

The background of the entire page is a repeating pattern of light gray botanical shapes, including circles, diamonds, and various leaf shapes, scattered across a white background.

noaa

BOTANICALS

PATIENT GUIDE

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WELCOME!

Relieve the body. Ease the mind. Comfort the soul.

Every patient has a story. It's our job to understand it. It's the best way to guide you step by step to find the medical cannabis treatment options that work for you.

We act as a partner on your personal healing journey, helping you make informed decisions that enhance and support your health.

As one of the first dispensaries in Hawai'i to make quality medicinal cannabis available to our community, Noa truly lives up to its name, which means "freedom from restriction" in Hawaiian. We invite you to discover naturally medicinal therapies that work for you, grown right here with care and precision on our O`ahu farm.

At Noa, we stand for science and innovation, cultivating only the most effective cannabis strains that treat a spectrum of health challenges. We are ready to guide you on your path and empower you with knowledge so you can better live life on your own terms.

THE NOA DIFFERENCE

Top quality, reliable and consistent products. All of our products are free from pesticides and undergo strict testing to ensure excellence.

Extensive and carefully curated menu. We strive to provide all of our patients a variety of options for their medical needs.

Highly trained, knowledgeable and caring staff. We are here to answer any and all questions about your wellness journey.

State-of-the-art facilities. We produce unique medical cannabis strains and manufactured products that are hand-crafted to provide safe, consistent medicine for all patients.

Loyalty and compassion programs. Pono Points accrue with every purchase and allows you to receive a discount on your next purchase. Our Pulama compassion program offers the opportunity to those with qualifying financial needs to have access to medical cannabis.

Military and senior discounts. All active service members, military veterans and seniors aged 60 and older receive 10% off on every purchase.

GETTING A 329 CARD

STEP ONE

Make an appointment with a certifying physician, APRN or cannabis clinic. A list of certifying health care providers can be found on the following page or on our website.

STEP TWO

Register for an account with the State Department of Health online and complete the application, which then gets sent to your certifying physician, APRN or cannabis clinic.

STEP THREE

Your certifying physician, APRN or cannabis clinic will then complete their portion of the online form and submit the entire application to the Department of Health. Once approved, expect your 329 card to arrive via mail in a few days.

QUALIFYING CONDITIONS

When meeting with your certifying physician, APRN or cannabis clinic, you will need qualify for one or more of the following conditions:

- Cancer
- Glaucoma
- Lupus
- ALS
- HIV/AIDS
- Epilepsy
- Multiple Sclerosis
- Rheumatoid Arthritis
- PTSD

Or a chronic or debilitating disease/condition or its treatment with one or more of the following symptoms:

- ◇ Cachexia or wasting syndrome
- ◇ Severe Pain
- ◇ Severe Nausea
- ◇ Seizures
- ◇ Severe and persistent muscle spasms

CERTIFYING HEALTH CARE PROVIDERS

ADVANCE PRACTICE

Stacy Kracher, PMHNP-BC, APRN-RX
stacy.aprn.rx@gmail.com
1188 Bishop St. #2602
808-688-6947

CANNABIS HEALTHCARE HAWAI'I

Clifton Otto, MD
cannabishealthcarehawaii@gmail.com
3615 Harding Ave. #304
808-233-8267

DR. RICHARD PODOLNY

Richard Podolny, MD
contact@podolnymd.com
1188 Bishop St. #3306
808-524-0754

EFFECTIVE CHANGE

Susan Cauley, MD / LaRae Barnes, APRN
matthew@doctor420.com
500 Ala Moana Blvd. Tower 7 #400
808-934-7566

HAWAI'I WOMEN'S CLINIC

Bradley Sakaguchi, MD
1010 South King St. Suite 604
808-852-8535

HONOLULU WELLNESS CENTER

Paul Klink, DD / Michael Pasquale, DO /
Farzad Pourarian, DO
service@honoluluwellnesscenter.com
500 Ala Moana Blvd. Tower 4 #470
808-721-777

MAEHARA EYE SURGERY & LASER

Jeffrey Maehara, MD
1441 Kapiolani Blvd. #1419
808-955-3937

MEDICAL MARIJUANA HAWAI'I

Kenneth Chang, MD
marketing@dr329.com
6600 Kalaniana'ole Hwy.
808-726-2392

OAHU CLINIC

Mike Quirk, DO
mikequirkdo@gmail.com
1150 South King St. #906
808-468-2461

B WELLNESS SERVICES

Brendon Friedman, DNP, APRN-RX, FNP-BC
bwellnessservices@gmail.com
1019 University Ave. #6A
808-435-3077

DR. EDWARD CHRISTENSON

Edward B. Christenson, MD
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808-626-5285

DR. STEPHEN WILSON

Stephen James Wilson, MD
sjwilson@protonmail.com
1314 South King St. Room 653
808-591-9208

GREEN WAVE MEDICAL

Victoria Habibi, APRN
support@greenwavemedical.com
99-080 Kauhale St. Suite C-20
808-829-1244

HAWK HEALTH

Samuel Hawk, DO
1345 South Beretania St. #101
808-744-2543

KUPONO OLA PONO

William Paul Berg, MD / Andrew Walters, MD
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1314 South King St. #512
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MALIE CANNABIS CLINIC

Me L Fuimaono-Poe, FNP-BC
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808-518-0299

MENDED MINDS HAWAI'I

Thomas Cook, MD
mjvoicemail@varsitydoc.com
1110 University Ave. #302
808-208-8654

If you are a physician or APRN that certifies patients and would like to be added to our list, please contact us at info@noacares.com

YOUR FIRST VISIT TO NOA

For a smooth visit, please come prepared.

Be sure to meet with your physician and get qualified in advance as a medical cannabis patient. Every patient that enters our dispensary will need to complete a one-time only registration form. We have three easy options available to choose from. All will help to expedite your initial check-in and will avoid any delay in making a purchase at our location.

1. Pre-register online at NoaCares.com
 - Select the **FOR PATIENT** tab
 - Click on **PRE-REGISTER**
 - Complete the form online
 - Within 24 hours you should receive a confirmation number if your registration was successful
 - Show us your confirmation email when you first check-in

2. Print out your registration form at NoaCares.com
 - Select the **FOR PATIENTS** tab
 - Click on **FAQS & LINKS**
 - Under "Forms" click **NEW PATIENT FORM**
 - Download, print and complete the form. Bring it in with you when you first check-in

3. On Site Registration
 - A paper form is available when you come in
 - Please give yourself some extra time at our dispensary to make sure all sections have been completed.

Bring your State of Hawai'i issued 329 Card along with your government issued picture ID each time you visit our dispensary.

SERVICES

PRODUCT SPECIALISTS

Whether you are new to medical cannabis or a long-time patient, our extensively trained product specialists can take you through finding the right form of medical cannabis, along with a good starting dose.

PULAMA PROGRAM

Compassionate Care Program

We offer the opportunity to those with qualifying financial needs to have access to our medical cannabis. When a patient is eligible and qualified through participation in other need-based programs, funding to help in the purchase of medical cannabis may be awarded. To learn more about this program, please ask to speak with a Manager on duty.

PONO POINTS

Our customer loyalty program lets you redeem your points for cash towards purchases! You can apply your rewards and discounts at the same time. Rewards must be redeemed in full at each purchase and cannot be split, shared, or given away to others in the program. Your points will never expire.

Spend \$1 = Earn 1 Pono Point

- 100 Pono Points = \$10 off your next purchase of \$50 or more
- 200 Pono Points = \$20 off your next purchase of \$100 or more
- 300 Pono Points = \$30 off your next purchase of \$150 or more
- 400 Pono Points = \$40 off your next purchase of \$200 or more
- 500 Pono Points = \$50 off your next purchase of \$250 or more

REFER A FRIEND PROGRAM

Share Noa Botanicals with a friend and get a bonus! Whenever a new patient signs up and lists your name on their New Patient Form as a referral, you will enjoy a 10% discount on your next purchase! Your friend will receive a 15% discount as a new patient.

POLICIES

GOOD NEIGHBOR POLICY

As a patient of the dispensary and this community, we ask that you be especially mindful of our neighbors. We expect our patients to help us keep our commitments to our neighbors to not create a nuisance or linger in the parking lot or surrounding sidewalk areas. Always be careful and courteous when entering or exiting the parking lot. With your support, we plan to be here to serve you for years to come.

DISPENSARY CODE OF CONDUCT

Patients must abide by the following rules and regulations. We reserve the right to refuse service to patients that violate our Code of Conduct.

1. You must be at least eighteen (18) years old and have a state-issued medical cannabis card (329 Card) and government-issued photo ID to access dispensary services. Parents or court-appointed legal guardians must have a valid designated caregiver 329 Card to obtain service on behalf of legally qualified patients who are younger than eighteen (18) years old.
2. Only legally qualified patients and caregivers may register as patients of the dispensary and access dispensary services.
3. Before being permitted to access dispensary services, all potential patients must provide their current and valid 329 Card and current government-issued photo ID and be verified through the Hawai'i Department of Health database. The patient's 329 Card and current state-issued photo ID will be scanned and stored electronically in our secure patient database.
4. Patients must bring their current 329 Card and valid government-issued ID every time they visit the dispensary.
5. State of Hawai'i regulations prohibit patients from receiving more than four ounces of medical cannabis within a 15-day period.
6. Patients may purchase medicine only for their use, or in the event that they are a caregiver, only for their patient's use.

POLICIES CONT'D

DISPENSARY CODE OF CONDUCT CONT'D

7. Purchases of quantities that exceed those of personal use are prohibited.
8. Consumption of medical cannabis is prohibited on dispensary premises, and the smoking of cannabis is prohibited in any public place or on public transportation in the state of Hawai'i.
9. The dispensary has the right to refuse service to those who appear to be over-medicated or intoxicated. This decision is at the discretion of dispensary staff who have been trained by our Medical Director on identifying signs of dependency and abuse.
10. Loud music, unattended barking dogs, or other noise disturbances to the neighborhood are prohibited on dispensary grounds.
11. Re-sale of medicine is prohibited.
12. Loitering and/or littering in our parking lot is prohibited. Only one car per patient will be allowed to enter the parking lot. Please do not bring more than one non-patient with you.
13. No weapons are allowed within the dispensary or anywhere on the premises.
14. Pursuant to State of Hawai'i regulations, audio recording, video recording or photography are prohibited within the dispensary.
15. No cell phone usage is permitted anywhere within the dispensary.
16. All patients and Noa Botanicals staff are to treat each other with respect and courtesy at all times. Threatening, abusive or disrespectful behavior is strictly prohibited.
17. All problems and complaints must be directed to the Dispensary Manager.

UNDERSTANDING THE SCIENCE

REFERENCE MATERIALS

AMERICANS FOR SAFE ACCESS (ASA)

ASA has put together hundreds of scholarly articles and summarized the potential therapeutic effects of medical marijuana in "Medical Cannabis Research: What the Science Says." This article can help you to further understand the basic science behind medical cannabis and how it can alleviate or improve certain health conditions.

HEALTH CANADA

Information for Health Care Professionals; Cannabis and the Cannabinoids.

AMERICAN ACADEMY OF CANNABINOID MEDICINE

Organization of clinicians and researchers supporting the use of cannabis medicines. Provides education to medical professionals and the public on cannabinoids and the endocannabinoid system.

PROJECT CBD

Updates doctors and patients on developments in cannabinoid science and therapeutics. Supports further research and developments on cannabinoid medicines.

NATIONAL ORGANIZATION FOR THE REFORM OF MARIJUANA LAWS (NORML)

Advocacy organization supporting the reform of marijuana laws. Includes a compilation of the recent research supporting medical marijuana use for a variety of identified conditions.

MARIJUANA POLICY PROJECT (MPP)

Advocacy organization supporting marijuana policy reform. Provides information supporting the use of medical marijuana, including research briefings, effective arguments, legislative overviews and federal policy.

FORMS OF MEDICAL CANNABIS

Cannabis is usually classified into four groups for medical use:

SATIVA

The Sativa medicating effect is often characterized as uplifting and energetic. Sativa users typically experience a feeling of optimism and well-being, as well as a good measure of pain relief for certain symptoms. Sativas and Sativa-dominant hybrids are often a good choice for daytime medication. Conditions and symptoms that Sativas typically provide the most relief for are: psychoactive conditions, social anxiety, mild depression, fatigue and more.

INDICA

The Indica medicating effect is most often described as a pleasant body buzz. Indicas are great for relaxation, stress relief, and for an overall sense of calm and serenity. Indicas are also very effective for overall body-pain relief and are often used in the treatment of insomnia. They are the late-evening choice for many patients as an all-night sleep aid. Conditions that Indicas typically provide the most relief for are: pain, sedation, anxiety, neuropathy/neuralgia, menstrual cramps, PMS, glaucoma, muscle cramps, muscle spasms, asthma, AIDS, epilepsy, IBS, gastric disorders, arthritis, multiple sclerosis, cerebral palsy, Crohn's disease, fibromyalgia, ALS, migraines, insomnia, ADD and more.

HYBRIDS

Hybrids typically fall into two different groups: Indica-dominant Hybrid or Sativa-dominant Hybrid. The goal of hybrid strains are to combine characteristics of each strain to minimize some of the unwanted effects of one while adding the desired effects of the other. For instance, Indica-dominant hybrids are effective for pain relief with the Sativa component allowing the patient to maintain energy and activity levels. Sativa-dominant strains are good for stimulating appetite, with the Indica component helping to reduce body pain and increase relaxation.

CBD

CBD strains are reported to be helpful in treating a number of medical conditions and symptoms while producing little to no psychoactive effects (or "high"). CBD may be helpful in relieving pain, reducing anxiety and may have anti-inflammatory properties. It has also been reported to be useful in treating seizure disorders, particularly in children.

METHODS OF CONSUMPTION

The effects of medical cannabis may vary with different methods of consumption. The length of time it takes for the medicine to take effect and the length of time that the medicine remains effective will also vary with different methods of consumption.

INHALATION DELIVERY

When cannabis is inhaled, the gases enter the lungs before absorbing into the bloodstream. Two types of inhalation delivery are smoking and vaporization. Smoking methods involve hand pipes, water pipes, rolling papers and bongs. Vaporizing methods involve using temperature controlled vaporizers. The dried flower, concentrate or oils are heated up just until they become active but not to the point where harmful toxins are released or smoke is created. A newer method is dabbing. Highly concentrated cannabis extracts are dropped on a heated nail creating vapor that is then inhaled. Inhalation methods are for those who need to feel the effects as quickly as possible and can last 2-4 hours.

ORAL DELIVERY

Consuming cannabis with homemade food items or in a tablet form delivers the medicine through the digestive system where it then will enter the bloodstream. Effects take much longer to kick in. When they do, however, they can be very strong and provide a longer lasting relief than inhaling. Beginners should be very mindful of their dose.

SUBLINGUAL DELIVERY

Sublingual applications are administered under the tongue and they are immediately absorbed into the bloodstream, unlike oral delivery methods. Types of sublingual delivery include tinctures, sprays and lozenges. The effect is faster than inhalation methods but do not have long lasting effects.

TOPICAL DELIVERY

This type of administration utilizes full cannabis extract - a thick oil that has been decarboxylated to activate the cannabinoids, allowing them to be easily absorbed through the skin. These oils are then created into ointments, lotions, salves, creams and compresses. Topicals' effects differ from other medicating methods in that they do not provide the "head high." Topicals are appropriate for consumers needing a clear head and localized relief for muscle aches or soreness. Depending on the potency, relief is felt within minutes to an hour, and those effects last for very long periods.

SAFER USE

DOSING

Start with a low dosage and do not increase it until you are certain of the impact of your dose. It is a mistake to start with an initial dose that is too high. Another mistake is to start with a low dosage and add to it too quickly. Remember, you can never take away from what you've consumed, but you can always gradually add to your dose. If you feel that you are requiring a larger amount of medicine to feel effects, considering taking three days off of medicating to readjust your tolerance levels.

UNDERSTANDING DURATION

In regards to the various delivery methods, note your starting time. This way you can keep track of the amount of time it takes for the effects to be felt. Individual experience may vary so it is very important to keep track of your dosage and the duration of the symptom relief.

STORAGE

Keep all medical cannabis products in the child resistant containers they came in. Keep your medicine out of the reach of children and animals. Homemade food items that contain cannabis need to be clearly labeled and stored separately from other household food items.

USE WITH CAUTION

There may be additional health risks associated with the consumption of cannabis for women who are pregnant, breastfeeding or planning on becoming pregnant. Anxiousness and paranoia may accompany accidental over-ingestion. In this event, it is best to stay calm and remain in a comfortable, safe place. With time, these negative effects will pass. You can also note the strains you use that give you negative effects to help you avoid them in the future. Do not eat Marijuana Infused Products (MIPs) on an empty stomach. Eating a full fat meal before consuming MIPs is recommended as it helps lower the intensity of the effects. Never drive or operate machinery under the influence of marijuana. Do not mix medical cannabis with alcohol.

SIDE EFFECTS

Uneasiness, hunger and thirst, redness of the eyes, drowsiness, sleeplessness, short term memory loss and giddiness are all possible side effects of consuming medical cannabis. These will wear off with time and should be taken into consideration if you plan to do any type of activity after medicating.

COMMONLY USED TERMS

BROAD SPECTRUM - A cannabis concentrate produced that only uses certain parts of the plant such as the flowers and leaves to extract its cannabinoid and terpene contents.

BUD - The actual flower of the cannabis plant. The flower is harvested and used for medicinal purposes.

CONCENTRATES - A potent consolidation of cannabinoids that are made by dissolving marijuana in its plant form into a solvent. The result has very high THC levels.

DAB - A slang term used to refer to a newer method of cannabis inhalation that involves using a special dab rig, similar to a bong, and heating concentrates onto a hot nail.

FULL SPECTRUM - A cannabis concentrate produced that uses all parts of the cannabis plant, extracting the full cannabinoid and terpene contents.

INGESTIBLES - Medicated edible goods that have been infused with cannabis extracts. May be lozenges, infused oils, baked goods, etc.

KIEF - A collected amount of trichomes that have been separated from the rest of the marijuana flower.

MCT OIL - Medium-chain triglycerides (MCT) are fats found in foods like coconut oil. This oil is easily and quickly digested and metabolized.

ROSIN - A solventless extract created by heat and pressure. Has a sticky texture and is high in THC and natural terpenes.

SHATTER - A cannabis concentrate that gets its name from its brittle and glass-like texture.

TINCTURE - A concentrated liquid extract created by soaking cannabis in MCT oil to capture its essential cannabinoids.

TRICHOME - The resin production glands of the cannabis plant that form on its flowers and leaves. May resemble tiny crystals or crystalline hairs.

WAX - A soft, opaque concentrate in which the cannabis molecules have crystallized due to agitation.

CANNABINOIDS

The term "cannabinoid" refers to one of a number of chemicals found in cannabis. When you inhale or digest cannabis, these are the chemicals that interact with cells in your body to produce medical benefits.

TETRAHYDROCANNABINOL (THC)

THC is the best known cannabinoid and is the primary psychoactive compound. It has also been found to be neuroprotective with analgesic (pain relieving) effects.

CANNABINOL (CBN)

CBN is also non-psychoactive and is generally attributed with a sedative effect. The typical amount of CBN found in most samples of cannabis is less than 1%.

TETRAHYDROCANNABIVARIN (THCV)

THCV is commonly believed to be an appetite suppressant. In addition, recent research suggest that this compound may be helpful in treating metabolic disorders including diabetes.

CANNABICHROMENE (CBC)

CBC is perhaps the least understood cannabinoid, but potentially among the most important. It is believed to stimulate bone growth, as well as inhibiting inflammation and pain.

CANNABIDIVARIN (CBDV)

CBDV has been a relatively ignored cannabinoid until recently where many researchers believe that it may offer another option for the treatment of epilepsy.

CANNABIDIOL (CBD)

Many of the medical benefits attributed to cannabis are because of CBD. Many strains are selectively bred to increase their CBD content. CBD is not psychoactive.

TETRAHYDROCANNABINOLIC ACID (THCA)

THCA is the most prominent compound in freshly undried cannabis. While the compound does not have psychoactive effects in its own right, it does have anti-inflammatory and neuroprotective effects.

CANNABIGEROL (CBG)

CBG is a non-psychoactive cannabinoid. Early research suggests it plays a role in fighting glaucoma symptoms, inflamed bowels, and potentially as treatment for bacterial infections like MRSA.

CANNABIDIOLIC ACID (CBDA)

CBDA is a non-psychoactive cannabinoid believed to have anti-inflammatory properties. The compound is also thought to offer benefits when dealing with nausea and vomiting.

TERPENE SMART

There are many aromas of cannabis that can be sweet, fruity or skunky. Terpenes are the pungent oils that color cannabis varieties with distinctive flavors and scents like citrus, mint or pine. They are an adaptive repellent that cannabis plants have developed to keep away predators and to lure pollinators. There are over 100 different terpenes in the cannabis plant. and knowing what they are will deepen your appreciation of the unique strains our dispensary will offer.

TERPENE	BENEFIT	AROMA
 <p>PINENE Found in conifers such as pine trees.</p>	<p>Anti-inflammatory Antibacterial Bronchodilator Improved Memory</p>	<p>Pine Earthy</p>
 <p>LIMONENE Found in citrus fruits such as lemons.</p>	<p>Treats acid reflux Anti-anxiety Antidepressant</p>	<p>Citrus Fresh Spice</p>
 <p>MYRCENE Found often in fragrant plants and herbs like hops.</p>	<p>Sedative Antibiotic Muscle relaxer</p>	<p>Earthy Musky Herbal</p>
 <p>TERPINOLENE Found often in fragrant plants and herbs like hops.</p>	<p>Pain reduction Digestive aid Promotes appetite</p>	<p>Herbal Anise Citrus</p>
 <p>LINALOOL Found often in scented herbs and plants such as lavender.</p>	<p>Anesthetic Anticonvulsant Pain reduction Anti-anxiety</p>	<p>Lavender Flowers Citrus</p>
 <p>CARYOPHYLLENE Found in aromatic plants known for their spicy quality such as cloves.</p>	<p>Anti-inflammatory Pain relief Digestive aid</p>	<p>Spice Pepper Wood</p>
 <p>TERPINEOL Found in a variety of plant species, known for its pleasant lilac scent.</p>	<p>Calming aid Antibacterial Antiviral</p>	<p>Lilac Flowers Wood</p>

OUR LOCATIONS

HONOLULU DISPENSARY

1308 Young Street, 1st Floor

Honolulu, HI 96814

Phone: (808) 800-2126

Dispensary Hours:

MONDAY - SATURDAY 11:00am - 7:00pm

SUNDAY 10:00am - 3:00pm

KANE'OHE DISPENSARY

Windward Centre

46-028 Kawa Street

Kane'ohe, HI 96744

Phone: (808) 550-9860

Dispensary Hours:

MONDAY - SATURDAY 11:00am - 7:00pm

CLOSED SUNDAYS

CONNECT WITH US

FIND US ONLINE AT:

www.noacares.com

KEEP UP WITH US!

EMAIL: info@noacares.com

INSTAGRAM: [@noabotanicalshi](https://www.instagram.com/noabotanicalshi)

FACEBOOK: [/noabotanicalshawaii](https://www.facebook.com/noabotanicalshawaii)

WEEDMAPS: [/noa-botanicals](https://www.weedmaps.com/noa-botanicals)

YELP: [/noa-botanicals-honolulu](https://www.yelp.com/noa-botanicals-honolulu)

ORDER ONLINE:

www.noacares.com/in-store-pick-up

MANOA BOTANICALS LLC

Corporate Offices

By Appointment Only

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Honolulu, HI 96814

Email: info@noacares.com

CORPORATE BUSINESS HOURS:

MONDAY - FRIDAY

8:00am - 4:00pm

Scan the QR Code to sign
up for our Newsletter



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mobile device by visiting our website at: www.noacares.com

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