



Mayflower

Patient & Consumer
Education Guide

“Eliminating the things
you love is not wellness.
Wellness feeds your soul
and makes you feel good.”

-Iman

TABLE OF CONTENTS

Welcome	1
History of Cannabis	2
Becoming a Patient	3-4
Cannabis 101	5
Cannabinoids	6
Endocannabinoid System & Terpenes	7
Determining Your Dose	8
Beginning Your Cannabis Journey	9
Tolerance and Dependence	10
Massachusetts Law	11
Documenting Your Experience	12
Reading Product & Patient Labels	13

WELCOME TO

Mayflower

Mayflower is dedicated to offering high quality cannabis products and services in a safe, secure, and professional environment to the Medical Patients and Adult Use Consumers of Massachusetts. Our wide range of cannabis products are carefully curated with the highest level of quality, safety and expertise.



Mayflower's house brand products are cultivated and processed in our facility in Holliston. We work in cooperation with state and local governments to ensure compliance with applicable regulations and standards and clearly label all products with required third party testing results and product information. The Mayflower portfolio of brands include flower, concentrates, tinctures, topicals, and edibles. In addition to our in-house products, our dispensaries offer a range of cannabis products from other top Massachusetts brands who follow the same strict guidelines.

Mayflower's Boston location is Co-Located as a licensed Medical Marijuana Treatment Center (MTC) and Adult Use Marijuana Establishment (ME) and is committed to providing the best quality cannabis products to both Medical Patients and Adult Use Consumers. Both Mayflower's Worcester and Lowell locations are licensed Adult Use Marijuana Establishments (ME) that offer the same high quality cannabis products to the Adult-Use market.

HISTORY OF CANNABIS

You might recognize cannabis by one of its many slang terms: marijuana, Mary Jane, ganja, pot, dank, reefer, weed, herb, green, bud, and the list goes on and on. The multitude of vernacular terms surrounding the Cannabis plant is almost as colorful as its history.

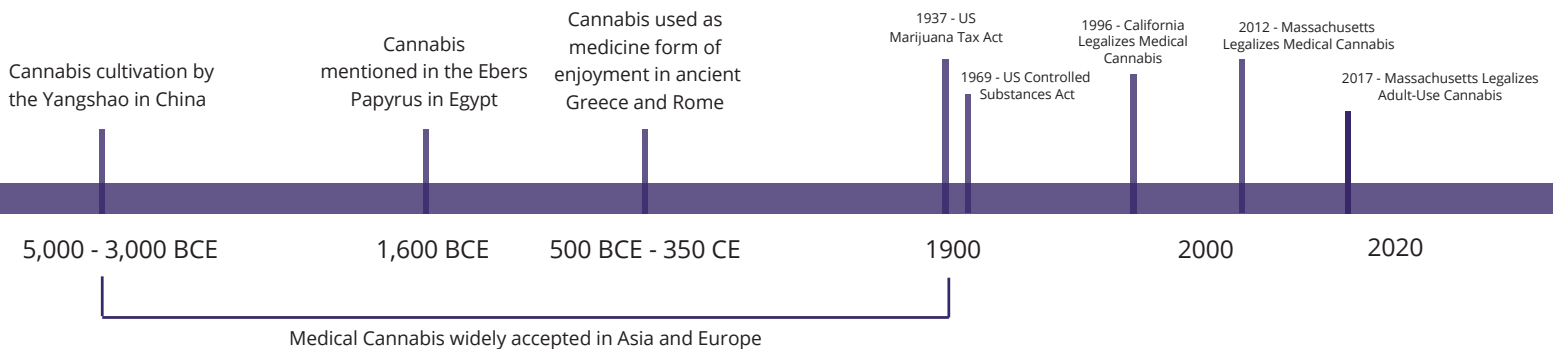


A (Very) Brief History:

Cannabis has long been used as a medicine. The earliest known historical periods of cannabis cultivation dates to 5,000 BC in China. Its medicinal uses were described in the Egyptian Ebers Papyrus 3,500 years ago, ancient texts from India, Greece, Rome and the medieval Islamic world.

Cannabis was part of the U.S. pharmacopeia through much of the 19th and early 20th centuries. Its use was curtailed by the Marihuana Tax Act of 1937, which was later ruled unconstitutional by the Supreme Court in 1969. The Controlled Substances Act, which established schedules for ranking substances according to their dangerousness and potential for addiction, was passed in 1970. Cannabis was placed in the most restrictive category, Schedule I.

In 1996, California became the first state to legalize the use of marijuana for medical purposes, and other states have followed suit. In 2012, the Massachusetts legislature passed on Act for the Humanitarian Medical Use of Marijuana. The Massachusetts Department of Public Health drafted the regulations for the implementation of the Medical Use of Marijuana Program.



Mayflower

BECOMING A MASSACHUSETTS REGISTERED QUALIFYING PATIENT

Chapter 369 of the Acts of 2012, An Act for the Humanitarian Medical Use of Marijuana, legalized the use of certain medical cannabis products to treat registered qualifying patients. All certifying healthcare providers must complete relevant continuing medical education credits and register with the Massachusetts Cannabis Control Commission before issuing patient certifications.



Qualified Patient Requirements:

- The patient must be at least 18 years old.
- Potential patients under 18 years old may still qualify under special circumstances and must have a parent or guardian as a registered caregiver.*
- The patient must be a Massachusetts resident.
- The patient must be diagnosed with one of the qualifying conditions below.
- The ordering healthcare provider must issue an online Certification for the patient, stating the potential benefits of using medical cannabis outweigh the potential risks.
- The qualified healthcare provider certification will include the amount of cannabis a patient is allowed over a specific length of time.

Qualifying Conditions:

ALS	Epilepsy	Parkinson's disease	Other comparable debilitating conditions
Cancer	Glaucoma	PTSD	
Crohn's disease	HIV / AIDS	Seizures	
Chronic pain	Multiple sclerosis	Terminal illness	

Mayflower

BECOMING A MASSACHUSETTS REGISTERED QUALIFYING PATIENT

5 SIMPLE STEPS TO BECOMING A PATIENT

1. Visit a qualified physician and receive a Certification and receive your patient PIN.
2. Ensure you have your patient PIN, a current photograph of yourself and a form of payment.
3. Register with the Medical Use of Marijuana Program online, or by paper form.
4. Receive your Program ID card. Program ID card photo must be renewed every annually.
5. Bring your valid Program ID Card, valid State ID, and valid Healthcare provider certification to fill your order at Mayflower

MEDICAL CANNABIS IN MASSACHUSETTS

Program registration must be renewed annually, no less than 60 days prior to expiration.

Patients CAN grow their own medical cannabis under Massachusetts law.

Patients may only obtain cannabis from a licensed Marijuana Treatment Center (MTC)

Registered Qualifying Patients may not distribute cannabis to any other individual.

Patients must return unused, excess or contaminated product to the MTC from which they purchased it, for disposal.

*Adapted from information available on mass.gov. Visit mass.gov for more information.



Mayflower

CANNABIS 101

Marijuana is classified scientifically as plant genus “Cannabis”. The two most common subspecies of Cannabis include “Cannabis sativa sativa” and “Cannabis sativa indica”. A lesser-known, lesser used subspecies called “Cannabis ruderalis” is a low-THC classification of the genus. There are over 400 organic compounds found in the cannabis plant.

SATIVA

High THC, low CBN/CBD

Slender Leaves

Earthy
Sweet
Fruity

Cerebral
Energetic
Head High

Mood elevation
Increased energy
More awareness
Increased focus

Reduces nausea
Appetite stimulant
Fights depression
Promotes creativity
Relieves headaches
Relaxes muscles
Relieves pain
Acts as an expectorant



Sativa is the most widely cultivated Cannabis strain. It was originally grown for fiber, oil and animal feed. It grows tall with few, widely-spaced, branches.

INDICA

High THC, high CBD/CBN

Wide, Broad Leaves

Pungent
Skunky
Sweet

Relaxing
Laid Back
Body High

Sedation
Pain relief
Relaxation
Sleep Aid

Muscle relaxant
Relieves spasms
Reduces seizures
Reduces inflammation
Reduces anxiety
Reduces intraocular pressure
Bronchodilator and expectorant



Indica originated in South Asia and is also known as Indian Hemp. It is characterized by shorter bushy plants giving a much greater yield per unit height.

CANNABINOIDS

Cannabinoids are chemical compounds found in the Cannabis plant which bind and react with the human endocannabinoid system to produce therapeutic and psychoactive effects. The most commonly known cannabinoids are THC and CBD; however, more than 100 of these compounds can be found in the plant. Though the number of peer reviewed scientific papers on cannabinoids is very limited, research on the ability of cannabinoids to treat and cure disease is remarkable. Scientists around the globe are devoting their research time to learning more about cannabinoids and their vast therapeutic applications.

CBD - CANNABIDIOL

CBD is one of the hundreds of Cannabinoid compounds found in Cannabis. Mayflower extracts CBD for patient use. Cannabidiol is reported to have significant benefits, including in treatment of a number of medical conditions and symptoms. Unlike THC, CBD products have little to no psychoactive effects (or “high”)

Pain relief	Arthritis	Chronic pain
Anxiety reduction	Diabetes	Schizophrenia
Anti-inflammatory	Alcoholism	PTSD
Epilepsy	MS	Depression

THC

THC, scientifically known as tetrahydrocannabinol, is the most well known and most prevalent cannabinoid. THC is reported to have many therapeutic benefits, and it's also largely responsible for the psychoactive “high” experienced by cannabis consumers.

Antibacterial	PTSD
Insomnia	Parkinson's
Lupus	Sleep apnea
Migraines	Stroke
MS	Glaucoma
Hepatitis	Chronic Pain
Fibromyalgia	Chrohn's
Relaxation	Cancer
Stress Relief	Arthritis
Autism	ADHD

CBC

Cannabichromene is the third most common cannabinoid in the cannabis plant. It is not a psychoactive compound. CBC is reported to have significant health benefits, including being known as a “cancer fighter”. Research has shown that CBC is more effective when combined with THC and other cannabinoids.

- Anti-tumor
- Anti-inflammatory
- Anti-depressant
- Anti-fungal
- Encourages brain growth

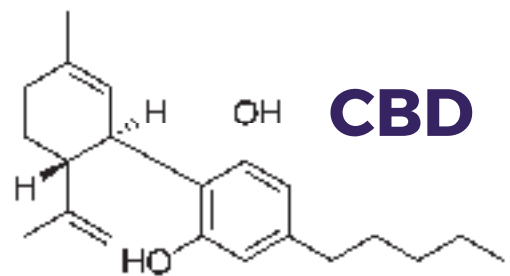
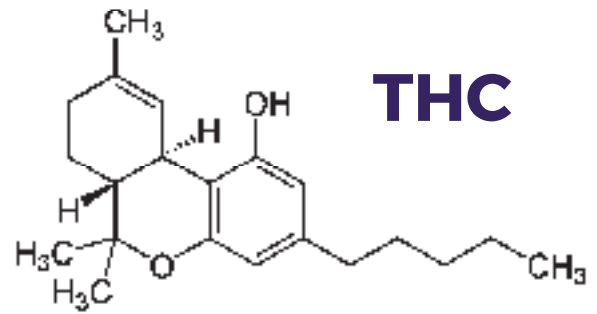
Mayflower

ENDOCANNABINOID SYSTEM? TERPENES?

THE HUMAN ENDOCANNABINOID SYSTEM

There is a biological system that you may not have learned about in high school biology class: The Human Endogenous Cannabinoid System. This system was discovered when scientists were researching how cannabis, specifically THC, affects the body.

This system is present throughout the entire body and comprised of CB1 and CB2 neural receptors. These receptors bind with cannabinoids, found in the Cannabis plant and endocannabinoids, which are produced naturally by the body. The human body produces Endocannabinoids to self-regulate systems in the body. The wide distribution of this system is one explanation as to why Cannabis and its compounds can affect organs and tissue throughout the body. The Endocannabinoid system controls energy intake, nutrient transport, metabolism storage and certainly other processes we don't yet understand. Studies on the Endocannabinoid system are ongoing, as scientists seek to understand how our system reacts with the 100+ cannabinoid compounds found in Cannabis.



TERPENES

Terpenes are another important compound found in the cannabis plant, and are responsible for its unique aroma. The wide variety of terpenes give different varieties of the plant a wide range of scents. In recent years, scientists have found that terpenes do much more than produce an aroma. These compounds may boost and expand the therapeutic effects of cannabinoids, especially THC. Terpenes can be extracted from the Cannabis plant and infused into distilled and extracted THC and CBD.

Limonene

Scent:
Citrus, lemon

Reported Benefits:
Stress Relief
Elevated Mood
Anti-anxiety
Antidepressant

Also Found In:
Citrus, Peppermint



Pinene

Scent:
Pine

Reported Benefits:
Creativity
Euphoria
Anti-inflammatory
Asthma Inhibitor

Also Found In:
Pine, parsley, basil



Myrcene

Scent:
Musky, earthy

Reported Benefits:
Sedation
Relaxation
Anti-insomnia
Antioxidant

Also Found In:
Thyme, lemongrass



Linalool

Scent:
Floral, sweet

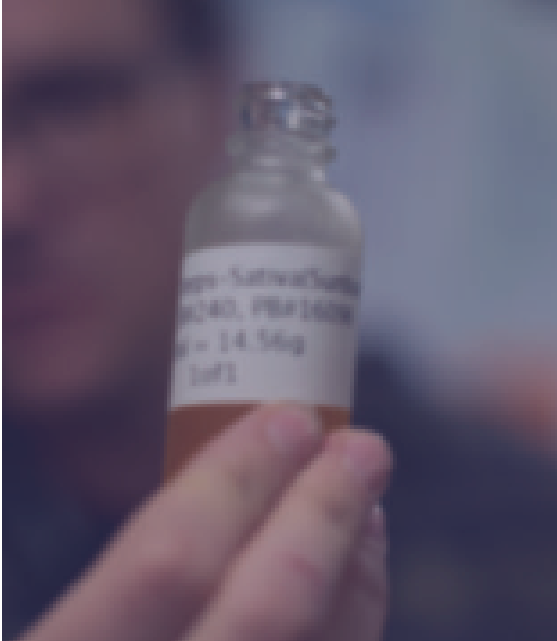
Reported Benefits:
Anti-anxiety
Sedation
Calmative
Relaxation

Also Found In:
Lavender, rosewood



Mayflower

DETERMINING YOUR DOSE



Determining the right dose of cannabis can make or break your experience. Consuming too large of a dose has known side effects such as anxiety, paranoia, dry mouth, etc. Mayflower recommends keeping this phrase in mind when trying a new cannabis product: “Start LOW and go SLOW”. In other words, try a low dose, then increase very slowly till the desired effect is achieved.

Inhaling: Inhaling is an extremely effective way to introduce cannabis into the bloodstream. When inhaling, effects are felt almost immediately and can last up to 90 minutes. Vaping heats marijuana oils to produce vapors without burning the plant material. Smoking heats cannabis flower and activates the psychoactive THC compound. Mayflower recommends trying one (1) inhalation and waiting 15-20 minutes before increasing the dose.

Important note: when using a vaporizer or smoking cannabis flower, each patient may ingest anywhere from 2-5 mg/ml of THC per inhalation. This range is due to a multitude of factors such as potency, viscosity of the cannabis oil within the cartridge, temperature setting on battery, power charge level of the vaporizer battery, length of time one’s inhalation lasts.

START WITH 1 INHALATION
wait 15-20 minutes



Ingesting: Another effective way to ingest cannabis is an edible or Marijuana Infused Product (MIPs). Edibles are food and drink products infused with active cannabis extracts that can be ingested. Ingesting or eating marijuana can result in different effects from inhalation.

Effects of edibles can be delayed up to two (2) hours and last longer than inhaling. Patients should start with a low dose of 2.5 mg or less and wait two (2) hours before increasing the dose. Most MIPs are individually packaged and labeled 10mg dose. Do not mix edibles with alcohol.

START WITH 2.5MG
wait 2 hours



Mayflower

BEGINNING YOUR CANNABIS JOURNEY

Beginning anything new can be challenging and intimidating. At Mayflower, our mission is to ensure each patient and consumer has a positive and comfortable experience from arrival to checkout, to their first “try”. Cannabis products affect each and every body differently, so the listed effects may vary depending on each person’s biology. Not all forms of cannabis products are currently available from Mayflower, but we are working hard to ensure they will be in the future.

CONCENTRATES



Hash, oils, waxes and terpenes are designed for vaporizing. Vaporizing includes heating and inhaling small amounts of cannabis concentrate while still delivering a complete effect. Patients/Consumers with conditions which impact their ability to swallow but prefer to inhale cannabis due to the fast onset and effect find concentrates useful.

CAPSULES



Cannabis capsules or pills are a type of edible made from dried cannabis flowers and/or extracted cannabis material or an infused glycerin gel. The effect of a capsule depends on the included ingredients. CBD infused capsules are useful in the treatment of pain with no psychoactive effect or high. THC capsules may deliver a different psychoactive effect if they are derived from an Indica or a Sativa.

TOPICALS



Topicals include ointments, bath salts, sprays, lotions, muds, transdermal patches and balms and are beneficial for treating acute pain. Topicals have a delayed onset effect but can last for up to 8 hours. An added benefit of topical cannabis treatments is that there is no psychoactive effect: only a therapeutic effect on an affected localized region.

TINCTURES



Tinctures are liquids which have been infused with cannabis. The cannabis is strained from the liquid and then administered using an eyedropper to place the liquid under the tongue. Patients/Consumers find tinctures easy to administer, discreet, and less intimidating. Other benefits include more easily measured doses than edibles, and tinctures do not negatively impact the lungs.

PATCHES



Transdermal patches are another type of topical, and can be infused with THC or CBD. Patches can be useful for treating pain on a specifically affected site, such as neck or back pain. These patches can be left on and deliver a therapeutic effect for up to 12 hours. Typically, no psychoactive effect is experienced with high-CBD transdermal patches, but may be experienced with THC transdermal patches.

EDIBLES



Edibles can include brownies, bars, cookies, gummies, cakes, drinks and more. THC or CBD is extracted from the cannabis flower then added into the mixture of ingredients during preparation. Edibles are an excellent alternative for patients/consumers who aren't interested in inhaling. Patients/Consumers may prefer edibles due to its traits, such as potentially offering a longer lasting effect than other products, and no throat irritation.

Mayflower

TOLERANCE, DEPENDENCE AND DISCLAIMERS

Regardless of the type of consumption, some patients/consumers may experience dependence or addiction to a substance. It is important to recognize the signs of addiction and abuse.

TOLERANCE

Prolonged or excessive use will result in a larger dose to acquire the same effect.

WITHDRAWAL

When a patient/consumer becomes dependent on a substance and stops use, physical and mental symptoms will occur.

DEPENDENCE AND ADDICTION

Below are symptoms and signs that you are developing a dependency on Marijuana:

- Having intense urges for the drug that block out any other thoughts.
- Over time, needing more of the drug to get the same effect.
- Taking larger amounts of the drug over a longer period of time than you intended.
- Making certain that you maintain a supply of the drug.
- Spending money on the drug, even though you can't afford it.
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities because of drug use.
- Continuing to use the drug, even though you know it's causing problems in your life or causing you physical or psychological harm.
- Doing things to get the drug that you normally wouldn't do, such as stealing.
- Driving or doing other risky activities when you're under the influence of the drug.
- Spending a good deal of time getting the drug, using the drug or recovering from the effects of the drug.
- Failing in your attempts to stop using the drug.
- Experiencing withdrawal symptoms when you attempt to stop taking the drug.

SUBSTANCE ABUSE TREATMENT PROGRAMS

Addiction Treatment Center of New England
77F Warren St, Bldg 5
Brighton, MA 02135
(617) 254-1271
www.atcne.net

MA Substance Use Helpline
800-327-5050
www.helpline.org

Learn to Cope
508-738-5148
www.learn2cope.org

DISCLAIMERS

Marijuana has not been analyzed or approved by the FDA. There is limited information on the side effects of using marijuana and there may be associated health risks. Marijuana use during pregnancy and breastfeeding may pose potential harms. Marijuana should be kept away from children.

When under the influence of marijuana, driving is prohibited by M.G.L.c. 90, Section 24. Do not drive or operate machinery when under the influence of marijuana.

The claims in this Patient & Consumer Education Guide have not been analyzed or evaluated by the FDA for safety or efficacy. Suggested effects and benefits of cannabis varieties and product types are based on anecdotal evidence.

Mayflower does not claim to the public within this state as being able to diagnose, treat, prescribe for, or prevent any human disease, ailment, pain, injury or condition.

Consumers are prohibited from selling cannabis products to other individuals.

Mayflower

MASSACHUSETTS LAW

For more information on the penalties for possession or distribution of Marijuana in violation of Massachusetts law, visit <https://www.mass.gov/info-details/massachusetts-law-about-marijuana>. Below are some frequently asked questions with answers.

WHERE CAN I USE MY CANNABIS?

- Consumption may occur in private spaces where smoking and/or vaping is allowed (this does not include Mayflower's facilities).
- It is illegal to consume in public places as this violates both state and local laws and may lead to a \$100 fine.

AM I ALLOWED TO DRIVE AFTER USING CANNABIS?

- No, it is prohibited and dangerous.
- Driving under the influence is a crime under M.G.L. Chapter 90 Section 24. This also includes the use of heavy machinery when under the influence of marijuana (which must be avoided).

WHAT ARE THE RULES FOR TRANSPORTING CANNABIS PRODUCTS?

- Transporting cannabis is similar to transporting alcohol wherein you cannot have an open container of adult-use cannabis or cannabis products in the passenger area.
- An "open container" is defined as having a package with a broken seal or a package from which contents have been partially removed.

AM I ALLOWED TO TRAVEL OUT OF STATE WITH CANNABIS?

- No, cannabis purchased in Massachusetts must stay in Massachusetts.
- Violations will leave you subject to the laws of outside states where adult use is still illegal. This may result in prosecution from a misdemeanor to a felony depending on the quantity.

HOW MUCH AM I ALLOWED TO PURCHASE?

- Customers may purchase up to 1 ounce of flower or 5 grams of concentrate per day; edibles will be contingent based on potency as part of the 1-ounce limit.
- Having more than the legal limit (1 oz.) outside of your home may result in 6 months imprisonment or up to \$500 in fines.

AM I ALLOWED TO SHARE MY CANNABIS?

- The act of gifting cannabis to other adults who are 21+ within legal limits (up to 1 oz. of flower or 5 grams of concentrate) is legal.
- However, the act of selling or re-selling cannabis is illegal. A first-time offense (less than 50 lbs.) can be subjected to up to 2 years in prison or a \$5,000 fine.
- Additional offense can result in 2.5 years of imprisonment or a \$10,000 fine.



READING PRODUCT & PATIENT LABELS

It can be tricky to figure out the exact dose and timing of your cannabis products. Since every person reacts differently to each product, Mayflower recommends documenting your experience to understand what works best for you. By documenting your experiences, you are able to determine your minimum effective dose. This tool helps you keep track of what products you purchased and your experiences with them. If you have questions or concerns, bring this page in to your Mayflower Dispensary Associate, and they'll walk you through the process. Not sure where to start? Mayflower recommends you "start low & go slow" - less than 2.5 mg or 1 inhalation.

Circle One: **Sativa** Indica Hybrid CBD

Date: _____

Product Name: _____

Quantity: _____

Symptoms: _____

Effects: _____

Rating: 1 2 3 4 5
worst best

Circle One: **Sativa** Indica Hybrid CBD

Date: _____

Product Name: _____

Quantity: _____

Symptoms: _____

Effects: _____

Rating: 1 2 3 4 5
worst best

Circle One: **Sativa** Indica Hybrid CBD

Date: _____

Product Name: _____

Quantity: _____

Symptoms: _____

Effects: _____

Rating: 1 2 3 4 5
worst best

Circle One: **Sativa** Indica Hybrid CBD

Date: _____

Product Name: _____

Quantity: _____

Symptoms: _____

Effects: _____

Rating: 1 2 3 4 5
worst best

Circle One: **Sativa** Indica Hybrid CBD

Date: _____

Product Name: _____

Quantity: _____

Symptoms: _____

Effects: _____

Rating: 1 2 3 4 5
worst best

Circle One: **Sativa** Indica Hybrid CBD

Date: _____

Product Name: _____

Quantity: _____

Symptoms: _____

Effects: _____

Rating: 1 2 3 4 5
worst best

Mayflower

READING PRODUCT & PATIENT LABELS

PRODUCT LABEL, FLOWER



A The name of the strain

B The Batch ID contains information about the cultivation and production history; in the case of a recall, refer to the batch ID

C The package date refers to when the product was packaged

D This indicates the quantity marijuana in the package, in grams

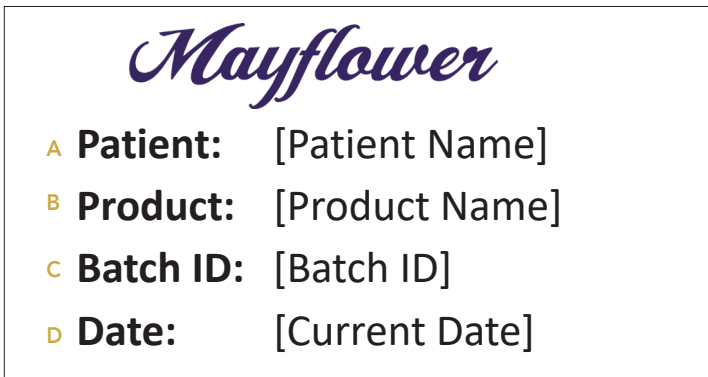
PRODUCT LABEL, MIPS



A The name of the product

D This indicates the quantity of cannabis equivalent to flower contained in the product, in ounces

PATIENT LABEL



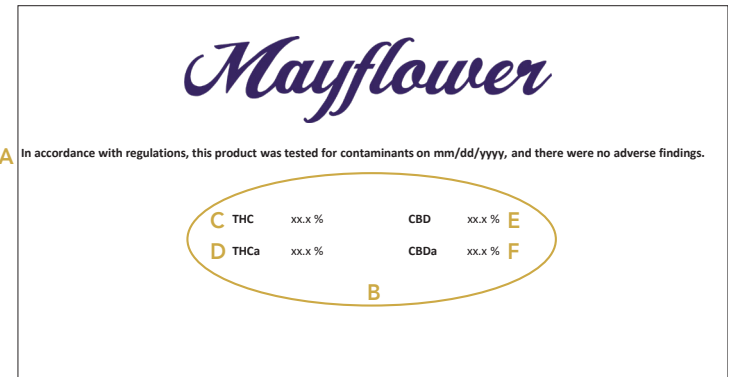
A The name of the patient

B Name of the product purchased

C The Batch ID contains information about the cultivation and production history; in the case of a recall, refer to the batch ID.

D Date of product purchase

TESTING LABEL



A In accordance with regulations, this product was tested for contaminants on mm/dd/yyyy, and there were no adverse findings.

This indicates that the product was tested, that it passed testing, and when it was tested

This indicates the Cannabinoid Profile, or the breakdown of chemical compounds in the product

THC: Produces the psychoactive effects of cannabis

THCa: Precursor to THC found in raw cannabis flower

CBD: Non-psychoactive component, said to relieve inflammation, pain, anxiety

CBDa: Precursor to CBD found in raw cannabis flower

Mayflower



Contact Us With Questions or Concerns

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

508-356-6600

care@MayflowerMedicinals.com

Mayflower