CONSUMER EDUCATION

The Green Lady Dispensary is committed to providing premium recreational cannabis products to consumers 21 years of age or older on our island home of Nantucket. Our budtenders and staff are committed to answering any questions you may have, encouraging safe use, and suggesting the best products for you. Additionally, we’ve created this informational guide to help you get started!

WHAT IS CANNABIS AND HOW DOES IT WORK?

The two commonly identified classes of cannabis are Sativa and Indica. Sativas are reported to provide a more energizing experience, whereas Indicas may have more relaxing effects. However, many hybrid strains reside on the spectrum in between both. Cannabis contains over 400 organic compounds, most of which are known as cannabinoids and terpenes.

THC

THC is a prominent cannabinoid found in cannabis flowers and is responsible for the psychoactive (“stoned”) effects. Commonly experienced effects include euphoria, relaxation and “giggles”. Some of the reported benefits of THC include relief from pain, inflammation and nausea. Research suggests that THC’s therapeutic effects may be helpful with wide variety of health conditions.

If you do not desire psychoactive effects, you may want to specifically avoid this cannabinoid and opt for products with little to no THC.

CBD

This substantive cannabinoid has little to no psychoactive effects. In certain strains of cannabis, it is the cannabinoid in the highest concentration. CBD has been reported to reduce anxiety, provide pain relief, suppress nausea, support cardiovascular health, and have anti-inflammatory properties. CBD may be a great alternative for those who want to try cannabis without getting “high”. Studies suggest that CBD counteracts the effects of THC.
The Green Lady Dispensary is Nantucket’s original marijuana dispensary and proud to call the Island home. We have cherished Nantucket for over 35 years as a family haven, a place with cherished summer memories, and a get-away from the hustle and bustle of work. Nantucket is a special place and deserves a special dispensary.
1:1 CBD:THC

Several of the Green Lady’s products contain equal or higher ratios of CBD to THC (1:1, 2:1 or 3:1). For some, this ratio offsets the psychoactive effects with the non-psychoactive effects and can provide a more comfortable experience, particularly for those who experience anxiety when consuming cannabis. It has also been reported that the effects of both THC and CBD are heightened when used simultaneously, commonly known as the Entourage Effect.

THCA

THCA is the dominant cannabinoid in fresh cannabis. It only becomes THC once heated above 100 degrees Celsius. Without heat, it does not produce psychoactive effects. THCA has been reported to be helpful as an anti-inflammatory supplement and with pain relief.

Terpenes

Terpenes are fragrant organic compounds found in many species of plants that determine smell and flavor. They also affect the human body in a variety of ways and contribute to the Entourage Effect. Different strains have specific concentrations of terpenes. One example is myrcene, which makes up 50% of the total terpene profile in many popular strains.

Myrcene reportedly helps with sleep, as well as stress and pain relief. It is not only abundant within cannabis, but also in mangoes. Eating a mango shortly after consuming a cannabis product high in myrcene may increase potential benefits. Be sure to check the label and ask your budtenders for more information on which cannabinoids and terpenes are present in each product.

Individual plants produce varying effects, even among the same type of cannabis. It all depends on the plant’s chemical composition and the growing technique used.

S SATIVA

- **Origin:** Cannabis sativa is found primarily in hot, dry climates with long sunny days. These include Africa, Central America, Southeast Asia, and western portions of Asia.
- **Plant description:** Sativa plants are tall and thin with finger-like leaves. They can grow taller than 12 feet, and take longer to mature than some other types of cannabis.
- **Daytime or nighttime use:** Because of its stimulating impact, many people prefer to consume sativa in the daytime.

I INDICA

- **Origin:** Cannabis indica is native to Afghanistan, India, Pakistan, and Turkey. The plants have adapted to harsh, dry, and turbulent climate of the Hindu Kush mountains.
- **Commonly associated effects of use:** Indica is sought after for its intensely relaxing effects. It may also reduce nausea and pain and increase appetite.
- **Daytime or nighttime use:** Due to its deeply relaxing effects, many people prefer to consume indica at nighttime.

H HYBRID

- **Each year, cannabis growers produce new and unique strains from different combinations of parent plants. These cannabis hybrids are often grown to target specific effects.**
- **Plant description:** The appearance of hybrid strains depends on the combination of the parent plants.
ABOUT OUR PRODUCTS

FLOWER
The Green Lady is dedicated to cultivating top of the line cannabis flower. We select strains from the best geneticists in the country, all grown exclusively in-house. Pesticides and harmful chemicals are strictly excluded from our state of the art, humidity-controlled environment that has been specifically designed for happy, healthy plants. Stay tuned in to our ever-expanding menu, as we rotate through everyone’s favorite strains!

The Green Lady also carries a selection of pipes, water pipes, pre-rolled cannabis joints and papers to suit consumer’s flow-er-specific needs.

CONCENTRATES
The Green Lady Dispensary is proud to present our high-end cannabis concentrate products. Using state of the art technology, we employ supercritical CO2 and ethanol extraction methods to separate and extract cannabinoids from plant material. The result is pure, high-quality concentrate products made without the use of any harmful solvents such as butane or propyl-ene glycol.

What’s more, we produce the following concentrates in free-base form and provide a diverse range of vaporizers, E-Nails and dab rigs.

- Full-Spectrum Co2 Oil
- Bubble Hash
- Live Resin
- Keif
- Distillate
- Rosin

VAPORIZERS
Here at the Green Lady, we fill our Pax Era pods and 510 cartridges with premium CO2 oil, distillate, budder and live rosin. We also offer an assortment of vaporizers that are compatible with dry flower, concentrates and cartridges. These systems feature a variety of features to ensure optimal potency and ease of use. Ask your bud-tender for guidance in finding the best vaporizer for you.

EDIBLES
We are excited to present to you the Green Lady Dispensary’s homemade edibles, cooked in house with the nostalgia and scrumptiousness of an old-fashioned bak-ery! Our selection of edibles features both popular favorites and seasonal options in rotation.

While they may be mouthwateringly deli-cious, we recommend starting with 5mg or less and waiting at least two hours before trying more. Edibles can be deceptively strong and take several hours before the full effects are felt.

TOPICALS
The Green Lady Dispensary’s line of non-psychoactive topical products include THC-infused muscle pain-relief salve, sun-burn pain-relief spray, massage oil blend, and bath crystals.

PAIN-RELIEF SALVE
A salve to ease muscle pain. Our formula is a direct route for THC absorption and may be more effective for localized pain-relief than other topical solutions that simply rest on top of the skin. Nevertheless, TGLD salve is great for outer skin-care as well with gentle, soothing ingredients like peppermint and bergamot.

SOOTHING SUN- BURN RELIEF
Here on Nantucket Island, we are more than familiar with the itchy, uncomfortable sensation that can follow a sunny day at the beach. What is cannabis’ role in sunburn relief? Well, THC and CBD have been reported to have strong anti-inflammatory properties. That’s why we’ve created a THC:CBD infused spray that contains aloe, chamomile and oats to help alleviate the symptoms of strong island sunshine. Best applied directly after sun exposure.

MASSAGE OIL
Get intimate with our deliciously scented THC-infused massage oil. Although it won’t get you “high”, your muscles will sigh with relief after a deep rub-down using our rosemary oil blend.
## WHAT IS THE BEST WAY FOR ME TO CONSUME CANNABIS?

Amongst all of the innovative new products in development within the cannabis space, it can seem daunting when picking out a product that is right for you. To help make the decision-making process a bit easier, we have created this chart to outline possible methods of consumption with instructions on how to achieve a safe and enjoyable experience.

<table>
<thead>
<tr>
<th>METHOD</th>
<th>DEVICE</th>
<th>PRODUCT</th>
<th>TIME + DOSAGE</th>
<th>ADVANTAGES</th>
<th>DISADVANTAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>SMOKING</td>
<td>- Pipe</td>
<td>- Flower</td>
<td>Rapid onset, within a few minutes or less. Effects wear off within 2-4 hours. Start with one or two puffs and wait 30 minutes before trying more.</td>
<td>The most popular way to consume cannabis. Devices for smoking are inexpensive.</td>
<td>Terpenes &amp; cannabinoids are destroyed at high temperatures, jeopardizing the flavor and full spectrum effects of cannabis. Burnt cannabis produces a pungent odor and is conspicuous. This may not be the best choice for consumers with respiratory issues.</td>
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<tr>
<td></td>
<td>- Water pipe</td>
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<tr>
<td></td>
<td>- Rolled joint</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>- Concentrate</td>
<td></td>
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</tr>
<tr>
<td>VAPORIZING</td>
<td>Vaporizer (handheld or desktop)</td>
<td>- CO2 Oil / Concentrate</td>
<td>Rapid onset, within a few minutes or less. Effects wear off within 2-4 hours. Start with two or three puffs and wait one hour before taking more.</td>
<td>Due to heat specific settings, most cannabinoids and terpenes remain intact. Little to no smell, very discrete. Retains flavor.</td>
<td>Vaporizers range in price and some may require maintenance, depending on what model you choose. While it still may not be the best choice for consumers with respiratory issues, it is gentler on the lungs than smoking.</td>
</tr>
<tr>
<td>DABBING</td>
<td>- E-Nail</td>
<td>Concentrate</td>
<td>Rapid onset, within a few minutes or less. Effects wear off within 2-6 hours. Start with one puff and wait 30 minutes before trying more.</td>
<td>Potent and immediate effects. Reported to be (at minimum) 4x more potent than one joint.</td>
<td>Terpenes &amp; cannabinoids are destroyed at higher temperatures, jeopardizing the full spectrum effects. Requires potentially costly equipment. May not be the best choice for consumers with respiratory issues. Not recommended for beginners.</td>
</tr>
<tr>
<td></td>
<td>- Rig</td>
<td></td>
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</tr>
<tr>
<td>EDIBLES</td>
<td>None</td>
<td>Green Lady Dispensary Ocean Edibles - chocolate, truffles, caramels, and specialty items</td>
<td>Delayed onset. Effects may last 6-8 hours. Start with 5mg or less and wait two hours before trying more.</td>
<td>No smoke or vapor. Long-lasting effects. Tastes delicious!</td>
<td>May require more experimentation to achieve proper dosage.</td>
</tr>
<tr>
<td>TOPICALS</td>
<td>None</td>
<td>Salve, burn-relief spray, massage oil</td>
<td>Little to no psychoactive effects. Apply liberally.</td>
<td>Localized, external delivery. Soothes the skin. You will experience no “high”.</td>
<td>Not recommended for use with open sores or wounds.</td>
</tr>
<tr>
<td>TINCTURES</td>
<td>None</td>
<td>Green Lady Dispensary Tincture</td>
<td>Rapid onset if placed beneath the tongue (about 10 minutes). Effects may last 6-8 hours or more. Start with 5mg or less and wait 2 hours before trying more.</td>
<td>Discrete and easily dosed. No smell. No smoke or vapor.</td>
<td>Cannabinoids extracted in glycerin or ethanol, giving it a strong plant-like flavor. Delayed onset when swallowed.</td>
</tr>
<tr>
<td>CAPSULES</td>
<td>None</td>
<td>Green Lady Dispensary Chill Pills</td>
<td>Delayed onset. Start with 5mg or less and wait two hours before trying more. Effects may last 6-8 hours or more.</td>
<td>Discrete and easy dosing. No smell or taste. No smoke or vapor.</td>
<td>May require more experimentation to achieve proper dosage.</td>
</tr>
</tbody>
</table>
WHEN IT COMES TO DOSING

Start low and go slow.
If you aren’t sure where to start, start with 5mg or less. By ingesting smaller amounts, you will have better control over the overall experience and more effectively achieve your desired results.

Be Patient
The impairment effects of edible products may be delayed by two hours or more. Do not rush into taking another dose before experiencing the full impact of the first, especially when consuming Marijuana Infused Products (MIPs) such as edibles, tinctures and capsules.

Get comfy-cozy!
If you are new to consuming edibles and MIPs, make sure that you are relaxed and in a stress-free environment to make the most out of your experience. Set time aside, perhaps in the evening after your responsibilities are done, surrounded by the comforts of home.

Have a Snack
If you are consuming orally, have a snack first and do not ingest on an empty stomach. Make sure that you have double-checked the information on the product label.

Keep in mind
• Do not drive/machine. When under the influence of marijuana, driving is prohibited by M.G.L. c. 90, § 24, and machinery should not be operated.
• Do not cross state lines with cannabis products.
• Cannabis products are not recommended for women that are pregnant, planning to become pregnant, or breastfeeding.
• Do not mix cannabis with alcohol.
• Too strong? We urge you to stay calm, comfortable and in a safe environment. The undesirable effects will subside with time.
• Store securely in the original, resealable packaging. Keep away from children and household pets.
• Do not consume in public areas, as it is prohibited by state and local law.
• You cannot legally purchase more than 1 oz of flower or 5 grams of concentrate within the same day.

Tolerance, Dependence and Withdrawal
Among researchers, it is generally accepted that marijuana is not a physically addictive substance with clinically pertinent symptoms of withdrawal. However, psychological dependence is indeed possible with the negligent and excessive usage of any substance. Profuse and habitual use of marijuana can lead to a high tolerance for drug. This will prompt the user to increase their dosages significantly in order to achieve the same results they used to be able to attain with lower doses. If your marijuana usage has become an inherent priority within your daily life, consider speaking with a physician or counselor.

HelpGuide is a non-profit organization dedicated to encouraging evidence-based mental health education. They have provided the public with the following information intended to aid in identifying the common signs and symptoms of drug abuse and addiction.
Common signs and symptoms of drug abuse

• Neglecting responsibilities at school, work, or home (e.g., flunking classes, skipping work, neglecting your children).
• Using drugs under dangerous conditions or taking risks while high, such as driving while on drugs, or having unprotected sex.
• Experiencing legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.
• Problems in your relationships, such as fights with your partner or family members, an unhappy boss, or the loss of friends.

Common signs and symptoms of drug addiction

• You’ve built up a drug tolerance. You need to use more of the drug to experience the same effects you used to attain with smaller amounts.
• You use to avoid or relieve withdrawal symptoms. If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.
• Loss of control over your drug use. You often do drugs or use more than you planned, even though you told yourself you wouldn’t. You may want to stop using, but you feel powerless.
• Your life revolves around drug use. You spend a lot of time using and thinking about drugs, figuring out how to get them, or recovering from the drug’s effects.
• You’ve abandoned activities you used to enjoy, such as hobbies, sports, and socializing, because of your drug use.
• You continue to use drugs, despite knowing it’s hurting you. It’s causing major problems in your life—blackouts, financial issues, infections, mood swings, depression, paranoia—but you use anyway.

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https://interpretersunlimited.com/telephone-interpretation-services/


Nantucket Substance Support Groups & Addiction Resources

Addiction Solutions
508-228-4846
nantuckethospital.org

Alliance for Substance Abuse Prevention
774-333-2085
www.asapnantucket.org

Fairwinds: Nantucket’s Counseling Center
508-228-2689
www.fairwindcenter.org

Gosnold on Nantucket
Office: 508-228-3955
Mobile Crisis Response: 1-877-784-6273
http://gosnold.org

IMPORTANT

All information contained on this website is for educational purposes only. None of this information should be construed as medical or treatment advice for any specific person or condition. You should always consult a licensed physician in all matters related to your health.

Cannabis has not been analyzed or approved by the FDA, and there is limited information on the side effects of using cannabis as a medication. You should always consult a licensed physician in all matters related to your health.

Please Consume Responsibly. For use only by adults 21 years of age or older. Keep out of the reach of children. Marijuana can impair concentration, coordination and judgment. It is against the law to operate a vehicle or machinery under the influence of this drug.