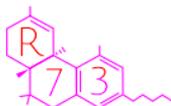


YOUR  
CANNABIS  
GUIDE  
&  
JOURNAL

REVERIE 73





## TABLE OF CONTENTS

CANNABIS BASICS.....	4
◆ Cannabinoids, Clarified	
◆ Strains, Simplified	
◆ Terpenes	
◆ How to Decide What's Right for You	
◆ The Entourage Effect	
CONSUMPTION METHODS & DOSAGE.....	10
◆ Flower	
◆ Concentrates	
◆ Edibles and Drinkables	
◆ Topicals	
LAWS, LIMITATIONS & PENALTIES.....	14
TOLERANCE, DEPENDENCE & WITHDRAWAL..	18
SUBSTANCE ABUSE AND ADDICTION.....	20
DISCLAIMERS AND WARNINGS.....	21
◆ Children and Pets	
◆ Cannabis & Driving	
◆ Adverse Effects	
◆ FDA Information	
STRAIN & EFFECT LOG.....	23



## CANNABIS BASICS

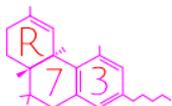
### CANNABINOIDS, CLARIFIED

#### THC

Tetrahydrocannabinol (a.k.a. THC) acts like the cannabinoid chemicals made naturally by your body. THC stimulates cells in the brain that release dopamine and is responsible for the mind-altering effects that most people associate with cannabis products.

#### CBD

Cannabidiol (a.k.a. CBD) doesn't get you high, but many consumers report that it helps to relieve stress and pain, improve appetite and aid sleep.



## CANNABIS BASICS

### STRAINS, SIMPLIFIED

#### ABOUT SATIVA

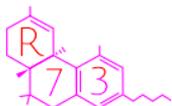
Sativa strains are noted to be more energizing and uplifting, perfect for creating art or socializing with friends. Sativa plants are tall and skinny with thin, pointed leaves.

#### ABOUT INDICA

Indica strains are noted to provide full body calming effects that make you want to melt into your couch and relax. To remember this one, think: in-da-couch. Clever, no? Indica plants are usually short and stocky with leaves that are broad and chunky.

#### ABOUT HYBRIDS

Hybrids, as the name suggests, provide some sort of a combination of effects from both sativa and indica strains. Most cannabis today is a hybrid strain.



## CANNABIS BASICS

### TERPENES

In addition to THC and CBD, the trichomes on a cannabis plant also produce terpenes, aromatic oils that contribute to each strain's color, flavor and scent. While they won't get you high, terpenes can be helpful in establishing certain frames of mind like focus or calm. Their effects are just like those from aromatherapy. We've outlined the effects of some of the most common terpenes for you.



#### MYRCENE

**Helps With:** r&r, pain relief

**Aroma:** earthy, like cloves

**Also Found In:**  
mangoes, broccoli and thyme

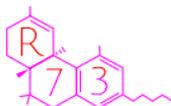


#### LIMONENE

**Helps With:** quelling anxiety, improving mood

**Aroma:** citrus, specifically oranges

**Also Found In:**  
oranges, grapefruits and spearmint



## LINALOOL

**Helps With:** stress relief, sleep, improving mood

**Aroma:** floral, spicy

**Also Found In:**

lavender, coriander and cilantro



## CARYOPHYLLENE

**Helps With:** pain, inflammation, anxiety

**Aroma:** spicy

**Also Found In:**

cloves, pepper and hops



## PINENE

**Helps With:** inflammation, alertness, anxiety

**Aroma:** earthy, like a pine forest

**Also Found In:**

pine trees, basil and dill



## TERPINOLENE

**Helps With:** sleep

**Aroma:** floral, herbal

**Also Found In:**

apples, nutmeg and lilacs



## CANNABIS BASICS

### HOW TO DECIDE WHAT'S RIGHT FOR YOU

Most people who have learned about cannabis strains in terms of the traditional indica vs. sativa concept infer that sativa strains have higher levels of THC and indica strains, CBD. This is not the case. There are many indica strains with high levels of THC and low levels of CBD, and vice versa. Due to cross-breeding for so many generations, it is considered rare to find a strain that is authentically solely sativa or indica today; most strains are actually some sort of hybrid.



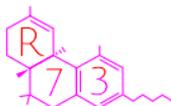


## CANNABIS BASICS

### THE ENTOURAGE EFFECT

The combination of terpenes and cannabinoids on each plant interact to create a very niche, specific feeling known as the entourage effect. More and more labs are beginning to label products with their terpenoid profiles so that customers can have a better understanding of their effects. If you're shopping for a specific experience, try selecting strains based on a combination of their CBD/THC dominance and terpenoid profile for best results.





## CONSUMPTION METHODS + DOSAGE

### HAVE PATIENCE – START LOW & GO SLOW

An enjoyable experience or effect for one person may not always be the same for you. This is why we always suggest that you ask questions, start low and go slow in terms of consumption. When trying cannabis, individuals with limited experience should begin with <5mg of THC per serving and only gradually increase amounts after waiting until the approximated peak time has been reached.



### FLOWER

Flower refers to the smokeable part of the female cannabis plant. You can enjoy the effects of flower by using any one of a wide range of delivery systems such as pre-rolls, pipes and water pipes. Though not as potent as other methods, smoking flower can lead to the same end results, with the onset of effects beginning almost immediately (90 seconds). Effects peak after 20-30 minutes and last for a few hours. Make sure to wait at least 30 minutes before extending your session.



## CONSUMPTION METHODS + DOSAGE

### CONCENTRATES

An aptly-named cannabis delivery system, concentrates are concentrated combinations of the cannabinoids and terpenes extracted from the cannabis plant. Both concentrates and extracts (a.k.a. distillates) vary in texture depending on the extraction methods and solvents used during production. Some of the most common forms of concentrates include THC and CBD oils (like those found in vape cartridges, tinctures and capsules), shatter, wax and hash.

Much more potent than flower, which typically contains between 20 and 30 percent THC, concentrates can range from 40 to 99 percent THC. This means that just a little bit can go a long way. Similar to flower, the effects of concentrates are felt almost instantly, peak after 20-30 minutes and last for several hours. Wait to see how you feel after 30 minutes before extending your session.





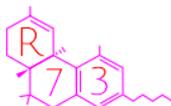
## CONSUMPTION METHODS + DOSAGE

### EDIBLES & DRINKABLES

Edibles are cannabis-infused foods or drinks that serve as tasty alternatives to smoking or vaping. Thanks to modern-day science and technology, virtually every type of food or drink can be made into an edible.

Unlike other concentrates, edibles take much longer to show their effects, as they have to first pass through the digestive system before the cannabinoids can enter the bloodstream. It can take up to two hours before the full effects of edibles take hold. Edible highs also last much longer, usually between 4 and 8 hours in total. Patience is a virtue here – always wait at least one to two hours to gauge the effects before ingesting any more, and add in some regular (non-infused) snacks as well to ensure that your stomach is not completely empty.





## CONSUMPTION METHODS + DOSAGE

### TOPICALS

A cannabis topical treatment refers to any cannabis-infused ointments, sprays, lotions, transdermal patches or balms that are beneficial for treating acute pain in different regions of the body.

Topicals have a delayed onset effect similar to that of edibles (with a peak between 30 and 90 minutes after application) but the effects felt can last for up to eight hours for some consumers. These treatments generally have no psychoactive effect or “high,” but rather only a therapeutic effect on the individual user’s specific condition.





## LAWS, LIMITATIONS & PENALTIES<sup>1</sup>

Consumers may possess up to one ounce of marijuana on their person, except that not more than five grams of marijuana may be in the form of marijuana concentrate. At home, consumers may possess up to 10 ounces of marijuana (and any marijuana produced by plants cultivated on the premises in accordance with plant limits). Individuals can only share or gift up to 1 ounce of marijuana, or 5 grams of marijuana concentrate, with adults ages 21 and over, without any form of compensation.

Any amount of marijuana or marijuana products over one ounce kept within an individual's place of residence must be secured by a lock. Reverie 73 recommends that individuals always keep marijuana locked and secured away from children and pets. To ensure the continued quality of your cannabis product, store it in a dark, dry and cool place.

- ◆ Consumers may not sell marijuana to any other individual; only Marijuana Retailer Establishments licensed by the Massachusetts Cannabis Control Commission (CCC) may sell marijuana and marijuana products directly to consumers.



## LAWS, LIMITATIONS & PENALTIES<sup>1</sup>

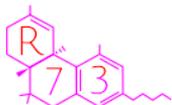
- ◆ Selling marijuana to others is illegal and a first-time offense (under 50 pounds) may be punishable by up to 2 years imprisonment and/or a \$5,000 fine. Subsequent offenses may be punishable by up to 2.5 years imprisonment and/or a \$10,000 fine.
- ◆ Possessing more than the legal limit (1 oz.) outside your home may be penalized by up to 6 months imprisonment and/or a \$500 fine.
- ◆ Failure to keep marijuana and marijuana products in excess of one ounce locked up within the home may be punished by a civil penalty of up to \$100 and forfeiture of the marijuana.
- ◆ The civil penalty for consuming marijuana in public or smoking marijuana where smoking tobacco is prohibited is up to \$100.
- ◆ An individual may receive a civil penalty of up to \$500 for having an open container of marijuana in the passenger area of a vehicle while on the road or at a place where the public has access.
- ◆ Individuals who knowingly and intentionally supply, give, or provide marijuana, marijuana products, or marijuana accessories to a person, under 21



## LAWS, LIMITATIONS & PENALTIES<sup>1</sup>

years of age, either for the person's own use or for the use of the person's parent or another person shall be subject to a civil penalty of not more than \$2,000 or imprisonment for not more than one year or both the fine and imprisonment.

- ◆ Individuals who knowingly and intentionally allow a person under 21 years of age (except for the children and grandchildren of the person charged) to possess marijuana, marijuana products, or marijuana accessories on premises or property owned or controlled by the person charged shall be subject to a civil penalty of not more than \$2,000 or imprisonment for not more than one year or both the fine and imprisonment.
- ◆ An individual under 18-20 years of age (unless a patient with a registration card for medical use of marijuana) that purchases or tries to purchase marijuana, marijuana products, or marijuana accessories shall be subject to a civil penalty of not more than \$100 and completion of a drug awareness program.
- ◆ An individual under 18 years old that purchases or tries to purchase marijuana, marijuana products,

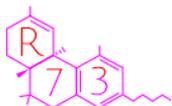


## LAWS, LIMITATIONS & PENALTIES<sup>1</sup>

or marijuana accessories shall be subject to a civil penalty of not more than \$100, completion of a drug awareness program, and notification of parent or legal guardian. Failure to complete drug awareness program within one year of offense may be basis for delinquency proceedings.

- ◆ An individual 18-20 years of age that alters, defaces, or otherwise falsifies identification (ID) offered as proof of age with the intent of purchasing marijuana, marijuana products, or marijuana accessories shall be subject to a civil penalty of not more than \$100 and completion of a drug awareness program.
- ◆ An individual under 18 years old that alters, defaces, or otherwise falsifies ID offered as proof of age with the intent of purchasing marijuana, marijuana products, or marijuana accessories shall be subject to a civil penalty of not more than \$100, completion of a drug awareness program, and notification of parent or legal guardian. Failure to complete drug awareness program within one year of offense may be basis for delinquency proceedings.

<sup>1</sup> Note that this is not an exhaustive list of all penalties associated with any illegal possession, distribution, or production of marijuana.



## TOLERANCE, DEPENDENCE AND WITHDRAWAL

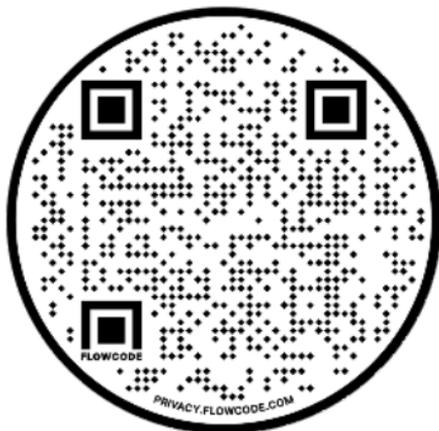
Although different drugs have different physical effects, the symptoms of addiction are similar. If you recognize the signs and symptoms of substance abuse, consider talking to someone about your drug use. Some examples of signs and symptoms of substance abuse are:

- ◆ Neglecting responsibilities at school, work, or home because of drug use;
- ◆ Using drugs under dangerous conditions or taking risks while high;
- ◆ An increase in drug tolerance;
- ◆ Taking drugs to avoid or relieve withdrawal symptoms, which may include nausea, sweating, shakiness, and extreme anxiety;
- ◆ Causing problems in relationships;
- ◆ Abandoning enjoyed activities;
- ◆ Continue using drugs, despite knowledge of potential and actual harms; or
- ◆ Losing control over drug use.



## TOLERANCE, DEPENDENCE AND WITHDRAWAL

Physical dependence to marijuana has not been substantiated by extensive research, but frequent or heavy use of marijuana can lead to increased tolerance resulting in the need for higher doses and different strains. For additional information on tolerance, dependence and withdrawal, scan the QR code.



<https://drugabuse.com/marijuana-abuse/>

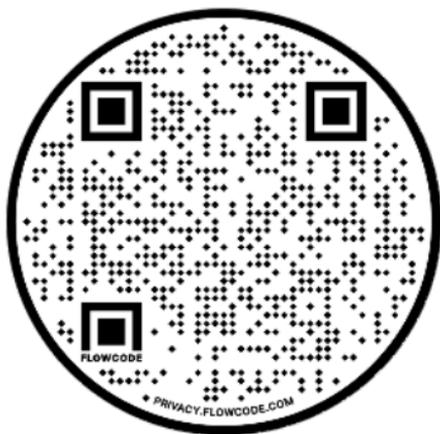


## SUBSTANCE ABUSE & ADDICTION WARNING SIGNS AND RESOURCES

Signs of addiction include increased tolerance, using drugs to avoid withdrawal, organizing life around drug use, abandonment of activities previously found to be enjoyable, extended use and overall loss of control.

**The Massachusetts Substance Use Helpline can be reached at 800-327-5050.**

Additional resources are also available on the Massachusetts Use Helpline website. Scan the QR code to learn more.



<https://helplinema.org/>



## DISCLAIMERS & WARNINGS

### CHILDREN AND PETS

Marijuana products should be kept in their original childproof/tamperproof packaging and stored separately from other food.

Marijuana should also be kept away from children and stored under lock and key to avoid accidental ingestion. Consumers need to always be responsible about safe storage of marijuana and marijuana products.

If you believe that your child may have ingested cannabis, immediately call the

**Poison Control Center at (800) 222-1222.**

If you believe that your pet may have ingested cannabis, contact your veterinarian.

### CANNABIS & DRIVING

When under the influence of marijuana, driving is prohibited by M.G.L. c. 90, § 24, and machinery should not be operated.

If you are planning on enjoying cannabis, plan ahead by securing a designated driver or scheduling a ride with a ride-sharing platform.





## DISCLAIMERS & WARNINGS

### ADVERSE EFFECTS

Consumers have reported a variety of side effects associated with the use of marijuana including dry mouth, dizziness, paranoia, anxiety, slowed reactions times and impaired motor skills. Side effects can vary for different consumers. If you experience any of these, stay calm and remain in a safe environment. These effects are only temporary and will fade away as the time passes.

### FDA INFORMATION

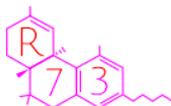
Marijuana has not been analyzed or approved by the FDA. There is limited information on the side effects of marijuana and there may be health risks associated with using marijuana. Marijuana and marijuana products should be kept away from children and stored in such a way as to prevent access by anyone under the age of 21.





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REVERIE 73



Date: \_\_\_\_\_

Dispensary: \_\_\_\_\_

Dose/Amount Ingested: \_\_\_\_\_

Strain Name: \_\_\_\_\_

Flower

Indica

Myrcene

Caryophyllene

Edible

Sativa

Limonene

Pinene

Concentrate

Hybrid

Linalool

Terpinolene

Topical

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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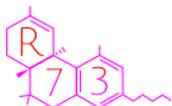
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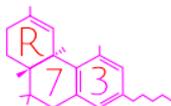
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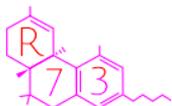
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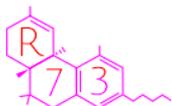
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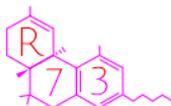
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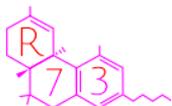
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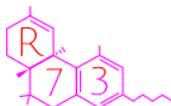
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Notes: \_\_\_\_\_

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## PLEASE CONSUME RESPONSIBLY

Marijuana use during pregnancy and breast-feeding may pose potential harms. KEEP THIS PRODUCT AWAY FROM CHILDREN. There may be health risks associated with consumption of this product. This product may be illegal outside of MA. For use only by adults 21 years of age or older.



# REVERIE73



Reverie73.com