



Welcome to Relief

Introduction to Cannabis

How to Get the Most Out of Your Cannabis Medicine



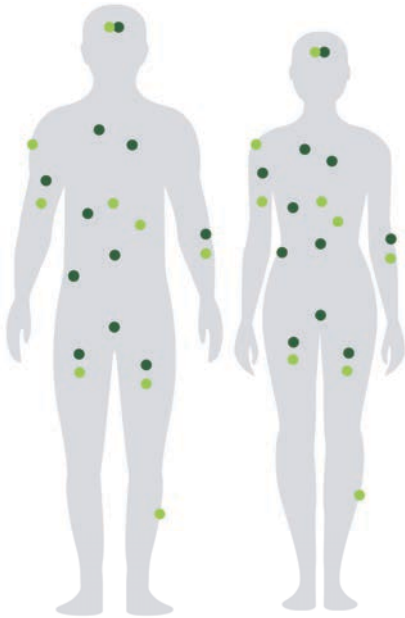
At Trulieve, we understand that everyone has their own individual experiences with cannabis. Each person metabolizes, processes, and experiences cannabis differently. When trying to determine which products are best for you, there are several factors to take into consideration, including onset and duration of action, day vs. nighttime use, desired effects, and preferred method of administration. Thus, it is vital to understand how cannabis works with your body. We owe this to the discovery of the Endocannabinoid System.

The Endocannabinoid System (ECS) modulates human and animal physiology to maintain homeostatic balance. The ECS regulates and influences the central and peripheral nervous systems, the immune and endocrine systems, cardiovascular, digestive and sleep functions. Cannabis binds to various receptors in the ECS.

CB1 receptors are more important in neurological events, whereas **CB2** receptors have a more significant impact on the immune system and inflammatory process.

The Endocannabinoid System

Scientists have mapped the receptors which are responsible for actions in different parts of the body. This can be a guide to whether THC, CBD, or a combination of both might be your best option.



CB1

CB1 receptors are primarily found in the brain and central nervous system and to a lesser extent in other tissues.

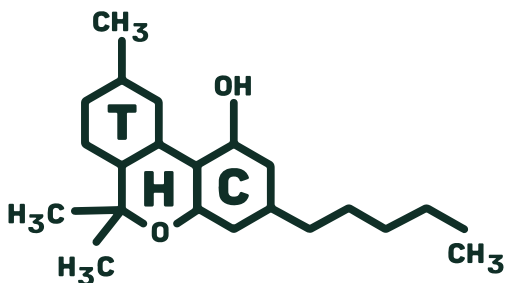
CB2

CB2 receptors are mostly in peripheral organs especially cells associated with the immune system.

You may be surprised to learn that cannabis has over four hundred chemical compounds! **Cannabinoids** are unique active components found alongside terpenoids (also referred to as terpenes) and flavonoids. These chemical components work together to provide a wide variety of therapeutic benefits.

What is THC?

Discovered in 1964 by Dr. Raphael Mechoulam, **Delta-9-tetrahydrocannabinol (THC)** is the most researched and famous cannabinoid known today.



Research indicates that this phytocannabinoid may offer therapeutic benefits for many related conditions and symptoms.

As interest in cannabis for wellness grows, more researchers are focusing on this compound's potential. But, what exactly is THC, and why is it so studied for its possible uses?

Tetrahydrocannabinol (THC) is responsible for the psychoactive or euphoric effect of cannabis consumption, and also exhibits a wide range of unique and robust therapeutic properties. To understand how THC works, we must first know how it works in the cannabis plant and within our bodies.

THC is the primary psychoactive cannabinoid found in cannabis. THC binds to both CB1 and CB2 receptors. The CB1 receptor regulates appetite, sleep, neurological function, muscle control, and pain, among others. When THC binds to the CB1 receptor, a euphoric effect may also be created.

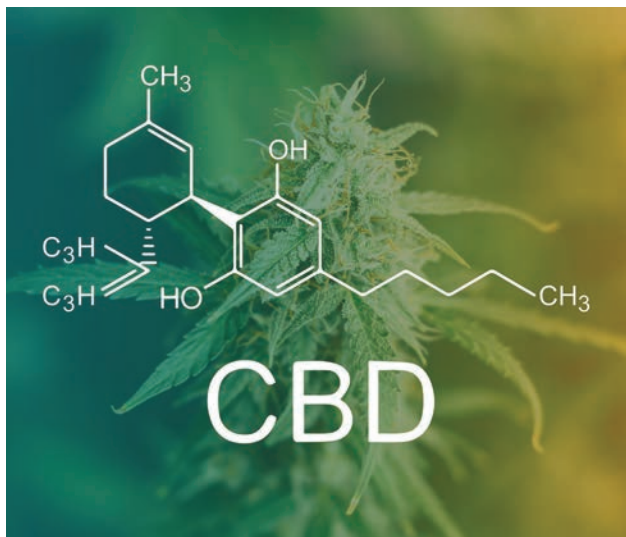
To understand how THC's psychoactivity works, we must first know how we find it in the cannabis plant. Cannabis plants contain tetrahydrocannabinolic acid (THCA), or the non-psychoactive version of THC. When cannabis dries out or ages, it gets decarboxylated, causing the acid molecule to drop off and convert to THC, the active form. Heating, either through vaporization or smoking, accelerates this conversion.

Cannabidiol (CBD) is the other primary, non-euphoric, cannabinoid found in cannabis and is hugely versatile. CBD doesn't bind to CB1 or CB2 receptors the way THC does. Instead, it increases your body's endocannabinoids' power, can antagonize CB1, and regulate the neuroendocrine system and inflammatory processes. Together, THC and CBD are better pain modulators than they are alone.

Cannabinol (CBN) is a cannabinoid that is formed as THC ages and oxidizes. CBN has much greater activity at CB2 receptors than CB1 receptors, supporting immune and nervous systems with little to no psychoactive effects.

Terpenes are responsible for the specific smell, taste, and outcomes of the different strains. When terpenes interact with cannabinoids and other compounds, they create a synergy known as **The Entourage Effect**.

The Entourage Effect As our knowledge about cannabis grows, we understand better how our bodies and minds respond to different strains. From cannabinoids to terpenes and flavonoids, even the smallest molecules can significantly impact how a particular cannabis strain delivers its health benefits.



Types of Cannabis Products

Each strain or type of cannabis affects people differently, largely dependent on the type of cannabis consumed.



Sativa

Sativa strains are commonly known to produce effects including elevated mood, increased energy, and mental stimulation. Due to the uplifting and energizing results of many Sativa strains, they are traditionally recommended for daytime use.



Indica

Indica strains are commonly known to produce effects including mental and physical calming, stress relief, and muscle relaxation. Indicas often result in sedative like effects and promote sleep, which makes them a good choice for nighttime use.



Hybrid

Hybrid strains are produced when two or more strains are crossbred. Hybrids are traditionally Indica- or Sativa-leaning. As a result, experiences will vary. Hybrids are generally recommended for use at any time of day, depending on the desired effect.



CBN

CBN products balance the psychoactive effects of THC dominant strains with a synergistic sedative effect. This is commonly known to promote sleepiness.



CBD

CBD strains can be helpful without euphoric or impairing effects, due to the low amount of THC present. CBD has been shown to support pathways that regulate inflammation, pain, anxiety, muscle spasms, and seizures.



CBD:THC Ratio

CBD:THC RATIO products offer various combinations of THC and CBD potencies. These products balance the psychoactive effects of THC-dominant strains with the non-euphoric effects of CBD-dominant strains.










Fast-Acting (Nano)

Trulieve's fast-acting, long-lasting nanoemulsion technology enhances the bioavailability of this product increasing both onset times and absorption rates. Patients will get faster relief using less. Nano products can be easily mixed into any food or beverage.

Terpene Guide

Terpenes are a diverse class of organic molecules found in plants, including cannabis, that give each strain a unique aroma and effects.

Pinene 	FLAVORS & AROMA Forestry, Piney, Sharp	NATURALLY OCCURS IN Evergreens, Rosemary, Basil
Linalool 	FLAVORS & AROMA Lavender, Floral, Hint of Citrus	NATURALLY OCCURS IN Lavender, Coriander, Rosewood
Limonene 	FLAVORS & AROMA Citrusy, Bright, Sour	NATURALLY OCCURS IN Lemon, Lime, Grapefruit
Myrcene 	FLAVORS & AROMA Earthy, Fruity, Citrusy	NATURALLY OCCURS IN Mango, Thyme, Hops
Humulene 	FLAVORS & AROMA Earthy, Woody, Spicy	NATURALLY OCCURS IN Hops, Lemongrass, Geranium
Eucalyptol 	FLAVORS & AROMA Minty, Cool, Sharp, Medicinal	NATURALLY OCCURS IN Eucalyptus, Bay Leaf, Tea Tree, Mugwort
Carophyllene 	FLAVORS & AROMA Spicy, Peppery, Savory	NATURALLY OCCURS IN Black Pepper, Hops, Rosemary

Cannabinoid Guide

Cannabinoids are the cornerstone of the plant's medical properties.

These molecules interact directly with the body's endocannabinoid system, which allows us to benefit from the effects of cannabis. Hundreds of cannabinoids exist in cannabis, some being notably more abundant than others, with each providing unique medical benefits.



THCa

Tetrahydrocannabinolic acid is the most abundant cannabinoid. When heat is applied, it breaks down into THC through a process called decarboxylation (essentially cooking it). THCa supports activity at pathways that regulate inflammation and nausea and protection of the nervous system.

Vaporization Temp: 220° F

THC

Tetrahydrocannabinol causes the euphoric effects of medical cannabis. THC directly interacts with the endocannabinoid system. THC supports activity at CB1 and CB2 receptors and other pathways that regulate pain, nausea and vomiting, muscle tension, appetite stimulation, and more.

Vaporization Temp: 315° F

CBDa

Cannabidiolic acid can most commonly be found in live cannabis. Adding heat to CBDa will degrade it into CBD, through a process called decarboxylation (essentially cooking it). This cannabinoid supports systems in the body that regulate inflammation, pain sensitivity, and nausea.

Vaporization Temp: 266° F

**CBD**

Cannabidiol does not have the same euphoric effects as THC. CBD supports the function of the nervous system and regulation of seizure activity, anxiety, inflammatory processes and more.

Vaporization Temp: 356° F

**CBC**

Cannabichromene works best in the presence of THC or CBD. CBC supports the regulation of cellular processes of pain and inflammation.

Vaporization Temp: 428° F

**CBG**

Cannabigerol occurs in small amounts in cannabis plants. The precursor to CBG, CBGAa, is called the 'mother' of cannabinoids because the plant converts it to THC, CBD, CBN, CBG, and CBC. CBG supports systems that regulate inflammatory processes including the Gastrointestinal Tract.

Vaporization Temp: 126° F

THCv

Tetrahydrocannabivarin is non-psychoactive in low doses but can be psychoactive in higher doses. THCv supports systems that regulate blood sugar levels and appetite reduction.

Vaporization Temp: 428° F

CBN

Cannabinol forms as THC degrades due to temperature, sunlight, and heat. CBN supports regulatory activity of inflammatory processes, pain sensitivity, and sleep function especially in combination with THC.

Vaporization Temp: 365° F

[Visit Our Blog
to Learn More](#)



Reference - Walsh KB, McKinney AE, Holmes AE. Minor Cannabinoids: Biosynthesis, Molecular Pharmacology and Potential Therapeutic Uses. Front Pharmacol. 2021 Nov 29;12:777804. doi: 10.3389/fphar.2021.777804.

Product Variety

Cartridges



TruPOD

Available in Trulieve and Brand Partner Strains
Available in THC - Botanical (BDT) and Cannabis Derived Terpene (CDT) & Ratio forms

0.5g & 1g



Vape Carts

Available in Roll One™ and Brand Partner Strains
Available in THC - Botanical (BDT) and Cannabis Derived Terpene (CDT) & Ratio forms

0.5g & 1g



All-In-One Cartridge & Pen by Co2lors™

1g



Live Rosin Cart by Blue River™

0.5g



Liquid Live Resin Cart by Modern Flower™

0.5g & 1g



Live Sauz Cart by Modern Flower™

0.5g & 1g

All cartridges dispensed as inhalation route of administration.

Sublingual



Tinctures CBD, 1:1 Ratio

500mg



RSO Tinctures by Momenta™

600mg

Tinctures may be dispensed as oral or sublingual routes of administration.

Oral



Capsules THC, CBD, & 1:1 Ratio CBN by Blue River™

50mg & 10mg (THC) / 10mg (CBD) / 5mg (CBN)

Topical



Topical Lotion by Momenta™ THC

2 oz. contains 250mg

Nasal Spray



Nasal Spray by Cannatol®

1 oz.

Dispensed as inhalation route of administration.

Concentrates


Shatter
by Roll One™

1g



Wax
by Roll One™

1g



Kief
by Roll One™

0.5g

Dispensed as inhalation route of administration only.



Live Diamonds
by Modern Flower™

.5g



Live Budder
by Modern Flower™

1g



Live Terp Sauz
by Modern Flower™

1g

May be dispensed as inhalation only.



Live Rosin
by Blue River™

1g



Live Resin
by Modern Flower™

1g

May be dispensed as oral or inhalation.



RSO (Rick Simpson Oil)
by Momenta

1g Syringe

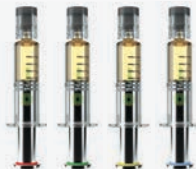
May be dispensed as oral, inhalation, sublingual, topical routes of administration.

Distillates
TruClear

Available in BDT, CDT and Ratio forms

1g

May be dispensed as oral, inhalation, sublingual, or topical routes of administration.



Flower



Flower

Available in Roll One™, Modern Flower™, Cultivar™, and Brand Partners Whole, minis, Ground, Bulk, & Pre-Rolls

3.5g & 7g | Pre-Rolls: 1g and .35g 5-Packs

Edibles



RSO Gummies by Sweet Talk™

Infused with a full-spectrum of cannabinoids and terpenes to offer deeper effects that experienced cannabis consumers will love.

10mg ea



Live Rosin Gummies

by Sweet Talk™

powered by Blue River™

Experience the natural essence of cannabis and full-spectrum benefits with the sweetness of White Grape.

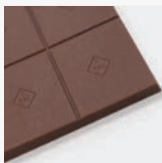
10mg ea



Gummies by Sweet Talk™

Multiple fruit flavors, including Ratio, CBN Ratio and sugar-free options available.

10mg ea



Chocolate by Sweet Talk™

Ten 10mg sections, multiple flavors, including CBN options available.

100mg total
10mg serving



Drink Additives by Momenta™

Tonic

5mg serving

Fast-Acting Gummies by Sweet Talk™

Multiple fruit flavors. Fast-acting edibles use nano technology for a rapid, long lasting, and flavorful experience. In simpler terms, nano-emulsions are smaller, water-soluble particles that breakdown quickly and absorb into the bloodstream faster.

10mg ea



Baked Goods

Love's Oven® Chocolate Chip Cookies (THC)
Love's Oven® Brownie Bites (THC)

Edibles | 5–10mg per serving

Cannabis Routes of Administration

When beginning to explore medical cannabis, we recommend to start with a low dose and increase the dose slowly if needed as recommended by your physician (Start Low and Go Slow).

Method	Flower	Inhalation	Oral
Dose	1-3 second draw	1-3 second draw	1-10+ mg START LOW ≤ 2.5 mg THC, GO SLOW. Re-dosing wait 2+ Hours.
Onset	Immediate	Immediate	30 min. to 2+ hrs
Duration	2 to 4 hours	2 to 4+ hours	Up to 8+ hours
Benefits	Smoking flower is the most traditional route of administration and produces relief almost immediately. This method also maintains flavor best.	Inhalation produces relief almost immediately. Vaporizing is often discreet and available in a variety of device options. Keeps most cannabinoids intact. Little to no lingering smell.	Oral use is discreet, portable, and one of the longest-lasting routes of administration. It is often easy to consume and measure dosages.

Flower

Flower is the cannabis plant in its classic form. Carefully cultivated and cured, flower is offered in whole buds, ground and ready for use, or pre-rolled. It is the most popular delivery form of cannabis due to its versatility. Its consumption methods include being smoked using a pipe or rolling it in a joint. Smoking or vaping is the most efficient method of consuming cannabis.

Concentrates and Extracts

Concentrates are a category of highly potent products that include various methods of extracted cannabis oil. They are derived from separating the essential oils and cannabinoids from plant material into a concentrated form. Concentrates are used by vaporizing the product either in a cartridge or with a concentrate device which yield a smooth and clean experience. Extracts may also be delivered in an oil, solution, or encapsulated form for multiple routes of administration.

Cartridges

Cartridges, also known as carts, are a pre-filled container of concentrate or cannabis oil. They are offered in multiple formats and are known for being portable, functional, and discreet.

Cultivate your potential.

A starting dose of 2.5mg THC or less is typically well tolerated. Wait at least two hours before redosing. Consult your physician and product information sheets on potential side effects, Interactions, and contraindications. Try various methods of delivery. Use the journal in this brochure to record which products and strains deliver the most effective relief. Make the journal available to your treating physician and report any unwanted side effects or adverse reactions.

Edibles	Topical	Sublingual
1-10mg START LOW ≤ 2.5 mg THC, GO SLOW. Re-dosing wait 2+ Hours.	Dime-size dollop	1-10+ mg START LOW ≤ 2.5 mg THC, GO SLOW. Re-dosing wait 2+ Hours.
Up to 1-2 hours	5 – 20 minutes	5 – 30 minutes
2 to 8 hours	2 to 4+ hours	2 to 6+ hours
Long-lasting effects. Discreet. Available in a wide range of flavors.	Non-psychoactive. Easy application & very discreet. Long-lasting effects.	When absorbed under the tongue, effects are more immediate. Long-lasting effects. Easy to consume & dose.

Edibles

Edibles are not only a broad category of medicine but also a convenient oral route of administration. Edibles get first broken down in the stomach and passed through the liver before releasing THC, CBD, and other cannabinoids into the bloodstream. Edibles are an excellent choice for those seeking a specific level of potency maintained over a more extended period.






Sublingual/Nasal



Sublingual and nasal have the best of both worlds: Direct blood-stream administration, and quick onset time, while bypassing the lungs.

Topicals

Topicals are cannabis-infused lotions, oils, and balms absorbed through the skin to relieve localized pain, soreness, and inflammation. Because they're non-psychoactive, they are perfect for patients wanting the therapeutic benefits of cannabis without the cerebral euphoria associated with other delivery methods.

Our Brands

	<p>Alchemy™ is made from the plant and nothing but the plant! Alchemy is a brand that combines cannabis-derived terps with potent CO2 distillate to offer strain-specific flavor and more authentic experience that only our scientists can capture.</p>
	<p>Co2lors™ is a range of tastefully designed vape products bursting with flavors and botanically-derived terpenes. Convenient, all-in-one vapes make for a experience that is easy, potent, and pleasing to the eyes and taste buds.</p>
	<p>Representing the pinnacle of craft cannabis, Cultivar™ is a collection of rare and highly sought-after genetics that have been carefully hand-cultivated by expert growers who share in cannasseurs' passion for the plant.</p>
	<p>Modern Flower™ is a brand of popular strains and progressive cannabis products that have been created using cutting-edge technology and with the needs of a broad range of modern-day customers in mind.</p>
	<p>Momenta™ supports consumers' holistic health and wellbeing with a range of all-natural cannabis products available in approachable medicinal formats that easily and discreetly fit into their daily wellness routines.</p>

	<p>Sourced locally and sold affordably, Roll One™ offers a line of classic cannabis products in fan-favorite strains and straightforward forms without any of the hype, so you can get back to basics and just enjoy.</p>
	<p>You know you want some. Sweet Talk™ offers premium cannabis-infused gummies and chocolates to satisfy consumers' cravings for great flavor and feel-good euphoria – simple, precisely dosed, and fast-acting.</p>

Our Brand Partners



Medical Customer Product Journal

1	Date	Product	Strain / Type
	Intake Method	Dosage	Onset / Duration
Effects			
Notes			

2	Date	Product	Strain / Type
	Intake Method	Dosage	Onset / Duration
Effects			
Notes			

3	Date	Product	Strain / Type
	Intake Method	Dosage	Onset / Duration
Effects			
Notes			

4	Date	Product	Strain / Type
	Intake Method	Dosage	Onset / Duration
Effects			
Notes			

Use the following to log your cannabis use and track which strains and/or products best suit your needs. Provide to your physician and report any adverse reactions.

5	Date	Product	Strain / Type
	Intake Method	Dosage	Onset / Duration
Effects			
Notes			

6	Date	Product	Strain / Type
	Intake Method	Dosage	Onset / Duration
Effects			
Notes			

7	Date	Product	Strain / Type
	Intake Method	Dosage	Onset / Duration
Effects			
Notes			

8	Date	Product	Strain / Type
	Intake Method	Dosage	Onset / Duration
Effects			
Notes			

Ways to Pay

Cannabis is a unique medicine to purchase, given current federal regulations. While completely legal in Florida for qualified and approved FL medical customers, Medical Cannabis is still considered illegal on the federal level. This means banks often are not fond of handling these types of transactions — even if legal — as they operate on a federal level under federal rulings.

Trulieve has always pushed for medical customers to have accessibility to the relief they need — which includes easy ways to purchase. We also recognize that sometimes using cash can be an inconvenience by requiring a bank trip or some ATM time. We've paved the way with more options to make payment both for pick-ups and delivery orders!

Other Ways to Pay

Currently, aside from cash, we accept two other forms of payment. You may pay with your debit card or the CanPay App, which is linked to your bank account at no cost. Payment happens at the time of delivery or when receiving your pick-up order at the location. There are also ATMs at all locations to further expand medical customer accessibility.

How do I pay with my debit card?

Trulieve now offers medical customers the ability to pay for their pick-up or delivery orders with debit cards. When using this method of payment, we will round to the nearest \$10.00 increment (this will be returned as cash change to you) and a \$3.00 service charge will be applied. For example, purchasing one 3.5g unit of Papaya Cake TruFlower will cost \$53.00. When receiving this order with a debit card it will be rounded to the nearest \$10.00 increment, which is \$60.00. A \$3.00 service charge will be applied for a total of \$63.00. After paying with your debit card for this order \$7.00 will be returned to you in cash as change; the \$3.00 fee will be charged on your bank statement as it would an ATM.

How do I download and pay with the CanPay app?

For downloading onto your cellphone use www.canpayapp.com to download the app and complete the application process. For downloading onto a desktop computer please use www.canpaydebit.com.

After the app finishes the download, and you have finished the application forms and linked to your bank account, CanPay will send a test deposit (only a few pennies) to make sure the link is correct and functional. This check can happen within moments after finishing the application or take up to 24 hours depending on your bank. When CanPay finalizes this last step, you will be able to use the app to make a contactless purchase off your phone! There is no service charge when using CanPay, but there is a daily spending limit of \$500.00 (Not every bank allows the \$500 max daily limit). CanPay also offers a custom PIN for each payment for your security.

Download
CanPay App



Download
CanPay Desktop



Exchange Program

Florida Exchange Policy

We have the best exchange program in the industry — no question. We know what may work for one medical customer may not be the relief needed for another. With so many options at Trulieve, there is something for everyone. All it takes is some understanding and a little trial and error to find what's best for you.

We stand behind all medicated products, batteries, and accessories sold at our dispensaries. Should a medical customer ever feel there is an issue with their medicine or battery device, we can absolutely accommodate an exchange at any location or via delivery to your home. This exchange would happen at no cost to you. Should a delivery exchange be preferred, there will be no charge for delivery.

- As long as your recommendation is open (not completed or expired), your dispensed milligrams or smokable weight will also be returned and dispensed properly for the new medicines received.
- It does not matter if your medicines (smokable or otherwise) are open or used — they absolutely can be returned or exchanged for a full return of the dispensed smokable weight or milligrams to your recommendation.
- If a product is returned without an exchange, a credit will be added to the medical customer's account and the dispensed smokable weight and milligrams will be returned to your recommendation.

**Trulieve reserves the right to deny exchanges if abuse of the program is determined.*

Recycle Program

Through our TruRecycle Program, Trulieve aims to reduce the environmental impact by reducing the amount of plastic waste sent to landfills. Please bring empty Trulieve-branded containers **clean and clear of residue** to your nearby Trulieve store.

Acceptable Container Types



Vape Cart Child-Resistant Containers
for TruPODs, CCells, Bellos
(not the cartridges themselves)

Capsules, Concentrates and Tincture bottles

Syringe Child-Resistant Receptacle
(not the syringe itself)

Flower
(Whole, Ground, mini)

Pre-Roll Pop-Tops

Edible Pop-Tops
(Baked Goods, Gels)

Tonic Receptacle

Chocolate

Topical Jars

Unacceptable Container Types



Any Container with Residue

Non-Trulieve Products

Delivery Devices from other MMTCs

Syringes
(TruClear and RSO)

Vape Cartridges
(TruPOD, CCell, etc.)

All Edible/Tonic Pouches

Florida's first and largest MMTC with locations statewide

Certificates of Analysis from a third party testing lab are available for all products

Free delivery on orders over \$100. Special discounts applied for patients over 65 or visually impaired.

Ways to pay: convenient payment options including debit card, CanPay and cash

No hassle 100% exchange policy

Learn more at Trulieve.com

Elevate your knowledge. Take advantage of our daily deals. Stay highly engaged with personalized updates with new store openings, exclusive products and more!

New Trulieve Rewards is here!

A rewards system that incentivizes your every purchase at your local Trulieve dispensary.

Learn more:

Trulieve.com/rewards-fl

Medical Card Discount*

Doctor Recertification Discount*

*See website for more details

First Time Patient Discounts

1st purchase: **60% off**

2nd purchase: **50% off**

3rd purchase: **40% off**

Everyday Wisdom, Pediatric, Veteran, and SNAP discounts

Scan here to get personalized updates



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Cultivate your potential.