

MEDICAL MARIJUANA STARTER GUIDE

An Introduction to Medical Marijuana
for New Patients & Customers

WELCOME TO YOUR MEDICAL MARIJUANA JOURNEY!

Welcome to Jushi and our licensed medical marijuana dispensaries! Whether you're curious and new to marijuana, returning to marijuana after a long time, or ready to explore this wonderful plant further, this guide will help you feel more confident and informed.

We designed this guide to:

1. Normalize the medical marijuana experience

Just like coffee or wine, medical marijuana has many forms, flavors, and effects. There's no one right way to consume—it's about what works best for you.

2. Reassure patients/customers about legal products and safe access









Every product sold here is lab-tested and regulated by state law to ensure it's safe, properly labeled, and free from harmful contaminants.

3. Emphasize personalized wellness and education

Medical marijuana isn't one-size-fits-all. Whether you're seeking relief, relaxation, or recreation, this guide and our staff are here to support your journey.



THE MAIN FORMS OF MEDICAL MARIJUANA

| | |
|---|--|
|  <p>FLOWER</p> | Dried buds, whole or pre-ground - can only be used for vaporization |
|  <p>EXTRACTS</p> | Term for various concentrated forms of medical marijuana (e.g., hash, rosin, wax, shatter etc.) each made using different extraction methods |
|  <p>VAPES</p> | Oil-filled cartridges paired with a battery-powered vaporizer, also available as all-in-one/disposable devices |
|  <p>TROCHES</p> | Small lozenges, designed to be absorbed orally |
|  <p>TINCTURES</p> | Liquid cannabis extract taken under the tongue for fast absorption |
|  <p>CAPSULES & TABLETS</p> | Pre-measured oral medical marijuana doses in capsule, softgel, or pill form |
|  <p>TOPICALS</p> | Lotions, balms, and creams applied to the skin for targeted, localized relief |
|  <p>TRANSDERMAL PATCHES & GELS</p> | Products applied to the skin that deliver cannabinoids through the bloodstream over time |

MODES OF ADMINISTRATION: WAYS TO USE MEDICAL MARIJUANA

| Method | Advantages | Disadvantages | Example Product |
|--------------------|---|--|--|
| Vaporizing | More discreet/ cleaner than smoking, preserves flavor | Requires device/repeated purchases of disposables | Vape cartridges, disposable vapes, dry herb vaporizer |
| Ingesting | Long-lasting, discreet | Delayed onset, longer learning curve to dose accurately | Capsules, softgels, troches |
| Sublingual | Faster onset than ingestibles, easier to measure accurate dosing | Taste can be strong/earthy | Tinctures, dissolvable tongue strips |
| Transdermal | Continuous, gradual release of dose, less intoxicating | Slower to feel effects | THC/CBD infused patches |
| Topical | No intoxication, direct application for localized discomfort | Doesn't enter bloodstream, relief to applied area only | Creams, balms, roll-ons |

MEDICAL MARIJUANA GLOSSARY: KNOW THE LANGUAGE

Cannabinoids - Natural compounds found in cannabis that affect your body and mind. THC and CBD are two of the most well-known cannabinoids.

CBD (Cannabidiol) - A non-intoxicating cannabinoid that may help with things like stress, inflammation, or sleep without making you feel "high."

Cultivar - A specific variety of the cannabis plant that's been bred for certain traits, like flavor, effects, or appearance. Think of it like a "type" of cannabis.

Flower - The harvested and dried buds of the cannabis plant. This is where cannabinoids and terpenes are most concentrated.

Hemp - Legally defined as medical marijuana containing no more than 0.3% Delta-9 THC. Commonly used for CBD extraction, textiles, and more.

Hybrid - Most modern medical marijuana cultivars are Hybrids - delivering a blend of the effects commonly referred to as Indica and Sativa. Hybrids can lean more toward relaxing or uplifting depending on the cultivar's lineage.

Indica - A type of medical marijuana often associated with relaxing, calming effects.

Medical Marijuana - A versatile plant with hundreds of chemical compounds, including cannabinoids and terpenes. The same species as hemp, but the term usually refers to varieties with 0.3% THC or higher.

Sativa - A type of medical marijuana often linked to uplifting, energizing effects.

Strain - Another word often used to describe different types or varieties of medical marijuana. It's commonly used instead of "cultivar" when discussing medical marijuana.

Terpenes - Aromatic oils in cannabis (and other plants) that give it its smell and may also affect how it makes you feel (relaxed, alert, etc.).

THC (Tetrahydrocannabinol) - The main cannabinoid that causes the "high" feeling. It's psychoactive and can affect mood, thinking, and sensation.

MEDICAL MARIJUANA GLOSSARY: EFFECT TERMS

Bioavailability - How much of a cannabis compound (like THC or CBD) your body actually absorbs and uses. This can vary by product type (e.g., smoking vs. ingestibles).

Decarboxylation - The process of heating medical marijuana to remove carbon and “activate” THC, CBD, or any of the other cannabinoids so they can produce effects in your body (happens during smoking, vaping, or cooking).

Duration - How long the effects of medical marijuana last. Inhaled medical marijuana may last a few hours; ingestibles can last much longer.

Entourage Effect - The idea that cannabinoids and terpenes work better together than on their own, possibly enhancing medical marijuana’s overall effects.

Full-spectrum - A cannabis product that includes a range of cannabinoids and terpenes found naturally in the plant, not just THC or CBD alone.

Intoxicating - Causing changes in perception, mood, or consciousness—often associated with THC's psychoactive effects.

Microdosing - Taking very small amounts of medical marijuana to feel mild or subtle effects, often without getting “high.”

Onset Time - How long it takes for the effects of medical marijuana to start after using it. It can be seconds for inhaling, or up to an hour or more for ingestibles.

Psychoactive - Means it affects your mind or mood—like making you feel high, relaxed, or euphoric. THC and CBD are both psychoactive but typically create different mental effects.

Tolerance - The rate at which your body becomes accustomed to the effects of medical marijuana. As with most substances, over time, your body may get used to a certain dose and require more medical marijuana to feel the same effects.

MEET YOUR CANNABINOIDS

*What is a Cannabinoid?

Cannabinoids are the natural chemical compounds found in medical marijuana. They interact with your body's endocannabinoid system, which plays a key role in regulating your mood, pain sensation, sleep, appetite, and more.

There are over 100 different cannabinoids in the cannabis plant, many with unique effects and benefits. While most research has focused on THC and CBD, new cannabinoids like CBG, CBN, and THCV are being studied for their promising roles in wellness.*

CBGA*

"The Mother Cannabinoid"

The precursor that all other cannabinoids evolve from

THC*

Main psychoactive and intoxicating compound, often the most abundant cannabinoid in the plant

THCV*

A natural & intoxicating variant of THC, with potential to curb excessive appetite, may help with focus

THCA/CBDA*

Raw, non-intoxicating forms of these cannabinoids found in fresh cannabis flower

CBD*

Non-intoxicating, calming, typically the second-most abundant cannabinoid in the plant

CBC*

Non-intoxicating, demonstrates potential to be useful for pain relief

CBG*

Non-intoxicating, may help with discomfort, stress, and digestive support

CBN*

Mildly sedative; formed as THC degrades over time, especially when exposed to light, air, or heat.

TERPENES: THE AROMA & EFFECTS

**What are Terpenes?

Terpenes are aromatic compounds found in medical marijuana—and throughout nature! They're responsible for the scents of pine trees, citrus fruits, lavender, and pepper, just to name a few. In medical marijuana, terpenes contribute not just to flavor and smell, but may also influence the plant's effects on your body.

Some terpenes may promote relaxation, while others may enhance focus or mood. When combined with cannabinoids, they contribute to what's known as the "entourage effect"—the combined experience of all the plant's compounds working together.**

FAST FACT: Each strain has its own unique blend of cannabinoids and terpenes, which is why medical marijuana effects can vary so much from one strain to the next! You can think of it as:

STRAIN + TERPENES + CANNABINOIDS = ENTOURAGE EFFECT

| Terpene | Aroma | Potential Effects |
|---------------|---------------|----------------------------|
| Myrcene | Earthy, musky | Sedating, relaxing |
| Limonene | Citrus | Uplifting, mood-boosting |
| Pinene | Pine | Focus, mood elevation |
| Linalool | Floral | Calming, relaxing |
| Caryophyllene | Peppery | Discomfort & stress relief |
| Humulene | Woody | Relaxing, relieving |
| Terpinolene | Fruity | Uplifting, energizing |
| Ocimene | Sweet | Uplifting, energizing |

CONSERVATIVE DOSING GUIDE: START LOW & GO SLOW

Please note this is a general guideline to dosing medical marijuana in a safe manner, with the goal of creating positive first experiences for newcomers - remember that medical marijuana affects everyone differently and always use your best judgment when consuming.

- **Ingestibles:** Start with 2.5 mg THC and wait 4 hours to determine effects. Effects may take 30 minutes to 4 hours to appear
- **Inhalables:** 1-2 puffs, wait 10-15 minutes to determine effects
- **Tinctures:** 0.25-mL, wait 15-30 minutes to determine effects

Remember Tincture is meant to be Sublingual! Start with 0.25mL and hold the liquid under your tongue for 1 minute, then swallow any remaining liquid. Wait at least 15-30 minutes before increasing your dose

START LOW

Low dose, 1 method
at a time



GO SLOW

Wait & observe for
effects before more



TIPS:

- Wait at least 4 hours after taking an ingestible dose! Patience is key to a positive experience.
- Use a consistent method for measuring your dose
- Track time of use and wait before re-dosing
- Stay hydrated and be patient

POTENTIAL SIDE EFFECTS & SAFETY TIPS

*Common Potential Side Effects:

- Dry mouth
- Red eyes
- Drowsiness or anxiety (especially with higher THC levels)
- Dizziness
- Impaired coordination or delayed reflexes
- Cardiovascular problems, psychosis, or exacerbation of anxiety and/or depression

**Please note the following list is not exhaustive and some people may experience other side effects that are less common than the ones listed above.*



**Avoid all medical marijuana products if:

- Pregnant or nursing
- Taking sedatives or antipsychotic medications
- Operating heavy machinery

***Always consult a healthcare provider if you have concerns about using medical marijuana products, especially alongside other medications.*

HOW MEDICAL MARIJUANA AFFECTS YOU: THE MOST IMPORTANT FACTORS

Quantity

- Influences the strength and duration of effects
- Remember: Start low, go slow

Method

- Consumption method affects onset speed and duration
- Different method, different results

Experience

- Past experiences with one product don't guarantee the same with others
- Tolerance varies between methods
- You can always take more; you can't take less!

Surroundings

- Time of day, mindset, and physical environment matter
- Know where you are and where you may be going!

Biochemistry

- Bodies process medical marijuana differently – one size doesn't fit all
- Everyone's body is unique!

Emotions

- Your mental state can significantly influence the experience: happy or sad, mad or glad!

Friendly reminder:

Medical marijuana affects everyone differently. Your journey will be different from others you know - remember to start low, take it slow, and pay attention to how you feel for maximum benefits and enjoyment.



MEDICAL REFERENCES

*Webb CW, Webb SM. Therapeutic benefits of cannabis: a patient survey. *Hawaii J Med Public Health*. 2014 Apr;73(4):109-11. PMID: 24765558; PMCID: PMC3998228.

**Cox-Georgian, D., Ramadoss, N., Dona, C., Basu, C. (2019). Therapeutic and Medicinal Uses of Terpenes. In: Joshee, N., Dhekney, S., Parajuli, P. (eds) *Medicinal Plants*. Springer, Cham. https://doi.org/10.1007/978-3-030-31269-5_15

YOUR PERSONAL MEDICAL MARIJUANA JOURNAL

For the best understanding of how medical marijuana affects you, we recommend keeping a journal of your journey!

Date: _____

Product Name/Cultivar: _____

Form (Flower, Vape, Ingestible, etc.): _____

Brand: _____

Where Purchased: _____

Cannabinoid % (THC/CBD): _____

Terpenes Listed (if known): _____

Dose Taken: _____

Flavor/Aroma Notes: _____

'Before' Mood (😞 😟 😐 😊 😄)

'After' Mood (😞 😟 😐 😊 😄)

Onset Time (how long it took for effects to begin): _____

Duration (how long the effects lasted): _____

Intensity (1-10): _____

Effects Felt:

- Relaxed Uplifted Sleepy Focused
 Anxious Hungry Creative Pain Relief

Would Buy Again? Yes No Maybe

Overall Rating: ___ out of ___

Notes:

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CHECK OUT OUR OTHER RETAIL LOCATIONS

California

Santa Barbara, CA
3516 State St, Santa Barbara, CA 93105

Illinois

Bloomington, IL

1515 N Veterans Pkwy, Bloomington, IL 61704

Goose Lake

2021 Goose Lake Road, Sauget, IL 62206

Normal, IL

501 Northtown Road, Normal, IL 61761

Peoria, IL

7620 State Route 91 Ste A, Peoria, IL 61615

St. Louis Metro East

1401 Mississippi Ave Suite 17, Sauget, IL 62201

Massachusetts

Millbury, MA (Nature's Remedy)
266 N Main St, Millbury, MA 01527

Tyngsborough, MA (Nature's Remedy)
420 Middlesex Road, Tyngsborough, MA 01879

Nevada

Incline Village, NV (Lake Tahoe)

877 Tahoe Blvd, Incline Village, NV 89451

Las Vegas, NV (Sahara)

7885 W Sahara Ave, #112, Las Vegas, NV 89117

Las Vegas, NV (Twain)

430 E Twain Ave, Las Vegas, NV 89169

New Jersey

Little Ferry, NJ
415 US-46, Little Fverry, NJ 07643

Ohio

Cincinnati, OH

693 Old State Route 74, Cincinnati, OH, USA

Mansfield, OH

1515 Lexington Ave Mansfield, Ohio 44907

Oxford, OH

5280 College Corner Pike, Oxford, OH 45056

Parma, OH

6891 Ridge Rd, Parma, OH 44129

Springdale, OH

12140 Springfield Pk, Springdale, OH 45246

Toledo, OH

3534 Dorr St, Toledo, OH 43607

Warren, OH

2107 Elm Rd. NE, Warren, OH 44483

Pennsylvania

Ardmore, PA

35 Cricket Ave, Ardmore, PA 19003

Bethlehem, PA

3679 Route 378 Unit 10, Bethlehem, PA 18015

Bristol, PA

2412 Durham Rd, Bristol, PA 19007

Dickson City, PA

832 Scranton Carbondale Hwy, Dickson City, PA 18519

Easton, PA

3812 Easton Nazareth Hwy, Easton, PA 18045

Irwin, PA

9337 Lincoln Highway, Irwin, PA 15642

Johnstown, PA

419 Lincoln St, Johnstown, PA 15901

Linwood, PA

2400 Market St. Linwood, PA 19014

Mt Pocono, PA

3192 Route 940, Suite 101, Mt. Pocono, PA 18344

Philadelphia, PA (University City)

3519 Lancaster Ave, Philadelphia, PA 19104

Philadelphia, PA (Center City)

1206 Sansom St, Philadelphia, PA 19107

Philadelphia, PA (N. Liberties)

475 N 5th St, Philadelphia, PA 19123

Pittsburgh, PA

2009 E Carson St, Pittsburgh, PA 15203

Pottsville, PA

101 N Centre St, Pottsville, PA 17901

Reading, PA

300 Cherry St, Reading, PA 19602

Pennsylvania Continued

Scranton, PA (Moosic St)

1137 Moosic St, Scranton, PA 18505

Stroudsburg, PA

852 N 9th St, Stroudsburg, PA 18360

West Chester, PA

1261 West Chester Pike, West Chester, PA 19382

Virginia

Alexandria, VA

5902 Richmond Hwy, Alexandria, VA 22303

Arlington, VA

2701 Wilson Blvd, Arlington, VA 22201

Fairfax, VA

10521 Fairfax Blvd, Fairfax, VA 22030 USA

Manassas, VA

12980 Hansen Farm Rd. Manassas, VA 20109

Sterling, VA

21290 Windmill Parc Dr, Sterling, VA 20166

Woodbridge, VA

14400 Smoketown Road, Woodbridge, VA 22192

Beyond Hello



NATURE'S
REMEDY

NuLeaf

Customer Care

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customercare@beyond-hello.com

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