



WHAT PRODUCTS ARE RIGHT FOR ME?

At NETA, we carry a wide variety of medical marijuana products. For many, sorting through all these options may seem challenging. This brief guide is designed to help you decide on which product(s) to choose. Also keep in mind that when you visit our dispensaries, NETA's friendly, knowledgeable Patient Service Associates (PSAs) are always there for whatever guidance you need to help you make the right choice.

LEGAL DISCLAIMER: NETA cannot give medical advice- we are not doctors- but we can share what we've learned from other patients and our own experiences. We cannot attest to the safety or efficacy of marijuana. Please consult your doctor regarding medical issues and your use of marijuana.

At NETA we focus more on “where to start” for each patient and refrain from defining the “perfect medicine”, as the effects of different cannabis products can vary greatly depending on the individual. Each person metabolizes, processes, and experiences marijuana differently. You may find that only one, or maybe several different therapies work well to treat a specific condition. Plus, there are individual preferences around the length of impact of the medicine, day vs. nighttime relief, method of use, and type of effects experienced, among others.

PREFERRED PRODUCTS & METHODS OF USE

At NETA, medical marijuana is available in a variety of forms that can be consumed in number of fashions.

FLOWER/BUD: Flower is the most common form in which cannabis is used and the one with which most people have experience. NETA has a vast library of strains -*particular genetic types of cannabis*- and our website provides an current menu of all strains that are available at the dispensary. Flower/bud is typically either smoked or vaporized. Onset of effects is rapid.

CONCENTRATES: Concentrates, or extracts, are made by separating and concentrating the active ingredients in the cannabis plant, “cannabinoids”, from the other parts of the plant. These products are very refined and are usually more potent than flower.

NETA offers several types of concentrates including: kief, pressed hash, bubble hash, wax, and shatter. What's the difference between these? Mainly potency and appearance. Shatter is a glass-like and translucent whereas pressed hash is dark and putty-like. Kief is not very much more potent than flower while wax can be many times stronger. All NETA products will be labeled to identify the potency of each. Consulting with a Patient Service Associate is recommended before you first use these products. Concentrates are typically smoked or vaporized. Onset of effects is rapid.

PERSONAL VAPORIZERS

Personal vaporizers have become one of the most popular segments in medical marijuana and there are good reasons for this. They are discrete, don't produce smoke, often allow for easy control of dosage, and are very simple to set up and use.

NETA offers several types of personal vaporizers. RemPen models are used with concentrates and pre-filled cartridges, while Storz & Bickel and Pax units are suitable for flower. We also offer traditional, standard size units such as the "Volcano" for home use.

EDIBLES: NETA carries the "Dose" brand of edibles. Edibles are food products infused with cannabinoids. Available products will include chocolate bars, lozenges, brownies, and infused beverages.

The key to edibles is to start low and go slow. Onset of effects can be very delayed and prudence is strongly advised. We recommend beginning with a 10mg dosage (or less). Overdoing it can lead to discomfort and in some cases extreme anxiety. For many patients, edibles are the best means of chronic symptom management. However, a negative initial experience can be difficult and lead to an unwillingness to use edibles medicinally. This means that some patients miss out on the significant benefits they may offer. When using edibles, always wait at least 1 1/2 to 2 hours before taking more.

TINCTURES: NETA carries the "Wishing Well" line of tinctures. Tinctures are a convenient way to consume medical marijuana. Typically, a few drops are applied beneath the tongue (sublingually) and held there for as long as is comfortable. The mixture is absorbed more quickly than edibles, but is not as fast acting as inhalation. Delayed onset is still possible and caution is advised before taking an additional dose.

CAPSULES: NETA carries the "Upside" line of capsules. We've all likely used capsules (pills) at some point. Capsules are easy to consume and similar to edibles as their impact is time-delayed and long lasting. They provide an alternative means of ingestion to edibles for those patients who seek discretion or suffer from reduced appetite. Low and slow applies here too.

TOPICALS: NETA carries the "Allay" line of topicals. Topicals include items such as lotions, balms, and salves, which are applied on the skin. These are reported to ease pain, muscle soreness, inflammation, and alleviate physical tension. They have also been reported to relieve irritations and hydrate the skin. Lotions may work well for those who do not want to experience any psychoactive effects of cannabis but still want the relief that it offers. These can work great when massaging sore muscles!

CHOOSING YOUR METHOD

METHOD	START WITH	PRODUCTS	ATTRIBUTES	LIMITATIONS
Smoking	One Inhalation	Flower/Bud *Bubble Hash *Pressed Hash *Wax *Shatter *Kief	Most common method. Effects felt almost immediately. Smoking devices are inexpensive, easy to clean and accessible. Maintains flavor.	Burning at high temperatures may compromise the efficacy of some cannabinoids. Can be limiting for patients with lung/respiratory issues. Distinct, strong aroma.
Vaporising	One Inhalation	Flower/Bud *Bubble Hash *Pressed Hash *Wax *Shatter *Kief	Gaining popularity. Effects felt immediately. Easy dosing with some devices. Keeps most cannabinoids intact. Compact & discrete. Little cannabis aroma; no burning smell.	Cartridge-based vaporizers (like the RemPen) require little to no maintenance and are inexpensive; Flower and other concentrate vaporizers require some light maintenance and can be more expensive.
Edibles	10mg or less	“Dose” brand: Lozenges Brownie Chocolate Bar Drinks (soda, tea, water)	Long-lasting effects. Easy on the lungs. Discrete. Tastes great.	Delayed onset. Longer periods of trial and error.
Capsules	10mg or less	“Upside” brand Capsules	Long-lasting effects. Easy on the lungs. Discrete. No taste or smell. Quick and easy to consume.	Delayed onset. Longer periods of trial and error.
Tinctures	10mg or less	“Wishing Well” brand Tinctures	Quicker onset if absorbed under tongue. Steady lasting effects. No smell. Discrete. Easy dosing	Delayed onset if swallowed.
Topicals	10mg or less	“Allay” Lotions	Little to no “high.” Easy application. Discreet. Long-lasting effects.	Skin must be clean and dry. Not recommended for sensitive skin or open wounds/sores.

** Concentrates such as hash, wax and shatter have a high THC content. This may result in stronger, more pronounced, and longer-lasting effects. Consume responsibly.*

STRAIN TYPES

Another element to consider is strain types. Are you looking for more of a body /relaxed impact (Indica or Hybrid-Indica dominant) or an energetic head/cerebral impact that is mood elevating (Sativa or Hybrid- Sativa dominant)? Many patients say that Indica is best for nighttime and Sativa is best for daytime. As can be expected, many strains are a hybrid of both.

NETA categorizes most products and strains by **Indica**, **Sativa**, or **Hybrid**.

Additionally, we offer CBD-dominant strains and products that offer therapeutic results with little to no psychoactive effects (no “high”). CBD, or cannabidiol, is a compound contained in cannabis that has been reported to provide medicinal effects. CBD became well known in the US in Sanjay Gupta’s CNN “Weed” documentaries that describe the impact CBD strains are reported to have on children with epilepsy. Much information is available online, and at our dispensaries, to help understand whether CBD products are right for you.

SPECIFIC STRAINS

HOW TO CHOOSE A STRAIN?

FIRST, narrow it down to Hybrid, Sativa, Indica, or CBD.

SECOND, look at the potency (T.A.C. or Total Active Cannabinoids). Some strains have a stronger impact than others. It is a personal choice based in many cases on your past experience with marijuana.

THIRD, determine your desired impact. Patients have been able to describe and report some variation in the type of impact between different strains (e.g. nausea relief vs. anxiety relief). Though this is mostly self-reported by patients (and everyone is different), we can use this information to help direct your decision.

FOURTH, consider taste and aroma. Many patients care about the smell and taste of their medicine. At NETA dispensaries, you will be able to see and smell that beautiful, aromatic flower before you purchase it. Many people try one or two products and then observe and evaluate the impact. NETA’s strain and product log (provided at the dispensary) can help you chart your experiences.

I WANT TO LEARN EVEN MORE!

Great, come visit us at our dispensaries and our knowledgeable staff can help you with your questions.

New England Treatment Access, Inc. (NETA) does not give medical advice. NETA does not make any claims regarding the safety or efficacy of marijuana due to the lack of substantial evidence or substantial clinical data with reasonable scientific rigor. The information provided in this document is based on information reported by patients and other sources and should not be construed as claiming the safety or efficacy of marijuana.

This handbook and other materials distributed by NETA are informational only and not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.