not more than \$100 and completion of a drug awareness program.

An individual under 18 years old that purchases or tries to purchase marijuana, marijuana products, or marijuana accessories shall be subject to a civil penalty of not more than \$100, completion of a drug awareness program, and notification of parent or legal guardian. Failure to complete drug awareness program within one year of offense may be basis for delinquency proceedings.

An individual 18-20 years of age that alters, defaces, or otherwise falsifies identification (ID) offered as proof of age with the intent of purchasing marijuana, marijuana products, or marijuana accessories shall be subject to a civil penalty of not more than \$100 and completion of a drug awareness program.

An individual under 18 years old that alters, defaces, or otherwise falsifies ID offered as proof of age with the intent of purchasing marijuana, marijuana products, or marijuana accessories shall be subject to a civil penalty of not more than \$100, completion of a drug awareness program, and notification of parent or legal guardian. Failure to complete drug awareness program within one year of offense may be basis for delinquency proceedings.

Be Knowledgeable About Cannabis Law



While studying your local laws may not be the most exciting part of exploring cannabis, the peace of mind you gain will enhance your confidence on your journey.

It's also important to be aware of local laws, rules, and restrictions, particularly

those concerning the legal amount of cannabis you may purchase, where cannabis may be consumed, and how to legally travel with cannabis. Keep in mind cannabis remains federally illegal, and interstate travel is prohibited.

Cannabis and Minors

While the long-term benefits and risks of cannabis are still being studied, there is already extensive research highlighting its detrimental effects on minors and their development.

These risks include impaired attention, reduced IQ, memory, and ability to plan, decreased reaction time, judgment, and coordination, greater risk of dropping out of school, depression, and other mental health disorders.

Potential Risks and Side Effects

Marijuana use may have a wide range of effects, both physical and mental.

- Breathing Problems
- Increased Heart Rate
- Problems with child development during and after pregnancy
- Nausea and Vomiting

Physical dependence to marijuana has not been substantiated by extensive research, but frequent or heavy use of marijuana can lead to increased tolerance resulting in the need for higher doses and different strains. For additional information on tolerance, dependence and withdrawal, visit <https://drugabuse.com/marijuana-abuse/>

Some examples of signs and symptoms of substance abuse are (HelpGuide.org):

- Neglecting responsibilities at school, work, or home because of drug use;
- Using drugs under dangerous conditions or taking risks while high;
- An increase in drug tolerance;

- Taking drugs to avoid or relieve withdrawal symptoms, which may include nausea, sweating, shakiness, and extreme anxiety;

- Causing problems in relationships;

- Abandoning enjoyed activities;

- Continue using drugs, despite knowledge of potential and actual harms; or

- Losing control over drug use

Mental Effects:

Long-term marijuana use has been linked to mental illness in some people, such as:

- temporary hallucinations
- temporary paranoia
- worsening symptoms in patients with schizophrenia—a severe mental disorder with symptoms such as hallucinations, paranoia, and disorganized thinking.

Marijuana use has also been associated with other mental health problems, such as depression, anxiety, and suicidal thoughts among teens. However, study findings are inconclusive.

See the back of this brochure for important phone numbers.

This content is not intended as medical advice. The information provided is meant to encourage cannabis education, not replace direct patient-healthcare professional relationships. Always consult your primary care physician or other healthcare provider prior to using cannabis products for treatment of a medical condition. Any statements contained herein have not been evaluated by the Food and Drug Administration. Products referenced are not intended to diagnose, treat, cure, or prevent any disease.



Local Massachusetts Resources

National

National Poison Control: 800-222-1222

Substance Abuse and Mental Health Services: 800-522-4357

DrugFree.org: 855-378-4373

National Council on Alcohol and Drug Dependence: 800-622-2255

National Drug and Alcohol Treatment Referral Service: 1-800-662-HELP

National Drug and Alcohol Abuse Referral Hotline: 800-821-4357

National Marijuana Hotline: 888-627-4582

Marijuana Anonymous: 800-766-6779

National Suicide Prevention Hotline: 800-273-8255

Massachusetts

Massachusetts Substance Use Helpline: 800-327-5050

Bureau of Substance Addiction Services: 617-624-5111

Call2talk (National Suicide Prevention Lifeline Crisis Center (local Mass211 Program)): 508-532-2255

Massachusetts Organization for Addiction Recovery: 617-423-6627

Boston

Boston Fire Department: 617-343-3550

Boston Police Department (Dorchester Precinct): 617-343-4330

Massachusetts General Hospital Department of Emergency Medicine: 55 Fruit St, Boston, MA 02114 617-724-4100

Boston Medical Center Emergency Room: 725 Albany St, Boston, MA 02118 617-414-4075

Tufts Medical Center Emergency Room: 860 Washington St, Boston, MA 02111 617-636-5566

Regional Center for Poison Control and Prevention (at Boston Childrens Hospital: 300 Longwood Ave, Boston, MA 02115 800-222-1222

STRAIN & PRODUCT TRACKING

Date	Product	Strain/Type	Method of Use	Dosage	Effects	Duration	Notes
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