



Jannabis
WELLNESS

CANNABIS AND CBD 101

CANNABIS (MARIJUANA) COMES FROM THE CANNABIS SATIVA L PLANT

- Hemp comes from the same plant species, but contains less than 0.3% of the psychotropic THC
- *Indica* and *sativa* are somewhat outdated terms. Look instead at *cannabinoid* and *terpene* profiles

COMPONENTS OF CANNABIS

- CANNABINOIDS | 100+ cannabinoids including THC, CBD, CBN, CBG, CBC, THCa, CBDa
 - **Tetrahydrocannabinol (THC)** is the cannabinoid that produces the "high"
 - **Cannabidiol (CBD)** is a non-intoxicating cannabinoid
- TERPENES | 150+ terpenes responsible for the aroma and flavor of different varieties of cannabis. Terpenes have numerous health benefits and may promote relaxation, increase alertness, or elevate mood
- FLAVONOIDS | provide antioxidant and anti-inflammatory effects

CBD AND CANNABIS MAY POTENTIALLY HELP TO TREAT THE FOLLOWING CONDITIONS

- | | | |
|------------------------------|----------------------|-------------------------------------|
| • Acne | • Depression | • Neurological conditions |
| • ADD/ADHD | • Eczema/psoriasis | • Neuropathy |
| • Alzheimer's | • IBD/IBS | • Opioid addiction |
| • Anxiety | • Inflammation | • Osteoporosis |
| • Arthritis | • Insomnia | • Pain |
| • Autism | • Migraines | • Parkinson's disease |
| • Autoimmune diseases | • Multiple sclerosis | • Seizure disorders |
| • Chemo-induced side effects | • Muscle spasms | • Traumatic brain injury/concussion |

HOW DO CBD AND CANNABIS WORK IN OUR BODY?

- All humans and animals have an endocannabinoid system, a neurotransmitter system consisting of endocannabinoids, receptors, and enzymes
- Our body makes two endocannabinoids, ANANDAMIDE ("bliss molecule") and 2-AG (neuroprotectant)
- CB1 RECEPTORS are found mostly in the brain and spinal cord. Activation can decrease inflammatory-induced pain and weaken the strength of pain signals in the spinal cord
- CB2 RECEPTORS are found mostly in immune cells and organs. Activation can decrease pain levels and inflammation
- CBD may increase blood levels of anandamide and activate serotonin receptors for mood elevation



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DOSING

- Therapeutic doses range from 2-100mg depending on body weight, condition, and individual endocannabinoid system
- *Start low and go slow* to find the dose that works best

COMMON MODES OF ADMINISTRATION

- TINCTURES | administer under the tongue and hold for one to two minutes for direct absorption into the blood. Onset of effects is about 15 minutes and lasts about 4 hours
- WATER SOLUBLE TINCTURES | nanoemulsion formula provides increased bioavailability and can be added to water or any beverage for fast-acting relief, lasting about 4 hours
- TOPICAL CREAMS & ROLL-ONS | pain relief, anti-inflammatory, muscle relaxer. Penetrates the epidermis only and is not absorbed into the blood. Onset of effects is about 15 minutes and lasts about 4 hours
- SOFT GELS & EDIBLES | digested and processed by the liver. Onset of effects is 30-90 minutes and last 6-12 hours. Take with food containing fat and protein for optimal absorption
- INHALATION & VAPING | fast acting relief. Onset of effects is 1-3 minutes and lasts 1-3 hours

POSSIBLE CBD AND CANNABIS-DRUG INTERACTIONS

- May increase or decrease the blood levels and effects of some medications. Be cautious when taking a drug where grapefruit should be avoided (i.e. blood thinners such as Warfarin or heart rhythm medications) when using ingestible CBD or cannabis

CANNABIS VS OPIOIDS

- Medical cannabis may allow pain patients to take lower doses of opioids and help with symptoms of withdrawal
- Legal marijuana states have shown a 31% decrease in opioid mortality
- No cannabis receptors in the brain stem or respiratory system, therefore no risk of cardiovascular or respiratory failure. No documented cases of cannabis overdose resulting in death

WHAT TO LOOK FOR IN A CBD PRODUCT

- IS IT "BROAD OR FULL SPECTRUM"? Cannabinoids, terpenes, and flavonoids work together synergistically. This phenomenon is called the "entourage effect" where the whole cannabis plant is greater than the sum of its parts. Broad spectrum CBD products contain all of these synergistic compounds, except THC. Full spectrum products contain a small amount of THC. Isolate products and pharmaceutical cannabinoids do not have the benefit of this synergy
- IS THERE INDEPENDENT LAB TESTING? Ask for a COA to confirm that what is on the label is accurate. Check for cannabinoid profiles and pesticide and solvent (hexane, butane) residues
- IS IT ORGANICALLY GROWN? This is important since cannabis is a bioaccumulator plant that can draw toxins from the soil
- HOW IS THE CUSTOMER SERVICE? It is important to have knowledgeable professionals to answer your questions