



# Patient Education Booklet



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# Welcome to Amplify



# Cannabis is Medicine

## Cannabis Basics

Female cannabis plants produce large flowers covered in trichomes. These “crystals” coat the flowers and contain cannabinoids and terpenes, the chemical compounds thought to be responsible for the plant’s therapeutic effects.

The flowers can be dried, cured, and trimmed for vaporization. MMCP-licensed processors can also extract cannabinoids and terpenes from the trichomes to produce products like vaporizer oils, specialty extracts, edibles, or topicals.

## Endocannabinoid System and Cannabinoids

The endocannabinoid system is a complex nerve cell communication network that plays a major role in regulating the nervous system and impacts nearly every other organ system in the body.

The CB1 and CB2 receptors are the most widely studied receptors in the endocannabinoid system.

### CB1

#### CB1 Receptors target:

- Appetite
- Immune cells
- Motor activity
- Motor coordination
- Pain perception
- Short-term memory
- Thinking



### CB2

#### CB2 Receptors target:

- Adipose tissue
- Bone
- Cardiovascular system
- Central nervous system
- Gut
- Immune system
- Kidneys
- Liver
- Pancreas
- Reproductive system
- Respiratory tract
- Skeletal muscle
- Skin
- Tumors

Cannabinoids are the chemical components in the cannabis flower that activate endocannabinoid receptors throughout the body and brain.

Delta-9-Tetrahydrocannabinol ( $\Delta^9$ -THC) and Cannabidiol (CBD) are the most commonly occurring and the mostly widely studied cannabinoids.

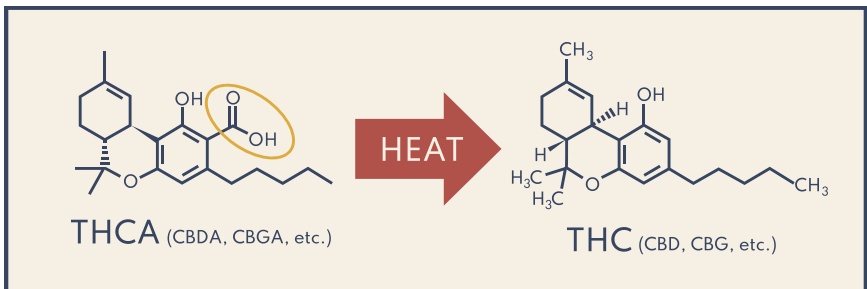
$\Delta^9$ -THC binds to cannabinoid receptors throughout the body and is the active compound associated with psychoactive effects.

- $\Delta^9$ -THC is made from the non-psychoactive THCa (tetrahydrocannabinolic acid) when it is activated by heat. This process is known as “decarboxylation.”

CBD does not actually bind to CB1 or CB2 receptors. Rather, it works by modulating the levels of endocannabinoid transmitters (cannabinoid-like compounds that our bodies make naturally) and influencing how the CB receptors interact with other transmitters.

- CBD is non-psychoactive.
- CBD is made from the non-psychoactive CBDa (cannabidiolic acid) when activated by heat. This process is known as “decarboxylation.”

#### Decarboxylation Example:



There are thought to be more than **100 unique cannabinoids in the cannabis plant**, and we are only beginning to scratch the surface of what we know. These minor cannabinoids play an important role in the medicinal effects provided by cannabis. More research is needed to fully understand their benefits.



# Terpenes

Terpenes are fragrant chemical compounds found in the cannabis plant responsible for the characteristic aroma and taste of cannabis. Terpenes may also impact the psychoactivity or physiological effects of cannabis.

Some terpenes are associated with more uplifting effects while others are associated with more relaxing effects. Each strain of cannabis has a unique terpene profile that informs the characteristic aromas and effects of that strain. This may explain why "Strain ABC" with 15% THC may cause a patient to feel drowsy while "Strain 123" with 15% THC may cause a patient to feel uplifted.

The terpenes most commonly found in cannabis are easily identifiable in other plants.

Terpene	Aroma	Also found in
Caryophyllene	Spicy, Earthy, Peppery	Black pepper, cinnamon, rosemary, oregano, cloves
Humulene	Earthy, Musky	Ginseng, sage, cloves, basil
Limonene	Citrusy, Bright	Citrus fruits like lemons, limes, and oranges
Linalool	Floral, Woody	Lavender, cinnamon, birch, coriander
Myrcene	Herbal, Spicy	Mangoes, cloves, lemongrass, thyme, hops
Ocimene	Herbal, Bright, Citrusy, Woody	Basil, mango, hops, bergamot, pepper
Pinene	Fresh, Pine Tree	Pine needles, rosemary, basil, sage
Terpinolene	Complex, Bright, Pine Tree, Citrus, Herbal, Floral	Allspice, white lilac, tea tree

## Types of Strains

Cannabis strains can be generally classified based on how the strain affects most patients. However, these generalizations are based on the strain's genetics and terpene profile and may affect each patient differently.

- Sativa
  - Typically associated with daytime use.
  - Typically provides a more cerebral (head) sensation and invigorates the mind.
  - May have higher concentrations of pinene, terpinolene, and/or limonene.
- Indica
  - Typically associated with nighttime use.
  - Typically provides a more calming effect and deep body relaxation.
  - May have higher concentrations of myrcene and/or linalool.
- Hybrid
  - Typically associated with any time medicating.
  - Typically produces balanced head and body sensations.
  - Can be "sativa-leaning" or "indica-leaning."

# Dosing & Forms

There are many different types of products and ways to administer medical cannabis. Your recommending physician may have specified a dosage or form to try, or may have recommended that you consult with dispensary staff to find the best option.

When evaluating the best form and dose, you may consider cost, how quickly the medication begins working (onset), how long the effects last (duration), ease of use, and level of discretion.

At Amplify, you will always have the option of speaking with a registered pharmacist to help make the right decision.

Regardless of the form, the most important rule for dosing is **“START LOW AND GO SLOW.”** You can always take more, but you can not go back and take less.

## Inhalation / Vaporization

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Flower, vape carts, and specialty extracts such as wax, badder, shatter, delta shift, diamonds, sauce.

Vaporization of cannabis flower, cannabis vaporizer cartridges, and cannabis concentrates is the only approved form of inhalation in the state of Ohio. Inhalation of cannabis via smoking or combustion is expressly prohibited in Ohio.

### How It Works:

Cannabis is heated to a temperature hot enough to release its cannabinoids and terpenes into the air for inhalation but not hot enough to cause the material to burn or combust. When inhaled, cannabinoids quickly enter the bloodstream through the lungs. Vaporizing can be less irritating to the lungs compared to smoking because there are no combustion byproducts.

### Onset Time:

Fast acting - within seconds of inhalation.

### Peak Effect:

Generally 15 – 30 minutes after onset.

We recommend new patients wait 10 – 15 minutes after a dose to make sure they have experienced the full effect before taking another dose.

### Duration of Effects:

Generally 1 – 3 hours.

Caution: Inhalation of concentrated products by patients with a lower tolerance may result in effects lasting up to 12 hours.

## What you should know:

### Flower

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- You may need a grinder to help break up the flower for easier use.
- There are handheld or desktop vaporizers that heat the flower to the desired temperature range to access the full benefits of whole-plant medicine. Cannabinoids are vaporized at higher temperatures, and terpenes at lower temperatures.
- Flower is not the best option if you are concerned about odor.
- **HOW TO:** Breakup or grind enough flower to fill the oven chamber according to the instructions for your dry herb vaporizer. Wait 1 – 2 minutes between inhalations to evaluate how the medication is affecting you and addressing your symptoms.

### Vaporizer Cartridges (Vape Carts)

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- Vape carts are filled with a concentrated cannabis oil containing the cannabinoids and terpenes extracted from the cannabis flower. The contents of the cartridges are heated using innovative, portable, discreet batteries.
- Vaporizer cartridges are more discreet for patients concerned about odor and ease of use.
- Vaporizer cartridges should be stored upright and not lying down.
- **NOTE:** Not every vape cartridge fits on every battery. Ask a dispensary agent for help determining whether a battery is approved for use with a particular cartridge.
- **HOW TO:** Inhale a short draw and wait 1 – 2 minutes between inhalations to evaluate how the medication is affecting you and addressing your symptoms.

### Specialty Concentrates and Extracts

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- Concentrates and extracts contain highly concentrated amounts of cannabinoids and terpenes and are produced using solventless, CO<sub>2</sub>, or hydrocarbon extraction methods. The final products come in a variety of different formats and consistencies including live resin, distillate, crumble, batter, and shatter.
- There are specific vaporizers designed for the use of concentrate products. Ask your dispensary agent about approved devices.
- **NOTE:** A small amount of medication can produce potent effects. The highly concentrated cannabinoid levels can cause tolerance to develop quickly. New patients should exercise caution with concentrate products, as pronounced effects can last for up to 12 hours. **START LOW AND GO SLOW!**
- **HOW TO:** Fill your concentrate vaporizer with no more than a rice grain-sized dose to start according to the instructions. Wait 1 – 2 minutes between inhalations to evaluate how the medication is affecting you and addressing your symptoms.

## Ingestion

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Infused foods, gummies, chocolate, mints, capsules/pills.

### How it Works:

Edible products are digested and absorbed throughout the digestive tract, with the most absorption taking place in the small intestine. Once absorbed, cannabinoids are chemically altered in the liver in a process known as “first-pass metabolism” before they enter the bloodstream for distribution throughout the body.

**Onset Time:**

Anywhere from 30 minutes – 2 hours.

NOTE: Beverages infused with cannabinoids have a quicker onset than other edible products because some absorption takes place in the mouth sublingually, and through the stomach.

**Peak Effects:**

Generally between 2 – 5 hours.

**Duration of Effects:**

Up to 8 hours.

**What You Should Know:**

Patients who have had parts of their intestines removed or patients who have issues absorbing fatty foods may not experience relief with edibles or may require higher doses.

When eaten or swallowed, the effects of impairment caused by medical cannabis products are delayed and may take up to 2 hours to reach full effect. We recommend waiting at least 2 hours before evaluating the need to re-dose. **START LOW AND GO SLOW!**

**Suggested Starting Dosages:**

- New Patient: 2.5 – 5mg THC
- Occasional: 5 – 10 mg THC
- Frequent: 10 – 15mg THC

## Topicals

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Lotions, salves, and transdermal patches.

**How it Works:**

Infused topicals are absorbed through the skin in areas that are painful or tense. With lotions, creams, and salves, the cannabinoids cross through the skin and provide local relief without absorbing into the bloodstream, and generally do not have psychoactive effects. Topicals generally do not have psychoactive effects. With transdermal patches or gels, the cannabinoids may penetrate deep enough to be absorbed into the bloodstream and could potentially cause psychoactive effects with large enough dosages.

**Onset Time:**

Quick-acting (2 – 5 minutes).

**Duration of Effects:**

- Topicals like balms and lotions: 1 – 2 hours
- Transdermal patches or gels: 6 – 12 hours

**What You Should Know:**

- Avoid applying near the underarms or groin.
- Never cut a transdermal patch.
- **HOW TO:** A small amount goes a long way! Start with a quarter-sized amount and rub in completely. Wash your hands after application.

## Sublingual

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Tinctures, sprays, dissolvable films.

### How it Works:

Cannabinoids dissolved in a tincture or spray solution, or infused in a film, are absorbed directly into the bloodstream via blood vessels in the mucosal surfaces of the mouth and throat. Because the cannabinoids are absorbed in the mouth and throat, sublingual products act more quickly than edible products and also avoid first-pass metabolism in the liver.

### Onset Time:

15 – 30 minutes.

### Peak Effect:

Generally around 90 minutes.

### Duration of Effects:

4 – 6 hours.

### What You Should Know:

If a sublingual product is quickly swallowed rather than dissolved under the tongue, the cannabinoids will be processed in the digestive system, leading to delayed and potentially more potent effects, similar to an edible. Remember the effects are delayed! Wait 30 – 45 minutes after taking a dose to experience the full effects before determining whether an additional dose is needed.

# Safety & Compliance

**Warning:** Using medical cannabis can impair your ability to drive, operate machinery, or perform any activity that requires alertness such as caring for children or performing detail-oriented tasks at work. It is important to talk with your physician about any medical conditions you have as well as your history of alcohol and drug use before you use medical cannabis.

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### Medical Cannabis can cause the following side effects:

- Red eyes
- Increased appetite
- Slowed reaction time
- Decreased coordination
- Dizziness
- Dry mouth
- Lethargy
- Urinary retention
- Slurred speech
- Change in mood
- Trouble thinking and solving problems
- Impaired judgement
- Difficulty concentrating
- Problems with memory or learning
- Feeling of anxiety or paranoia
- Depression
- Increased heart rate

Inform your physician if you are experiencing any of these side effects. If you have more severe side effects, stop using medical cannabis and call your physician and/or the MMCP hotline at 1-833-464-6627.

Medical cannabis use is not recommended for women who are pregnant or breastfeeding.

Medical cannabis use is not recommended for patients with a personal or family history of schizophrenia or severe personality disorder.

Extreme caution for the use of medical cannabis should be exercised in patients with pre-existing heart disease.

Patients with glaucoma should avoid the use of products containing CBD.

Medical cannabis can interact with other prescription medications, over-the-counter medications, or dietary supplements you may be taking. **Please consult with your physician or pharmacist before taking medical cannabis.**

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**Known drug interactions with medical cannabis include:**

- Drugs that suppress the central nervous system like barbiturates, benzodiazepines, opioids, muscle relaxants, and antihistamines.
    - These medicines are used to treat seizures, pain, depression, cough and cold, sleep issues, and anxiety.
    - Using medical cannabis at the same time as these medications may intensify their effects and cause increased drowsiness.
  - Because cannabis affects areas of the brain involved with memory, concentration, movement, coordination, and reaction time, effects can be increased dramatically if medical cannabis is combined with alcohol. It is not recommended to mix medical cannabis with alcohol.
  - Cannabis may cause a temporary increase in heart rate. Medications used to treat ADHD or narcolepsy such as amphetamines may increase blood pressure and heart rate. The effects can be additive when combined with cannabis.
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**Medical Cannabis Legal Complexities:**

- Cannabis is illegal under federal law.
- Laws surrounding the possession of cannabis vary from state to state and from municipality to municipality. It is your responsibility to know the laws where you are and to abide.
- The statements made in this packet have not been reviewed or evaluated by the FDA, and these products are not intended to diagnose, treat, prevent, or cure disease.

## Patient Do's and Don'ts:

Do	Don't
✓ Store labeled medical cannabis products in their original, unaltered packaging until it is ready for use.	✗ Sell, share, or allow for the use of medical cannabis products by anyone other than the certified patient.
✓ Always carry your medical cannabis registry ID cards on you when in possession of medical cannabis.	✗ Caregiver DOES NOT EQUAL Patient. Caregivers cannot consume medications labeled for their patients.
✓ Discontinue use or reduce dosage if effects are too intense.	✗ Open or consume medical cannabis on dispensary premises.
✓ Keep out of reach of children and pets.	✗ Cultivate medical cannabis.
✓ Never possess more than a 90 day supply - Flower: 9oz (10 oz if terminal) - Topicals 26.55g THC (33.3g THC if terminal) - Edibles or Tinctures: 9.9g of THC (11.7g if terminal) - Concentrates: 53.1g THC (65.7g if terminal)	✗ Extract medical cannabis. Cannabis extraction is a complex process that should be left to professionals. When dealing with flammable gases or liquids in the extraction process, there is a risk of fire or explosion.
✓ Bring the state-issued or board-approved identification document(s) used as part of the registry to the dispensary every visit.	✗ Smoke or combust medical cannabis.

## Substance Abuse:

- Substance abuse (also referred to as addiction) is a disease that affects a patient's brain and behavior and is defined by the inability to control the use of a substance regardless of its legal status.
- Common Signs of Substance Abuse
  - Tolerance (requiring higher doses to achieve the same effect).
  - Withdrawal (physical or psychological symptoms associated with the discontinuance of an addictive substance).
  - Having cravings for the substance that block out any other thoughts.
  - Loss of control of use despite negative consequences.
  - Failing to meet obligations at home or work.
  - Spending increasing amounts of time recovering from the use of the substance.
- If you are concerned that you or a loved one are suffering from a substance use disorder for cannabis or any other substance, consult your physician or a local substance abuse program/drug hotline.
  - The Substance Abuse and Mental Health Services Administration (SAMHSA) provides an online resource to identify local treatment programs: [www.samhsa.gov](http://www.samhsa.gov)
  - To report an adverse reaction to medical cannabis, instead call the MMCP Hotline: 1- 833-464-6627

Questions? Here's how to reach us:

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Email:

[support@amplifydispensary.com](mailto:support@amplifydispensary.com)

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