

MOCKINGBIRD

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CANNABIS GUIDE

2023

CANNABIS TERMINOLOGY

Cannabis: The accepted botanical name for the plant. The cannabis plant is well documented throughout human history as a valuable resource, including use as food, fuel, fiber, ritual, and medicine.

Hemp: A common name for the cannabis plant. This term is typically associated with its industrial use and non-psychoactive products, such as fiber, clothing, paper, seed, food, and oil that is absent of euphoric or impairing effects.

Marijuana: A common name for the cannabis plant. This term is typically associated with the prohibition, legal status, or euphoric use of the plant.

Cannabis Strains AND Types

Cannabis Sativa: A cannabis strain reported to have more of an energizing effect. It has been described as uplifting, cerebral, or mentally stimulating. It may be preferred for daytime use or by patients experiencing low energy, fatigue, or depression. It may not be preferred by patients prone to anxiety.

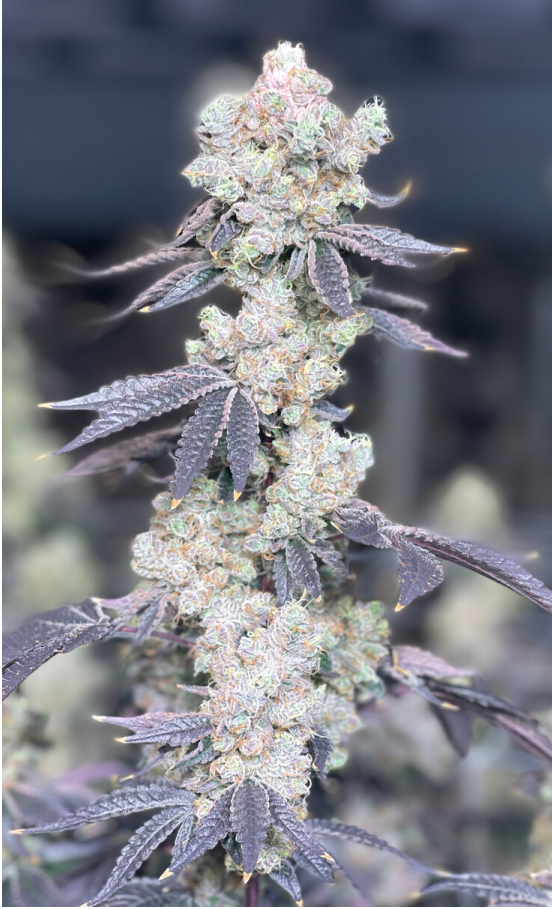
Cannabis Indica: A cannabis strain reported to have a more sedating effect. It has been described as a relaxing, calming, full body experience. It may be preferred for night-time use or by patients prone to hyperactivity or anxiety.

Hybrid: A cannabis strain that is a cross between sativa and indica strains. Most cannabis strains available today are hybrids, which exhibit selective or balanced characteristics.

CBD Rich: A cannabis strain that is selected for greater cannabidiol content.

Cannabis Safety

- ✓ **Psychoactive effect:** A change in mental-emotional state associated with the use of cannabis rich in THC. It is popularly characterized by euphoria, relaxation, happiness, and an overall sense of well-being or what is commonly referred to as being "high."
- ✓ **Psychoactive side effect:** Cannabis has been reported to cause impairment, anxiety, panic attacks, psychosis, and complete sedation. These effects are dose dependent, making the psychoactive effect the limiting factor as to how much cannabis can be consumed.
- ✓ **Toxicity studies suggest no potential for lethal overdose or liver or kidney damage from cannabis consumption.** However, if a patient is experiencing chest pain, vomiting, loses consciousness, or behaves in an unsafe manner following cannabis use, monitor their airway and seek emergency medical services for precaution.



Constituents of the Cannabis Plant & Potential Benefits

Cannabis is a very unique and complex plant with numerous identified chemical compounds, including over 80 identified cannabinoids, as well as terpenoids, flavonoids, and other botanical compounds. It is understood that all of these components work together synergistically to provide the greatest medical benefit. Varieties of cannabis strains contain different constituent profiles, medicinal qualities, and potency.

The following are common chemical compounds that are found in the cannabis plant:

- ✓ **Phytocannabinoids** — Plant-derived cannabinoid molecules, named after the cannabis plant, where they are most abundantly found. "Phyto" is of Greek origin, meaning plant.
- ✓ **Tetrahydrocannabinol (THC)** — The most abundant phytocannabinoid. THC is primarily responsible for the psychoactive effect. It has also been reported to be effective for treating nausea and vomiting, stimulating appetite, managing pain, reducing muscle spasms, facilitating sleep, opening airways, decreasing pressure of the inner eye, and relieving mental-emotional stress. THC is also known to cause impairment, sedation, mental confusion, anxiety, and panic attacks in some people. This risk increases with larger doses.
- ✓ **Cannabinoid Acids** — Phytocannabinoids are initially produced by the cannabis plant in the form of a carboxylic acid, specifically Tetrahydrocannabinol acid (THCA) and Cannabidiolic Acid (CBDA).
- ✓ **Cannabidiol (CBD)** — The most abundant non-psychoactive phytocannabinoid, CBD does not produce the euphoric effect associated with THC. CBD may also have anti-anxiety effects and many preventive health effects, particularly in neurological, immunological, and inflammatory conditions.
- ✓ **Cannabigerol (CBG)** — Non-psychoactive, analgesic, anti-inflammatory, anti-fungal, anti-microbial.
- ✓ **Tetrahydrocannabivarin (THCV)** — Non-psychoactive; anticonvulsant, decreases appetite, improves glucose/insulin function.
- ✓ **Cannabidivarin (CBDV)** — Non-psychoactive, anticonvulsant.
- ✓ **Cannabinol (CBN)** — Produced from THC oxidation. Sedative, anti-microbial, mild psychoactive effect.

Patients concerned with the cannabis plant's psychoactive effects or patients susceptible to mental-emotional disorders or imbalances may prefer CBD-dominant strains or products.

Endocannabinoid system

Endocannabinoid system (ECS): A communication and regulatory system in vertebrate organisms, named after the cannabis plant and its unique cannabinoid constituents. It includes messenger molecules, receptors, and enzymes distributed throughout the body, with the role of maintaining balance and health of the individual. The ECS is essential in human development, reproduction, and survival. It maintains homeostasis through the regulation of our nervous, immune and endocrine systems.

Endocannabinoid receptors: Cell structures that act as specialized gatekeepers. When they are activated, they regulate or allow specific changes in the cells, tissues, system, and body.

Cannabinoid 1 (CB1) receptors: Receptors that are located most densely in the central nervous system. They are associated with the regulation of activity within the brain and nervous system.

Cannabinoid 2 (CB2) receptors: Receptors that are located throughout the body most densely associated with the immune system and regulation of immune responses such as inflammation and cell turnover.

Endocannabinoids (messenger molecules): Natural molecules made by the body that activate cannabinoid receptors.

Phytocannabinoids found in the cannabis plant mimic their activity and activate the ECS.

Terpenes

Terpenes are aromatic compounds found in cannabis that have diverse biological activity and are responsible for the characteristic cannabis smell. They contribute to the whole plant synergistic or entourage effect. They may also add nuance to the perceived psychoactive effect.

α -Pinene (Pine trees): Anti-inflammatory, bronchodilator, antimicrobial, and memory support.

β -Myrcene (Hops): Sedative, muscle-relaxant, anti-inflammatory, and analgesic.

Limonene (Citrus): Anxiolytic, anti-carcinogenic, antioxidant, and immune system support.

Linalool (Lavender): Anxiolytic, analgesic, sedative, and anticonvulsant.

β -Caryophytene (Black pepper): Anti-inflammatory, analgesic, GI protective, and antimicrobial.

Caryophyllene Oxide (Lemon Balm): Antifungal, Insecticidal, and platelet support.

Nerolidol (Orange): Sedative, antimicrobial, and antifungal.

Phytol (Green Tea): Chlorophyll breakdown product, antioxidant, and calming.

Forms of Medicine

Flower — The cannabinoids and terpenoids form on the flower of the plant in microscopic, mushroom shaped, crystal-looking structures called trichomes. Generally, flower has been cured to produce the best product for smoking, vaporizing, and storage.

Flower may be lab tested for constituent content by weight. If a flower tests 10% THC content, then 1 gram of flower has the potential of containing 100mg THC.

If eating raw or unheated flower, at least 3- 10% of the available THC-A can be expected to be decarboxylated to psychoactive THC in the drying or curing process. Exposure to heat and aging may increase the percentage of THC significantly.

Kief — A product of trichomes that are physically separated or screen-sifted from the plant material.

Edibles — Cannabis extractions infused into foods. May contain sugar and other less-than-healthy ingredients and variable potency.

Capsules — Cannabis products may be encapsulated to standardize the dose and to bypass the palate.

Concentrates — Also known as extractions, hash, oil, wax, or shatter. Use Caution! These products may be very potent. A solvent, such as carbon dioxide (CO2), ethanol (ETOH), and butane (BHO), may be used to extract and concentrate the constituents from the solid plant material. Some solvents and processes may have extra associated health concerns.

Rick Simpson Oil (RSO) — An extracted, THC-rich Oil concentrate that is coined after the individual who popularized the use of cannabis oil for treating cancer. Human studies are lacking on the subject; however, cannabinoids have been shown to have anti-cancer properties.

Tinctures — Plant extractions in a solution, commonly with ethanol, vegetable glycerin, fractionated coconut oil (MCT), or olive oil. Tinctures are available in different concentrations, and are typically dosed by drop, dropper, or milliliter. There are approximately 30-40 drops in a milliliter, depending on the solution. A syringe may be used for more precise measurement.

Tea - Hot water may be used to heat and activate cannabis, making it more psychoactive. However, water does not extract the cannabinoids well. For best results, steep flower 20-30 minutes and swallow the plant material with the tea. Patients also report combining other teas for specific synergistic effects.

Suppositories —A preparation of the medicine intended for insertion into the rectum or vagina. Most useful for local conditions.

Topicals — Includes salves, lotions, and balms. Topicals are cannabis extractions prepared to be applied to the skin directly and typically only have localized effects.

Transdermal patches — Designed to increase medicine availability through the skin for systemic effects. Persons with skin sensitivities to adhesives should use with caution or avoid

Modes of Administration

Inhalation: With inhalation, absorption occurs through the lungs, with rapid effects being felt in 2 -5 minutes and lasting approximately 2-4 hours. Caution: inhaling anything other than fresh air increases potential health risks.

Reasons patients choose inhalation:

1. Quick, short acting
2. Effects are more predictable
3. Bypass the palate and digestive system

Methods of inhalation:

Vaporizer— A device that heats plant products until they boil into a vapor to be inhaled. It is intended to operate below combustion temperatures to reduce the creation of potentially harmful chemicals.

Vape Pens — A convenient, battery operated type of vaporizer used with cannabis oil-filled cartridges. Attention: oil is often mixed with a thinning agent, such as polyethylene glycol (PEG), vegetable glycerin (VG) and fractionated coconut oil (MCT) to improve pen function.

Smoking — Typically using a device such as a pipe, water-pipe (bong), or rolled in paper (joint). Combustion or burning creates potentially harmful chemicals and heat. Inhaling substances into the lungs may irritate airways, increase risk of lung disease and lung infections.

HEART CONDITIONS: Cannabis use may have cardiovascular effects such as Increasing heart rate, lowering blood pressure or increasing blood pressure with excitement or anxiety. Cannabis use may exacerbate cardiovascular conditions.

MENTAL HEALTH: Cannabis use may cause psychosis, schizophrenic episodes or mental and emotional stress in patients who are predisposed to schizophrenia or other mental illnesses. Even without a history of mental illness, some individuals are sensitive to the psychoactive side effects of cannabis. PREGNANCY: Cannabis constituents pass through breast milk and to a developing fetus during pregnancy. Cannabis use while pregnant or nursing may increase developmental risks.

OVERALL IMPAIRMENT: Cannabis use may cause impairments that can affect daily activities as well as job performance. Patients should not drive or operate heavy equipment while impaired or participate in responsibilities and activities that require focus and attention, such as childcare.

Drug Interactions

COMBINING CANNABIS WITH ALCOHOL, PRESCRIPTION DRUGS, NON-PRESCRIPTION DRUGS, OVER-THE COUNTER MEDICATIONS, OR NUTRITIONAL SUPPLEMENTS MAY INCREASE POTENTIAL IMPAIRMENTS, SIDE EFFECTS AND EFFICACY CONCERNS.

Cannabis use may affect how other drugs, medications, and nutritional supplements are absorbed, metabolized, and eliminated from the body. Although reports of harmful interactions are not common, if you are taking other drugs, medications, and nutritional supplements, consult your physician before cannabis use.

*CONTACT RECOMMENDING PHYSICIAN IF ANY SIDE EFFECTS OR CONTRAINDICATIONS OCCUR.

ALTERNATIVES TO MEDICAL CANNABIS

NO MEDICINE CAN MAKE UP FOR IMPROPER NUTRITION, LACK OF EXERCISE, UNCHECKED STRESS, AND NEGATIVE MENTAL-EMOTIONAL HABITS. THE BEST CHANCE OF AVOIDING DISEASE IS A BALANCE OF PROPER NUTRITION, DAILY EXERCISE, STRESS-MANAGEMENT, AND POSITIVE MENTAL-EMOTIONAL PRACTICES.

-AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS (AANP):

[HTTP://WWW.NATURPPATHLC.ORG](http://www.naturppathlc.org)

-ARIZONA NATUROPATHIC MEDICAL ASSOCIATION (AZNMA):

[HTTP://WWW.AZNMA.ORG](http://www.aznma.org)[PATIENTS/FIND-A-DQQQTQR/](http://www.aznma.org/patients/find-a-dqqqtqr/)

-SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE CLINIC (SCNM):

[H.ÜN.UMGDCGNWSCNN,E.-U](http://www.umgdcgnwscnn.edu)

PHARMACEUTICAL CANNABINOIDS SYNTHETIC THC HAS BEEN AVAILABLE BY PRESCRIPTION IN THE USA SINCE THE 1980'S UNDER THE PHARMACEUTICAL NAME MARINOL® (GENERIC NAME: DRONABINOL). IN 2018, THE FDA APPROVED CBD EXTRACT, EPIDIOLEX® FOR TWO TYPES OF PEDIATRIC SEIZURE DISORDERS.

Oral Administration

Oral ingestion includes anything consumed by mouth. Absorption occurs through the mucosa of the gastro-intestinal tract. It takes approximately 30-45. Minutes to feel the effects, and those effects may last 6-8+ hours, depending on the dose. Variable absorption and metabolism through the liver may enhance the effects and make them more unpredictable than inhalation. IT MAY TAKE SEVERAL HOURS TO FEEL THE FULL EFFECTS. Wait at least 3 hours before re-dosing.

Reasons patients choose oral dosing:

1. To avoid inhalation concerns
2. Long lasting effects
3. Potential for larger dosing and a stronger effect

MEETHODS OF APPLICATION

SUBLINGUAL — ABSORPTION OCCURS UNDER THE TONGUE. IT MAY HAVE A QUICKER, SHORTER ACTING EFFECTS THAN ORAL DOSING. APPROXIMATELY 10-25 MINUTES TO TAKE EFFECT AND MAY LAST 3-5 HOURS.

TOPICAL — APPLIED DIRECTLY TO THE SKIN FOR LOCAL CONDITIONS.

TRANSDERMAL — ABSORPTION OCCURS THROUGH THE SKIN USUALLY VIA A SPECIALLY FORMULATED PATCH FOR SYSTEMIC EFFECTS.

Conservative Dosing Strategies

Test dose small amounts of your cannabis medicine to determine the psychoactive potency. Increase the dose by small increments over extended time periods until reaching a comfortable effective dose. Everyone responds individually to cannabis dosing; The patient can use conservative dosing strategies to find the most effective dose with the least potential for side effects. A daily log or journal is a useful tool to track and evaluate dosing.

IF A DOSE CAUSES ANY UNWANTED SIDE EFFECTS, LOWER THE DOSE OR DISCONTINUE USE & CONSULT YOUR TREATING PHYSICIAN.

Inhalation —Test dose one inhaled puff, wait one hour, and then evaluate the effects. If the effect was not sufficient and without side effect then re-dose with two puffs and wait another hour. Continue this dosing method until the desired results are achieved.

Oral ingestion — Begin test dosing with no more than 1/4 of the manufacturer recommended edible dose. New or low tolerance patients may begin with 1/8th or less of the recommended dose. If after 3 hours the effect was not sufficient, increase the dose by the same increment and wait another 3 hours before re-dosing.

WAIT A FULL 3+ HOURS FOR ORAL DOSING AND 1+ HOUR(S) FOR INHALATION BEFORE RE-DOSING

Oil Concentrates — Begin test dosing with less than 1/4 the size of a grain of rice, or more conservatively, a pinhead size drop. If after 3 hours the effect was not sufficient, increase the dose by the same increment and wait another 3 hours before re-dosing.

Tinctures — Begin test dosing with 1-2 drop increments. if after 3 hours the effect was not sufficient, increase the dose by the same increment and wait another 3 hours before re-dosing.

Substance Use Disorders

Medical Professionals now use the term substance use disorders to signify the growing understanding that these conditions should be regarded and treated as medical conditions rather than sinful or unlawful behaviors.

Tolerance — The need to continue increasing the amount of a substance being used to obtain the desired effects. Heavy THC use may downregulate an individual's endocannabinoid system and lead to some tolerance. Individuals have reported that after discontinuing cannabis use for several days they were able to significantly decrease their effective dose on resumption of use.

Taking periodic breaks from cannabis use may be considered a good endocannabinoid system detox, a chance to reboot and re-evaluate the continued benefit of cannabis use.

Withdrawal — The body can become dependent on certain substances; stopping or decreasing the amount of use may cause the body to become sick or impaired. With certain substances, such as opiates and alcohol, withdrawal can be severe and medically dangerous.

Cannabis is not reported to cause medically dangerous withdrawal. However, abruptly discontinuing daily cannabis use may result in irritability, depressed mood, and sleep and appetite disturbances for up to a few weeks.

Signs and Symptoms of Substance Use Disorders

- Using larger amounts of substance over a longer period of time than was originally intended.
- Failure to fulfill major role obligations at work, school or home.
- Risky use of substance.
- Tolerance and withdrawal.

Cannabis Use Disorder

A concern with cannabis overuse is that individuals may spend time and resources using cannabis when they should be directing those resources toward success and quality of life. Another concern is the unknown effects of long-term use on the developing brain, nervous system, and mental-emotional potential.

As with any medication, individuals should be aware of the signs and symptoms of substance use disorders and constantly re-evaluate how cannabis and other substances are affecting their overall health, relationships, and quality of life.

Cannabis should be used as a tool to benefit health and overall quality of life rather than to escape the realities and responsibilities that lead to improved health and increased quality of life.

RESOURCES

Mental and physical health improves with good practice, something that needs to be actively desired and exercised on a daily basis. Health and success are not guaranteed they are gifts with responsibility and great reward.

- Theagapecenter.com — The Agape Center— National and local substance abuse treatment facility locator.
- findtreatment.samhsa.gov — The Substance Abuse and Mental Health Services

Administration (SAMHSA) — Offers treatment facility locator, information by topic, programs, publications, FAQ's, and much more. TOLL FREE PHONE: 1-800-662-4357 (HELP)

- suicidepreventionlifeline.org - National Suicide Prevention Lifeline

TOLL FREE PHONE: 1-800-273-8CannabisJournal

A daily log or journal is a useful tool to evaluate ones benefit and/or negative effects from medical cannabis use.

Patients may use these logs to self-evaluate overall health, symptoms, cannabis effects and benefits, as well as to provide this information to the treating physician.

Glossary Of Terms

~ A ~

Aeroponics. A cultivation technique in which plants are grown in an environment dependent on air rather than soil. In this system, seeds are embedded in foam stuffed into tiny pots that hold the stem and root mass in place. Plants are nurtured with light and a fine mist enriched with nutrients.

Alcohol extraction. A method commonly used to extract cannabinoids from cannabis plants. In this process, cannabis is first soaked in an alcohol, such as ethanol, to remove the plant material. The alcohol is removed through evaporation.

Anandamide. A major endocannabinoid naturally found in the body. Like 2-AG, anandamide is part of the body's endocannabinoid system and alters functions like cognition, learning, memory, mood, other higher intellectual functions, and certain motor functions. THC is thought to produce psychoactive effects and alter these same functions in the body because it mimics the way anandamide interacts with the endocannabinoid system.

~ B ~

Bioavailability. This term refers to the degree and rate at which a drug is absorbed by the body's circulatory system. It's an important measurement tool because it determines the correct dosage for non-intravenously administered drugs. For drugs, supplements, and herbs administered non-intravenously (such as through consumption, inhalation, or topical application) bioavailability designates the fraction of the ingested dose that eventually gets absorbed.

Broad spectrum. A cannabis product that contains more than just CBD, such as some minor cannabinoids and terpenes, but no THC.

~ C ~

Cannabidiol. The second most prevalent cannabinoid in cannabis, after tetrahydrocannabinol (THC). Cannabidiol has been shown to calm the movements in people suffering from dystonia, a condition characterized by muscle spasms. Research also suggests that it may be helpful for the treatment of anxiety, movement disorders, and pain.

Cannabinoid 1 (CB1) receptor. CB1 receptors are found on the surface of certain cells, tissues, and organs, and help regulate biological function. CB1 receptors are present in several regions of the brain and spinal cord and, in lesser quantities, in other parts of the body, such as the endocrine glands and the gastrointestinal and urinary tracts. CB1 receptors mediate the effects of cannabinoids on these organs.

Cannabinoid. Not to be confused with cannabidiol (cannabidiol is a cannabinoid, but not all cannabinoids are cannabidiol), a cannabinoid is one of the diverse chemical compounds that acts on the endocannabinoid system receptors found throughout the body. These molecules include the endocannabinoids produced naturally in the body and phytocannabinoid from cannabis.

Capsule. A delivery method for CBD oils and extracts that's easy to swallow (literally). Capsule products resemble the gel pills you're used to seeing at your local pharmacy.



Certificate of analysis (COA). A document from an accredited laboratory certifying the amount of cannabinoids in a given product. This proof of analysis exists to benefit the consumer as much as the producer: It guarantees quality assurance for both parties. Reviewing the COA is a pro consumer move that helps you avoid mislabeled, low-quality, or fake products. A reputable company will always provide one.

Concentrates (or extracts). Cannabis concentrates, or extracts, are significantly more potent than a standard cannabis bud or flower. They are processed to keep only the most desirable medicinal compounds while removing excess plant material. Concentrates are often developed for medical applications.

CO2 extraction. The carbon-dioxide extraction process uses changes in temperature and pressure to create phase changes in carbon dioxide, gently drawing out the plant's beneficial components. The result is clean, safe oil with a long shelf life.

~ D ~

Decarboxylation. The process of applying heat to activate and release the CBD and tetrahydrocannabinol (THC) in cannabis.

Delivery method. How a drug enters the body in order to produce the desired therapeutic effects. The delivery method of a given drug can affect how quickly it starts working and how much of each dose gets absorbed by the body.

Delta-9 tetrahydrocannabinol. Known by the abbreviation THC, this is a primary cannabinoid found in cannabis and the one responsible for its psychoactive effects. Dosing The quantity of medicine prescribed at one time.

Dosing. CBD depends on therapeutic goals, as well as how it is ingested or applied.

~ E ~

Edible. Any food containing some form of cannabis. Pot brownies are the most classic example, but nowadays, cannabis-infused edibles come in many other forms: candy, coffee, baked goods, martinis, even infused butter and cooking oil.

Endocannabinoid system. A complex system within the human body that affects many important functions, including how a person moves, feels, and reacts. It includes endocannabinoids, endocannabinoid receptors, and endocannabinoid enzymes.

Entourage effect. This phenomenon is all about teamwork: It's the result of the many components in the cannabis plant interacting together with the human body to produce a stronger effect than any one component on its own. Full-spectrum CBD products combine CBD with other naturally occurring terpenes and cannabinoids (including THC) to be more effective than their isolate counterparts.

Ethanol extraction. Extraction using cold, high-grade alcohol gently pulls all the active compounds from the cannabis plant's cellulose material, resulting in pure, full-spectrum hemp oil. Oils extracted using this method are further refined via chromatography to remove all remaining traces of ethanol.

Extraction. Extraction techniques are used to separate the chemical components of cannabis from the plant matrix.



~ F ~

Farm Bill. United States Congress voted at the end of December 2018 to pass the Agriculture Improvement Act of 2018, more commonly referred to as the Farm Bill. This legislation made CBD products legal to purchase in all 50 states. Under the Farm Bill, industrial hemp (where CBD products are derived from) must contain less than .3 % THC. The power over industrial hemp regulation is shared by the state and federal governments. The Farm Bill also gave the FDA the authority to regulate cannabis products.

Full spectrum. CBD that's full of all the terpenes, cannabinoids, flavonoids, and fatty acids found in hemp, all of which have therapeutic value of their own and help create what's known as the entourage effect. Basically, full-spectrum CBD can give you every potential benefit the plant has to offer.

~ H ~

Hemp. A distinct strain of the Cannabis sativa plant often grown for industrial use. Hemp used in CBD products must contain less than .3% THC.

Hemp seed oil. Derived from industrial hemp, hemp seed oil is created by pressing the plant's seeds. It has no therapeutic benefits but is often used as a dietary supplement and a low-saturated-fat cooking oil.

Homeostasis. A term that describes the dynamic stability of your internal environment.

~ I ~

Industrial hemp. Hemp grown specifically for the industrial uses of its products, including textiles, clothing, biodegradable plastic, food, biofuel, and medicine (including CBD). Hemp and its products are legal in the U.S. under the Farm Bill as long as they contain less than .3% THC.

Isolate CBD. These products are 99% CBD. To manufacture an isolate, everything contained in the plant matter is removed – including any traces of THC and other beneficial cannabinoids – until only a powder or crystalline form of CBD is left. This means that isolate users will not benefit from the entourage effect.

~ M ~

Marijuana. A general term that refers to female Cannabis sativa plants that produce flowers containing phytocannabinoids that are used for their medicinal and psychoactive properties.

Micro-dosing. A technique that involves consuming small servings of CBD supplements throughout the day. Micro-dosing can be beneficial because it allows the user to maintain stable CBD levels in your system around the clock. This consistency can be important for those who use CBD for its balancing properties.

~ N ~

NANO. Nanotechnology is a manufacturing technology that works with atoms to change the structure of matter. This is important when it comes to CBD because it is very hard for the body to absorb. So nano-sizing the CBD particles will allow for a substantially higher absorption rate.

Nutraceutical. Also known as dietary supplements, these are food-derived products that offer extra health benefits in addition to their existing nutritional value. These products that contains nutrients derived from food products and are often concentrated in liquid, capsule, powder, or pill form. Dietary supplements are regulated by the FDA.



~ O ~

Organic. Foods and products derived from farming methods that promote ecological balance and restrict the use of pesticides, fertilizers, and synthetics. These growing practices promote the health of both the environment and the consumer. Organic products particularly appeal to those who support sustainable farming and care about the safety and quality of what goes into their bodies.

~ P ~

Phytocannabinoid. Cannabinoids that occur naturally in a cannabis plant.

Potency. A measure of drug activity expressed in terms of the amount required to produce an effect of given intensity in the body. A highpotency drug evokes a larger response even at a low dose, while a low-potency drug evokes a small response at low concentrations and requires higher doses for a similar effect.

Private label. Products that are manufactured by one company for sale under another company's brand. Private Label products are labeled by the manufacturer the are specifically designed for that particular company's needs and wants.

Psychoactive. A property that changes brain function by interacting with the central nervous system and results in altered perception, mood, consciousness, cognition, or behavior. THC is the primary psychoactive component in cannabis plants.

~ S ~

Salve. An ointment made from the cannabis plant to be applied directly to the skin.

Strain. A cannabis plant bred for certain characteristics and use in medicinal, recreational, or industrial purposes. Industrial hemp, for example, is a strain bred to contain more CBD and less THC than other varieties, making it useful for medicinal products and legal under the Farm Bill.

Sublingual. From the Latin for "under the tongue," a method for administering drugs by mouth. It involves placing a substance under the tongue, where it can be readily absorbed into the blood vessels and begin to circulate throughout the body.

~ T ~

Terpene. The aromatic and flavorful component of the essential oils contained in plants. More than 100 terpenes have been identified in the cannabis plant.

Terpsolate. A cannabis product that contains CBD and terpenes.

THC. The main active psychoactive constituent of cannabis. It is responsible for the high sensation.

Tincture. A delivery method, typically administered sublingually, that quickly absorbs and distributes throughout the body.

Topical. A delivery method where product is applied to the skin, typically as a salve or lotion, over the areas where they're needed.



~ V ~

Vertical integration. A business practice where a company owns its own supply chain. For example, owning the farms where hemp is grown, the barns where it's stored, and the labs where it's processed. This means that a vertically integrated company can ensure tighter quality control and maintain their core values and practices across all parts of the production process.

~ W ~

Water Soluble. A cannabis product that mimics water solubility, often through the use of liposomes or nano-emulsion techniques.

White Label. A product or service produced by one company (the manufacturer) that other companies rebrand to make it appear as if they had made it. White Label products come without a label, later to be put on by the company reselling the product.

