

High Profile

Cannabis Shop

Cannabis Explained

A
High Profile
intro guide
for the budding
connoisseur.



High Profile

Cannabis Shop

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. 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 users have said that it 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 possible 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 said 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 said to provide a relaxing body high with happy, soothing, and sleepy effects. They are often used at night for unwinding with both mentally and physically calming results reported by users.

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."

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 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.

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

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

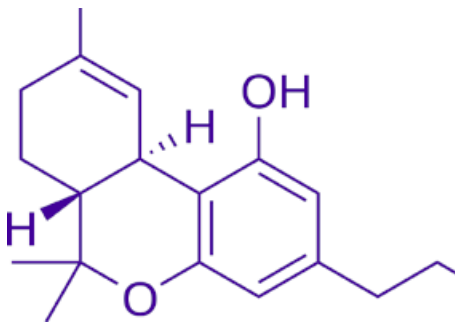
Linalool – Floral flavor, also found in lavender.

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

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

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

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

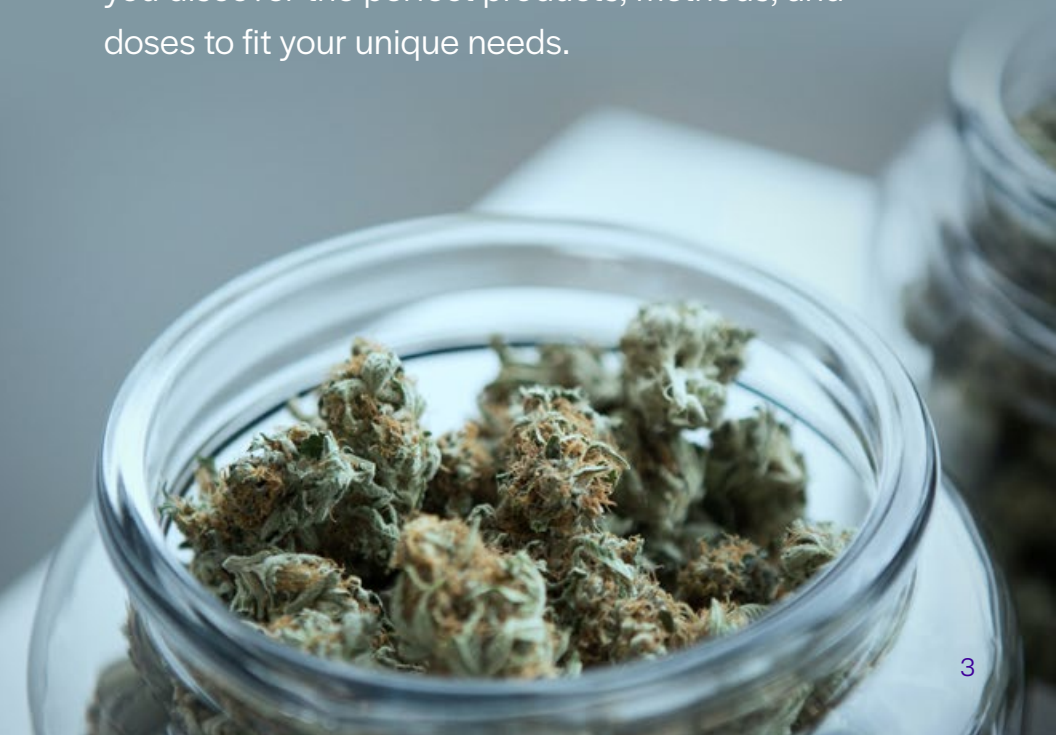


There are many other types of terpenes in cannabis. We encourage you to research the available information to find the best strains for you.

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.



Limitations of the right to possess and use cannabis items

It is now legal for persons over the age of 21 to purchase cannabis in the State of Connecticut, there are limitations. Adults 21 and older can possess, consume, and use up to one and a half ounces (1.5 oz) of usable cannabis or its equivalent in solid, liquid, or concentrate form. Up to five ounces of cannabis plant material can be possessed in a locked container, such as your residence or a locked glove box or the trunk of your motor vehicle. There is NO limit on smoking accessories or non-cannabis merchandise.

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

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 = 30 minutes to 2 hours
- How long the effect lasts = 4-6 hours

in addition to being more discreet, convenient, and easy to consume, edibles deliver longer lasting experiences.

The speed with which the effects are felt can be increased by consuming edibles with foods that are high in saturated fats. to find out more please visit:

<https://portal.ct.gov/cannabis/knowledge-base/articles/what-kind-of-edibles-will-be-available-for-consumers-in-the-adult-use-cannabis-market?language=en-US>

Tinctures

- When you feel the effect = seconds/minutes
- How long the effect lasts = 4-6 hours

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 increasing the duration of its effects.

Topical

- When you feel the effect = 30 minutes – 1 hour
- How long the effect lasts = 6-8 hours

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 experiences 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 and tinctures can last longer in air tight containers.

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 THC content in edibles is tested, and the THC content in food and drink products infused with cannabis should be consistent. However, some users may be taken by surprise due to the potency 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. As it stands, the state's legalization law restricts cannabis edibles to non-perishable products such as lozenges, pills and gummies.

<https://www.cdc.gov/cannabis/health-effects/poisoning.html>.

Keep your children, family, friends, animals, and other loved ones safe, by responsibly reviewing CT Cannabis Regulatory Commission's publication of 'Safe & Responsible Use' here:

<https://portal.ct.gov/cannabis/knowledge-base/articles/education-and-prevention/responsible-cannabis-use?language=en-US>

Mold Warning

Consuming or inhaling cannabis containing mold may lead to negative health effects, including infections and toxicological effects. Symptoms can range from mild to life-threatening. People who are sensitive to mold, immunocompromised, or have lung-related illnesses should consult a physician before inhaling or consuming cannabis. Cannabis establishments may use processing techniques to reduce, remove or otherwise remediate mold and other harmful contaminants. The use of remediation techniques may have possible health risks. For a list of processing and remediation techniques used on a particular product, review the product's extended content label.



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
- Cannabinoid hyperemesis syndrome (CHS)

Tolerance, dependence, and withdrawal:

Tolerance, dependence, and withdrawal are potential outcomes of prolonged cannabis use, wherein the body adapts to the drug, leading to reduced effects, cravings, and adverse physical and psychological reactions upon discontinuation.

Recognize the signs and symptoms of cannabis abuse:

Excessive lethargy, impaired judgment, social withdrawal, and declining academic or occupational performance. If you or someone you know is experiencing these signs, seek help and support for a healthier, balanced lifestyle.

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.

Check out the CT Cannabis Resource Toolkit for more info: (ct.gov/cannabis)

See the back of this brochure for important phone numbers.

For information about opportunities to participate in Substance Abuse Programs contact: Connecticut Abuse Hotline: 866-210-1303

Department of Mental Health and Addiction Services: 800-658-4472

High Profile is Committed to Social Equity & Social Justice

C3 is committed to supporting causes close to our hearts and the broader cannabis community. Each year we identify organizations within the following areas to support:

Equality

We support the LGBTQ+ community through our partnership with The Trevor Project. We raise awareness and donations during June. To learn more, visit (www.thetrevorproject.org).

Arts

Creative talent and the art they make have always been a passion for C3. In Michigan, C3 has partnered with Lions & Rabbits Center for the Arts – a non-profit led by artists with a mission of creating a better path for local artists to achieve successful careers in art. Our partnership has included contributions to fund-raising events that support Grand Rapids' artist community, the commission of murals on two of our Michigan High Profile dispensaries with additional murals coming in Massachusetts, and brand activations with both Cloud Cover Cannabis and High Profile Cannabis Shop.

Food Insecurity

In each community where C3 and High Profile operate, we identify community food banks to support and collect donations during the holiday season and other specific moments each year. We encourage our employees, customers, vendors, and key stakeholders to help us support our local communities.

Cannabis Industry Education

Empowering women in cannabis, We Are Jaine is focused on supporting, honoring, and educating women in the cannabis industry by building alliances to foster a united voice through mentorship, empowerment, and networking. Learn more about the work at We Are Jaine by visiting (www.wearejaine.com).

Veterans

We remain committed to our veterans through our support of Folds of Honor. We raise money to donate to this important cause during November. To learn more about this important initiative, visit (www.foldsofhonor.org).

Breast Cancer Awareness

Our support of women and families impacted by breast cancer is personal – with many of our employees directly touched by the pain of this terrible disease. We support the National Breast

Cancer Foundation with donations during October. To learn more about this important initiative, visit (<http://www.nationalbreastcancer.org>).

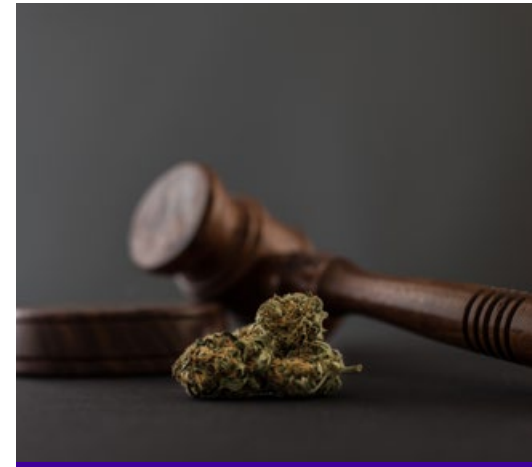
Be Knowledgeable About Cannabis Law

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.

Those who consume marijuana should not operate a motor vehicle or other similar equipment. Women who are or may become pregnant or are breastfeeding should avoid using marijuana as it may cause pregnancy complications, harm a baby's development, and result in a lower birth weight.

Secondhand smoke from marijuana can have psychoactive effects and should be avoided for all children.



Consumption in Public and Private Places in Connecticut

Using Cannabis Responsibly?

In general, you won't be able to smoke or vape cannabis anywhere you can't smoke or vape tobacco.

Cities and towns may enact ordinances to regulate whether and where cannabis can be consumed in public.

At home, landlords may prohibit smoking and vaping, but they generally may not prohibit possession or consumption of other forms of cannabis.

Cannabis use will be prohibited in state parks, and on state beaches and waters'

Towns and municipalities have the authority to restrict the consumption by any means, to a private residence. Make sure to first check your local government rules and ordinances before consumption.

Know the Laws & Limits in Connecticut

There are many prohibitions outlining the limitations on consumption or possession, such as age, location, or amount of marijuana. Consumers who violate rules and laws are subject to penalties specific to the city, country, state, or federal regulations.

If you'd like to learn more, check out [\(v/cannabis\)](#) as provided by the State of Connecticut.

Local Connecticut Resources

General

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

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

Hospitals

Manchester Memorial Hospital:
71 Haynes St, Manchester, CT 06040

Bridgeport Hospital Milford Campus:
300 Seaside Ave, Milford, CT 06460

Waterbury Hospital:
64 Robbins St, Waterbury, CT 06708

Drug Addiction/Counseling Services

Canton: Community Health Resources:
698 Bloomfield Ave, Bloomfield CT
(877) 884-3571

Hamden:
Yale Behavioral Health Services at Hamden:
95-97 Circular Avenue
Hamden, CT 06517
(203) 288-6253

Stratford: Stratford Community Services
468 Birdseye Street
Stratford, CT 06615
(203) 385-4095

Manchester: Community Health Resources
444 Center Street
Manchester, CT 06040
(877) 884-3571

Rehabilitation Centers

Mountainside Treatment Center:
187 S Canaan Rd, Canaan, CT 06018

Milford Health & Rehabilitation Center:
195 Platt St, Milford, CT 06460

Connecticut Center for Recover:
177 West Putnam Avenue, Greenwich, CT

Important Phone Numbers

National Poison Control Center :	800-222-1222
Substance Abuse and Mental Health Services:	800-563-4086
DrugFree.org:	855-378-4373
National Suicide Prevention Hotline:	800-273-8255
National Council on Alcohol and Drug Dependence:	800-622-2255
Marijuana Anonymous:	800-766-6779
National Marijuana Hotline:	888-627-4582

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