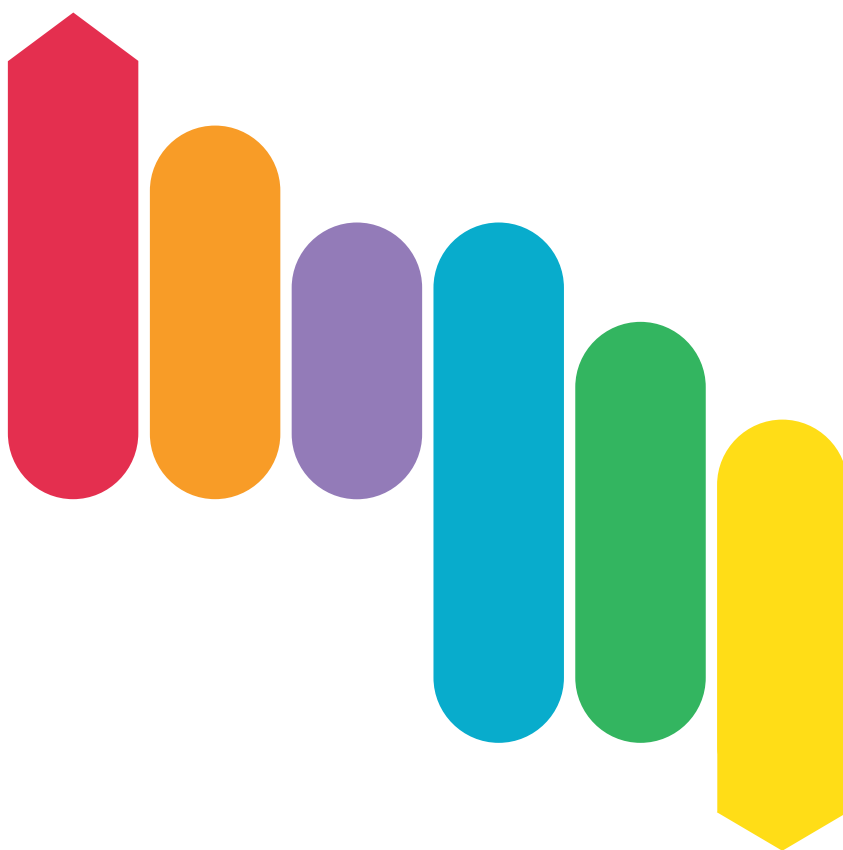


# Medical Cannabis

# A Guide for Patients



# Table of Contents

<b>02</b>	How Cannabis Works in the Body	<b>22</b>	Spectrum Therapeutics™ Products
<b>06</b>	Will Cannabis Help Me?	<b>24</b>	Be Prepared
<b>08</b>	What Is Medical Cannabis Used For?	<b>26</b>	Tips for Staying Safe
<b>10</b>	Consuming Cannabis: Ingestion and Vapourizing	<b>28</b>	Spectrum Therapeutics™
<b>14</b>	Finding The Right Dose: Start Low, Go Slow	<b>30</b>	Why Spectrum Therapeutics™?
<b>20</b>	Your Guide to The Spectrum™	<b>32</b>	How to Access Medical Cannabis
		<b>34</b>	Your Dosing Diary

This guide gives you the information you need, whether you're already authorized to use medical cannabis by your healthcare professional or you're considering it as a therapy. It's important to understand the medicine and its effects so you can navigate the methods of administration, product selection, and dosing.

# How Cannabis Works in the Body

## Active ingredients: cannabinoids and terpenes

Cannabinoids are the main active ingredients in cannabis and more than 100 have been identified. They can be produced by the human body, found in plants, or manufactured in a laboratory for use in some prescription medications. Here, we will focus on cannabinoids found in the cannabis plant, called phytocannabinoids.

Phytocannabinoids are concentrated in sticky crystals on the flowers of the female cannabis plant, called trichomes. These trichomes are separated from the plant material when making extracts, including cannabis oil.

THC ( $\Delta^9$ -tetrahydrocannabinol) and CBD (cannabidiol) are the two most-researched and well-understood cannabinoids. Cannabis varieties (also known as strains) differ in their THC and CBD levels and in the ratio of THC to CBD. Therapeutic benefits will vary depending on a patient's biology and the product selected.

### THC

Research shows that THC may be helpful for things such as pain relief, relief from nausea, reduction of spasticity, and improving appetite. THC is also responsible for the euphoric or the psychoactive effects of cannabis.

### CBD

CBD may be helpful for reducing inflammation, seizures, and anxiety, and improving sleep. It does not cause the intoxicating, euphoric effects that can be caused by THC and may, in fact, reduce some of the potential side effects of THC, such as nervousness.

*Cannabis isn't a one-size-fits-all therapy, so finding an appropriate product is often a matter of informed trial and error. Many patients benefit from using more than one product, as, for example, when they are medicating during the day versus the evening, or for different symptoms.*

## Terpenes

Terpenes are responsible for the scents and flavours of different cannabis varieties. Terpenes may have their own effects on the body, as well as interacting with cannabinoids to create the unique properties of individual cannabis varieties.

This is known as the entourage effect, a theory that describes the potential interactions between major cannabinoids, minor cannabinoids, terpenes, and other plant constituents.

## The Endocannabinoid System

Humans naturally produce cannabinoids (called endocannabinoids) that interact with cell receptors throughout the body. Endocannabinoids are like a key, receptors are like a lock, and they fit together to produce effects in the body. This endocannabinoid system (ECS) is involved in many physiological functions, including inflammation, sleep, pain, memory, digestion, immune function, neuroprotection, and more.

The phytocannabinoids (e.g., THC and CBD) that are produced by the cannabis plant also interact with the receptors of your ECS. This could partly explain why cannabis seems to have an effect on such a wide range of symptoms and conditions.



# Will Cannabis Help Me?



The best way to know if medical cannabis is right for you is to be assessed by a cannabis expert.

If you are not comfortable speaking with your own doctor, you could get an appointment with a cannabis doctor. Once you have a conversation with a cannabis doctor, they can follow up with your physician on your behalf.

To access a cannabis doctor go to:

<https://shop.spectrumtherapeutics.com/pages/find-a-physician>

# What Is Medical Cannabis Used For?

An increasing number of older adults worldwide are turning to medical cannabis for relief from conditions that are not being treated by traditional approaches.

Some studies indicate that Medical Cannabis may lead to a 50% decrease in overall pain levels in patients and that 18% of patients reported that they stopped using opioids to control their pain.

Cannabis may also be effective for improving short-term sleep outcomes in individuals with sleep disturbance associated with chronic pain, fibromyalgia, and other conditions. Another recent study of people over 65 with chronic pain found that those who used medical cannabis experienced fewer nighttime sleep disruptions than those who did not.

There is also limited evidence that cannabis is effective in improving symptoms of anxiety and PTSD.

Another encouraging study reported that 94% of patients reported an improvement in their quality of life after 6 months of using medical cannabis.

# Consuming Cannabis: Ingestion and Vapourizing

## Ingestion

Ingestion is an effective way to consume cannabis. Cannabis oils and softgels are two common and effective ways to ingest cannabis products.

It's important that you **start low, go slow** when ingesting cannabis because the effects can be stronger and can last much longer than when inhaled. Spectrum Therapeutics™ oil can be taken directly from a syringe, measured according to the dosing insert that accompanies your product, or following the guidance of your healthcare professional. Taking the oil on its own makes it easy to consume in a precise dose.



Cannabis oil and softgels can take 30 minutes–1.5 hours or longer to start working, depending on your metabolism and things such as whether you have eaten before consuming the oil. The effects can last up to 12 hours or longer. This can be useful at night if longer relief is required. Some patients may take 2–3 doses per day, but it's important to determine the correct single dose before taking more than 1 dose per day.

*Cannabis oil and softgels are meant solely for ingestion and are NOT meant for inhalation nor for use in vapourizers.*

*The benefits of ingestion are:*

- Discretion
- No smell
- No taste
- No effect on lungs
- Specific dosing available
- Multiple formats

*The cons of ingestion are:*

- Slow onset of action

# Inhalation

## Vapourizing

The benefit of inhalation is a fast onset of action, especially for pain.

When inhaling, the active ingredients are absorbed almost immediately into your bloodstream through the lungs, and the effects usually last up to 6 hours or longer.

If you want to inhale, we recommend using a vapourizer. A vapourizer heats cannabis without burning it so that the active compounds are released into a vapour for inhalation, minimizing exposure to the by-products from combustion. Smoking cannabis is not recommended.

## Vapourizing Instructions

Follow the instructions that come with your vapourizer. Some say to finely grind the product, while others suggest using a coarser grind. Vapourizers come with instructions on when to turn the temperature on.



Inhale a small amount. When exhaling, vapour is visible. Vapour is far less dense than smoke and smells quite different. It shouldn't smell burnt. If smoke is being exhaled, turn down the temperature of the vapourizer. The cannabis will become brown, but will not turn to ash, as the cannabis is not being burnt.

We offer vapourizers in our online store to registered patients because we believe they need options to consume cannabis with the least potential harm. The Mighty Medic is a portable vapourizer and the Volcano is a table-top, non-portable vapourizer. Both are approved by Health Canada as medical devices, which means they can be claimed as a medical expense when you file income tax. Some private insurance plans will reimburse these registered devices with an authorization from a healthcare professional.

## Dried Flower

Dried cannabis is offered in two forms: as dried whole flowers ("bud") or milled ("prepared" or "ground"). Milled cannabis contains the same active ingredients as dried whole flowers and is ready for use in a vapourizer.

The effects of dried flowers vary from those of oils and softgels.

# How dried flowers differ from oil and softgels

## Inhaled

## Ingested

### STARTING DOSE



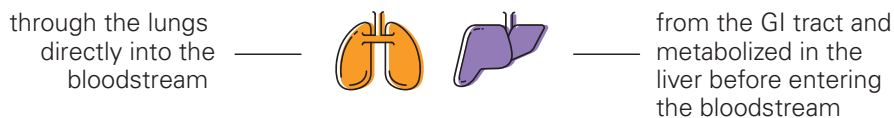
### ONSET



### DURATION



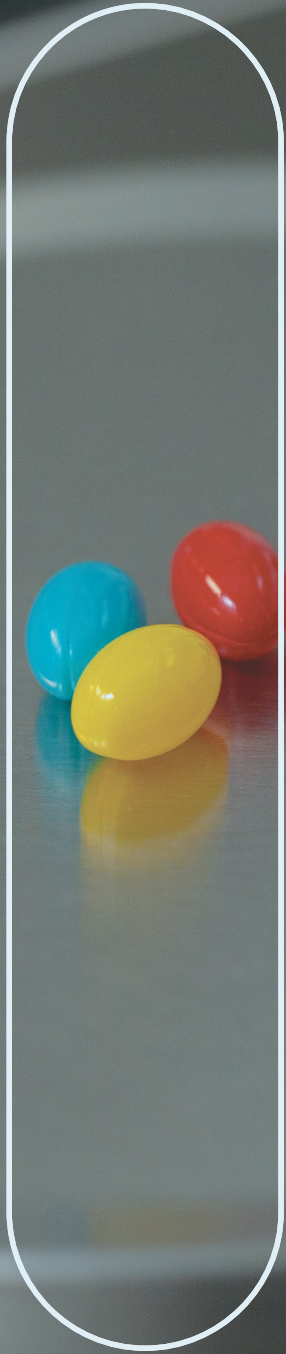
### HOW IT'S ABSORBED



\*Health Canada cautions that some effects could last as long as 24 hours.

# Finding the Right Dose: Start Low, Go Slow





## Dosing and Administration Guidelines

The use of medical cannabis to ease the symptoms of chronic pain is increasing. It has been associated with improved pain, quality of life, and better daily functioning.

Spectrum Therapeutics™ has engaged 20 top global cannabis experts who have developed our dosing and titration recommendations.

According to these recommendations, there are three main schedules for users of cannabis:

- Routine: For most users
- Conservative: For those who have never used cannabis
- Rapid: For users who have more experience with cannabis

Your doctor can use the schedule best suited to you, and start you safely and slowly on medical cannabis.

## Spectrum Therapeutics™ Softgel and Oil Dosing Chart

Routine		
Days	AM	PM
1-3	<b>5 mg CBD</b> 1x 5 mg Yellow softgel (or 0.25 mL Yellow oil)	<b>5 mg CBD</b> 1x 5 mg Yellow softgel (or 0.25 mL Yellow oil)
4-6	<b>10 mg CBD</b> 2x 5 mg Yellow softgels (or 0.5 mL Yellow oil)	<b>10 mg CBD</b> 2x 5 mg Yellow softgels (or 0.5 mL Yellow oil)
7-10	<b>15 mg CBD</b> 3x 5 mg Yellow softgels (or 0.75 mL Yellow oil)	<b>15 mg CBD</b> 3x 5 mg Yellow softgels (or 0.75 mL Yellow oil)
11-13	<b>20 mg CBD</b> 1x 20 mg Yellow softgel (or 1.0 mL Yellow oil)	<b>20 mg CBD</b> 1x 20 mg Yellow softgel (or 1.0 mL Yellow oil)
Not reaching treatment goals? Consider adding a THC-dominant product at nighttime.		
14-21	<b>20 mg CBD</b> 1x 20 mg Yellow softgel (or 1.0 mL Yellow oil)	<b>20 mg CBD</b> 1x 20 mg Yellow softgel (or 1.0 mL Yellow oil) + <b>2.5 mg THC</b> 1x 2.5 mg Red softgel (or 0.125 mL Red oil)
22-28	<b>20 mg CBD</b> 1x 20 mg Yellow softgel (or 1.0 mL Yellow oil)	<b>20 mg CBD</b> 1x 20 mg Yellow softgel (or 1.0 mL Yellow oil) + <b>5 mg THC</b> 2x 2.5 mg Red softgels (or 0.25 mL Red oil)
Continue increasing evening dose by 2.5 mg THC every 7 days until therapeutic goals reached or a maximum of 20 mg THC per evening dose.		
29-70		
Need better daytime symptom control? Consider adding a THC-dominant product in the daytime. Refer for expert consultation if considering >40 mg/day THC.		
71+	<b>20 mg CBD</b> 1x 20 mg Yellow softgel (or 1.0 mL Yellow oil) + <b>2.5 mg THC</b> 1x 2.5 mg Red softgel (or 0.125 mL Red oil)	<b>20 mg CBD</b> 1x 20 mg Yellow softgel (or 1.0 mL Yellow oil) + <b>20 mg (max) THC</b> 2x 10 mg Red softgels (or 1 mL Red oil)

These protocols were developed to support clinicians and patients in achieving safe and effective oral dosing and administration of medical cannabis. Medical cannabis oils are cannabis extracts that contain various amounts of Tetrahydrocannabinol (THC) and Cannabidiol (CBD), and depending on which cannabinoid is predominant, are categorized as CBD-dominant, THC-dominant, or balanced products. For example, Spectrum Yellow oils are made from a unique chemovar of cannabis where the predominant cannabinoid produced is CBD (with very little THC). For details, please visit <https://www.spectrumtherapeutics.com/canada>.

## Getting started with THC

You should start with 2.5 mg of THC once per day and increase by 2.5 mg of THC every third day until the desired effects have been reached.

You should record how long it takes for the effects to be felt and how long they last to find the right single dose before attempting to consume more than once daily. See the dosing diary on pg. 34.

## Getting started with CBD

You should start with 5 mg CBD (0.25 mL of Spectrum Yellow oil) once per day and increase by 5 mg CBD (0.25 mL) every third day, if necessary, and repeat each day until the desired effects have been reached. If your optimal dose is 20 mg, you can switch to Spectrum Yellow softgels. You may need to take more than one dose per day for a few days before you feel an effect on your symptoms.

## Double dosing

Adverse effects are experienced most commonly when you take your first dose and, after feeling no immediate apparent effect, decide to take more. In reality, it takes time to feel the effects of ingested cannabis, and this can result in cumulative dosing, in which you feel the effects of both doses at once.




Avoid cumulative dosing, or double dosing, and uncomfortable effects by waiting until the next day to increase the dose, if required. It could take a week or longer for you to determine your ideal dose, but this way unwanted effects should be avoided or at least minimized.



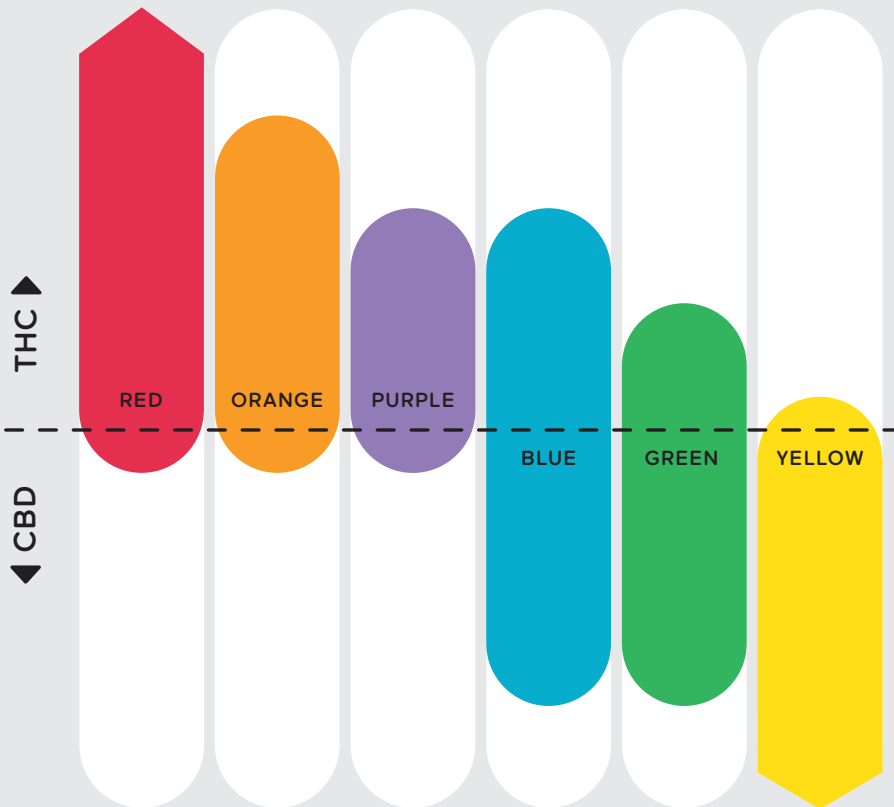
# Your Guide to The Spectrum™

The Spectrum™ is a simple colour-coding system designed to help you and your healthcare professional select the right medical cannabis product for you. Each colour represents a category of products according to their ratio of THC and CBD. Depending on your needs, you may wish to take a product containing THC, CBD, or a mixture of both.

## Understanding The Spectrum™

-  **Red** products are THC dominant
-  **Blue** products contain a balance of THC and CBD
-  **Yellow** products are CBD dominant

# The Spectrum™



# Spectrum Therapeutics™ Products



## Dried Flowers

Dried cannabis is typically offered as either dried whole flowers (“bud”) or milled (“prepared” or “ground”). Whole flowers from the female cannabis plant are harvested, the stem and leaves are trimmed, and then the flowers are dried to a specific moisture content. Milled cannabis contains the same active ingredients as dried whole flowers and is ready for use in a vapourizer.

## Cannabis Oil

Concentrated cannabis resin, containing cannabinoids and other active compounds, is extracted from cannabis flowers that have undergone thermal decarboxylation, then diluted with a food-grade carrier oil to make a product for you to take orally from a syringe. This allows you to know exactly how much THC and CBD you are taking in each dose.

## Softgels

Softgels are filled with cannabis resin dissolved in food-grade carrier oil. They offer you a convenient and discreet option for your medication.

## Vapourizing

To be effective, cannabinoids need to be heat activated in a process called decarboxylation. This occurs during smoking or vapourizing when the plant matter is heated above 120°C. All Spectrum Therapeutics™ oil and softgels contain cannabis oil that has already been decarboxylated and as such they do not need heating.

**Be Prepared**

## Short-term Effects

When first trying cannabis, or a new variety, you may experience some of the following feelings:

- ▶ Increased heart rate
- ▶ Dizziness
- ▶ Impaired coordination and reaction times
- ▶ Drowsiness
- ▶ Impaired short-term memory
- ▶ Dry mouth
- ▶ Nausea
- ▶ Anxiety
- ▶ Respiratory irritation (if inhaled)
- ▶ Increased appetite
- ▶ Euphoria

## Side Effects

If you experience things like anxiety, nausea, dizziness, vomiting, or fainting, it is important that you don't panic. You should focus on your breathing, stay hydrated, and find a safe place to relax. The effects should wear off in 2-6 hours depending on the method of consumption.

If health and safety become a concern, contact your prescribing healthcare professional immediately. Should you experience things like chest pain, or persistent vomiting or dizziness causing falls, you should go to a hospital emergency room.

# Tips for Staying Safe

Some recommendations to keep yourself safe when using medical cannabis.

### **Talk about progress with your healthcare professional**

Once you've found the right dose and product for you, and your symptoms improve, you may be able to reduce, taper, or discontinue previous medications by replacing them with cannabis for the same symptom or condition. Be sure to talk to your healthcare professional about changing the use of any of your other prescription medications. If your condition is worsening when you use cannabis, you should stop and notify the healthcare professional who authorized your cannabis.

### **Don't mix cannabis and alcohol**

Do not consume cannabis and alcohol at the same time—their effects may magnify each other's, causing discomfort and inebriation.

### **Don't drive**

At all times, if you are in doubt as to your impairment level, you should not drive or operate machinery.\*

### **Store products responsibly**

Always store your cannabis products where they can't be accessed by children or pets. Always label and securely store any food products containing cannabis.

### **Know the rules for travelling with cannabis**

It is only legal to travel with medical cannabis within Canada. For more information on traveling with medical cannabis visit: <https://travel.gc.ca/travelling/cannabis-and-international-travel>.

\* Cannabis consumers metabolize cannabis at varying rates, and factors such as newness to cannabis or mixing with alcohol will impact effects. This recommendation is a guideline only; there is no certainty that following this recommendation will ensure that you pass roadside tests.

# Spectrum Therapeutics™

## **Understanding medical cannabis has never been simpler**

Spectrum Therapeutics™ provides medical cannabis products to improve the lives of patients around the world. In addition to a consistent supply of lab-tested products, you can rely on us to keep you up to date with clear and accurate information. As we invest in ongoing research, our goal is to deliver innovative products that raise the bar on therapy and outcomes for patients everywhere.

## **Your medicine is important**

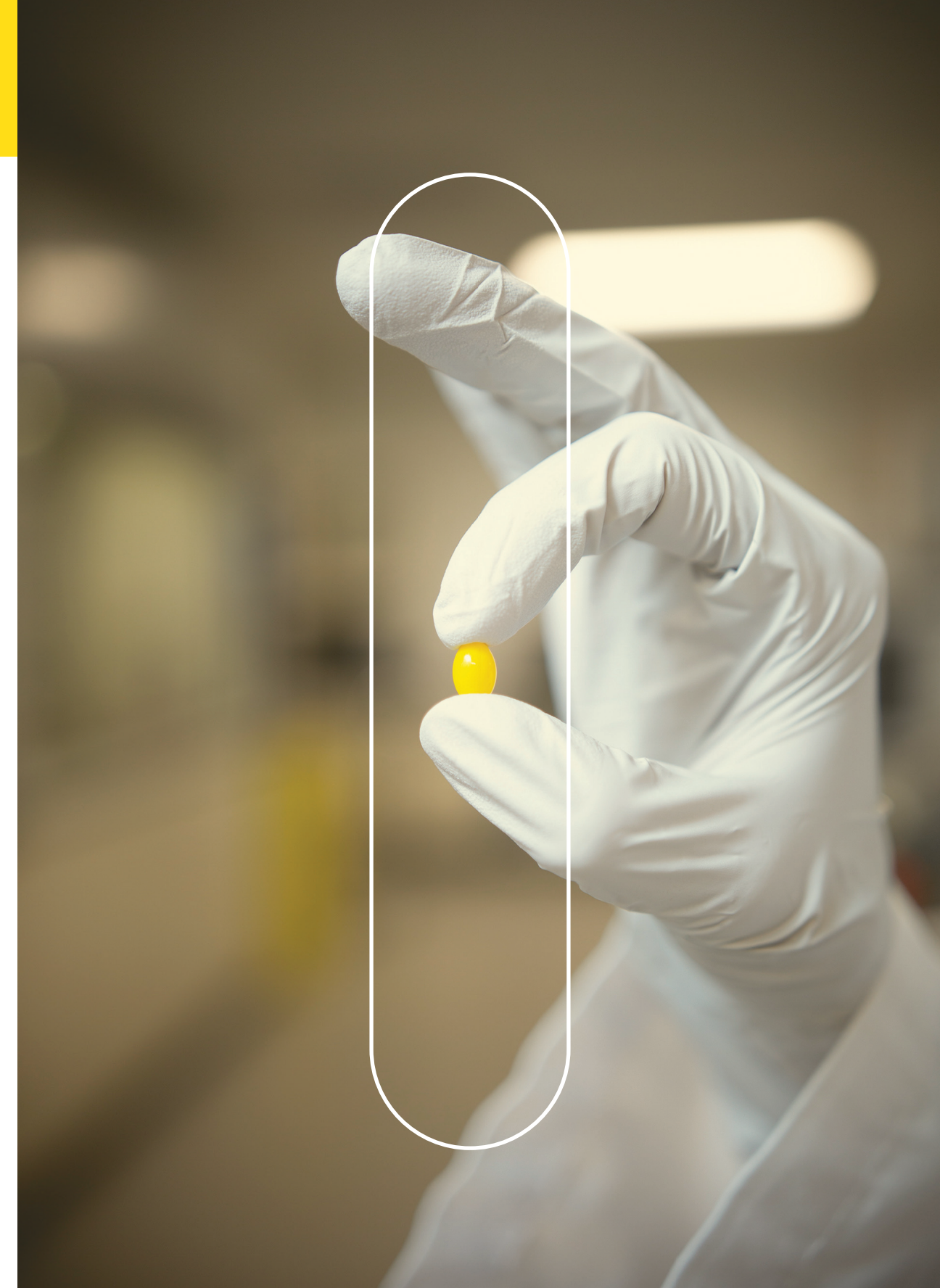
We ensure a consistent supply of lab-tested cannabis products, always available in Canada, to give you peace of mind.

## **We make medical cannabis simple and accessible**

We make it easy for patients and healthcare providers to understand how to optimize the therapeutic benefits of medical cannabis. Count on our educators to help you make an informed choice.

## **We're only just beginning**

Our original scientific research and product innovation will lead to novel approaches that will advance care and therapeutic options.



# Why Spectrum Therapeutics™?

Choosing a Spectrum Therapeutics™ product has many benefits. Besides the quality and variety of our products, we have excellent customer care and offerings for veterans as well.



## Private Insurance Coverage

Medical cannabis benefit coverage is an important topic among benefit providers, with many plan administrators (insurance providers) and plan sponsors (employers) adding medical cannabis coverage for employees. It's important that you are aware of your options for medical cannabis coverage.

We encourage all plan members to review your benefit guide for confirmation on your plan and any limitations. We encourage you to formally request medical cannabis coverage through your benefit provider. Benefit plan providers will approach plan sponsor (employer) for approval of coverage. Any employee with a Health Spending Account can expense medical cannabis under the Canada Tax Act.

Furthermore, medical cannabis is a Canada Revenue Agency eligible medical expense so ensure you keep your receipts and file this on your tax return.

# How to Access Medical Cannabis

## Step 1

### **Complete a Medical Document**

Your healthcare professional will complete a Medical Document for you, authorizing the use of medical cannabis, and send it to Spectrum Therapeutics™.

Our Medical Document can be downloaded from our Patient Resources section:

**<https://www.spectrumtherapeutics.com/canada/en/patients/learn-more>**

## Step 2

### **Register at SpectrumTherapeutics.com**

Call our Customer Care at  
1 (855) 558 9333

Or fill out a Registration Form online or send your completed form to us by email, mail, or fax.

Email: [Care@spectrumtherapeutics.com](mailto:Care@spectrumtherapeutics.com)

Fax: 1 (888) 977 2595

### **Monday-Friday:**

9 am - 7 pm EST Phone, Email, Chat

**Closed Saturdays, Sundays,  
and statutory holidays.**

## Step 3

### **We'll verify your documents**

Spectrum Therapeutics™ will process your Medical Document and Registration Form within 24 hours of receipt.

## Step 4

### **Start ordering**

You will receive a confirmation email, at which point you may place your first order online at [SpectrumTherapeutics.com](https://www.spectrumtherapeutics.com) or by phone.

### **Contact us**



[SpectrumTherapeutics.com](https://www.spectrumtherapeutics.com)



[Care@spectrumtherapeutics.com](mailto:Care@spectrumtherapeutics.com)



1-855-558-9333



1-888-977-2595

# Your Dosing Diary

## Tracking use

Keeping a diary is the key to getting the best results from medical cannabis. For the first few weeks—and every time you use a new variety or product—record how your symptoms and mood are affected before and after using cannabis. This diary will also provide valuable information to help keep your healthcare professionals informed on your progress with medical cannabis.



# Notes

Date / /

<b>Colour</b> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 5px;"> <div style="text-align: center;"> <b>Red</b></div> <div style="text-align: center;"> <b>Blue</b></div> <div style="text-align: center;"> <b>Yellow</b></div> </div>											
<b>Other products</b>											
<b>Form</b> <div style="display: flex; flex-wrap: wrap; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%; text-align: center;"> <b>Softgels</b>  <input type="radio"/> </div> <div style="width: 45%; text-align: center;"> <b>Oil</b>  <input type="radio"/> </div> <div style="width: 45%; text-align: center;"> <b>Flower</b>  <input type="radio"/> </div> <div style="width: 45%; text-align: center;"> <b>Milled</b>  <input type="radio"/> </div> <div style="width: 45%; text-align: center;"> <b>Vape</b>  <input type="radio"/> </div> <div style="width: 45%; text-align: center;"> <b>Edible</b>  <input type="radio"/> </div> </div>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;"><b>THC</b></td> <td style="width: 50%;"><b>CBD</b></td> </tr> <tr> <td>Flower (%)</td> <td>_____</td> </tr> <tr> <td>Oil (mL)</td> <td>_____</td> </tr> <tr> <td>Softgels (mg)</td> <td>_____</td> </tr> <tr> <td>Edibles (mg)</td> <td>_____</td> </tr> </table>	<b>THC</b>	<b>CBD</b>	Flower (%)	_____	Oil (mL)	_____	Softgels (mg)	_____	Edibles (mg)	_____
<b>THC</b>	<b>CBD</b>										
Flower (%)	_____										
Oil (mL)	_____										
Softgels (mg)	_____										
Edibles (mg)	_____										
<b>Dose consumed</b> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="text-align: center;">  _____              inhalation(s)         </div> <div style="text-align: center;">  _____              mL         </div> <div style="text-align: center;">  _____              number         </div> </div>	<b>Time of use</b> _____ <b>AM</b> _____ <b>PM</b>										
<b>Duration of effects</b>											
<b>Effects on symptoms</b>	<b>Unwanted effects</b>										
<b>Symptom Scale</b> Indicate the intensity of your primary symptom by circling the appropriate number from 1 (mild) to 10 (severe). Symptom _____ Before <b>1 2 3 4 5 6 7 8 9 10</b> After <b>1 2 3 4 5 6 7 8 9 10</b>	<b>Comments</b>										



# Feel free to contact us.

Our dedicated support team for customers is available to answer any questions you may have.



[SpectrumTherapeutics.com](https://www.SpectrumTherapeutics.com)



[Care@SpectrumTherapeutics.com](mailto:Care@SpectrumTherapeutics.com)



1-855-558-9333



1-888-977-2595

Customer Care Hours

**Monday – Friday:**

9 am – 7 pm EST Phone, Email, Chat

**Closed Saturdays, Sundays,  
and statutory holidays.**



A CANOPY GROWTH COMPANY