

PATIENT GUIDE

E KOMO MAI

Aloha, and welcome to Noa Botanicals, your trusted medical cannabis dispensary on Oʻahu. We proudly serve our patients and visitors with the highest quality medical cannabis products, expert guidance, and exceptional customer service to help you on your journey toward health and well-being. We envision a Hawaii in which cannabis brings the community together, is celebrated for its many benefits, and is readily accessible to all who benefit from its therapeutic use.

This guide is written to help patients understand medical cannabis, its compounds and effects, types of products, methods of consumption, and dosing. It provides patients with a general understanding of cannabis and empowers them with the knowledge required to make appropriate decisions. This guide includes a lexicon of language associated with medical cannabis, the different forms and potential effects, a list of adverse side effects, and important resources for medical cannabis patients.

This guide does not provide medical advice, legal advice, or treatment plans and should not be used by individuals.

OUR MISSION

Through aloha and la'au lapa'au (plant medicine), we aim to comfort, heal and connect our community.



CANNABIS IN HAWAI'I?

The State of Hawai'i currently allows for the medical use of cannabis.

Recreational consumption is illegal.

329 CARDHOLDER INFORMATION

Hawai'i State Law requires all qualified patients to be registered with the Medical Cannabis Patient Registry Program and obtain a 329 card before they begin to use cannabis for medicinal purposes.

WHO CAN JOIN THE PROGRAM?

Participants must be 21 years or older. Minors require consent from both parents.

Hawai'i Residents (329)

Must be certified as having one or more qualifying medical conditions recognized by the Hawai'i Department of Health and certified by a licensed physician or advance practice registered nurse (APRN).

Out-of-State (329V)

Must have a valid medical cannabis registration card issued by another U.S. state or territorial or District of Columbia government and certified as having one or more qualifying medical conditions identified in Hawai'i State Law.

Caregivers

Some patients may be too ill or unable to grow their medical cannabis or visit a dispensary. Registered 329 cardholders can designate a caregiver to assist in obtaining medical cannabis from a dispensary. Caregivers must be registered with the Department of Health in the Medical Cannabis Registry Program.

WHAT ARE THE QUALIFYING CONDITIONS?

In Hawai'i, the Department of Health has defined the following qualifying medical conditions:

- Amyotrophic Lateral Sclerosis
- **Cancer**
- Glaucoma
- ✓ Lupus
- Epilepsy
- Multiple Sclerosis

- Rheumatoid Arthritis
- Positive status for human immunodeficiency virus (HIV)
- Acquired immune deficiency syndrome (AIDS)
- Post-traumatic stress disorder (PTSD)

Treatment of these conditions or a medical condition that produces one or more of the following are also considered a qualifying condition:

- Cachexia or wasting syndrome
- Severe pain
- Severe nausea
- Seizures, including those characteristic of epilepsy
- Severe and persistent muscle spasms, including those characteristics of multiple sclerosis or Crohn's disease



Noa Botanicals is dedicated to providing our patients with a safe, meaningful and inclusive experience.

WHAT TO BRING required on every visit

- A digital or printed copy of your valid 329 card
- Government-issued picture ID

NEW PATIENT REGISTRATION FORM

Every patient that enters our dispensaries will need to complete a one-time patient registration form. This form will be provided by our staff and filled out in-person during your first visit.

E KOMO MAI PROGRAM

New patients that are shopping at Noa Botanicals for the first time will receive a special E Komo Mai (welcome) gift on their first 3 visits. Ask a staff member for more details.

EVERYDAY DISCOUNTS

We understand that our patients need to adhere to their treatment plans to find relief from the symptoms of their qualifying conditions. Yet not every patient may have the resources to cover the costs their treatment plan requires. We offer both Kupuna and Veteran discounts that can be used towards purchases at our dispensary.

Kupuna 10% OFF

Kupuna and seniors over the age of 60 receive 10% off their purchases. Cannot be combined with a Veteran discounts.

Veteran 10% OFF

Veterans and their dependents receive 10% off their purchases. Must provide proof of status. Cannot be combined with Kupuna discount.





We are committed to providing the best medical cannabis products and experience for you, and we need your help to ensure we are providing the best experience for all patients. Mahalo for your cooperation and willingness to adhere to our code of conduct and house rules. Violation may result in removal or expulsion from the dispensary

Hawaii State Regulations Require:

- Patients and caregivers must present a valid 329 card and government-issued picture ID during each visit to the dispensary.
- You must be 18 years or older to enter the dispensary. If you are a patient under 18 years old, your legal guardian or caregiver will need to be present.
- Audio recording, video recording, or photography are prohibited within the dispensary.
- Consumption of medical cannabis is prohibited on dispensary premises and in public spaces, such as our parking lot.

Noa Botanicals' Code of Conduct:

- Be respectful— treat others the way you want to be treated.
- ✓ No outside food or drinks allowed inside the dispensary.
- Weapons of any kind are not allowed on the dispensary property.
- No pets allowed, service animals only.
- Noa Botanicals reserves the right to refuse service to anyone who appears intoxicated and/or displays behavior that is unsafe, aggressive, threatening, and/or disrespectful.



HOW CANNABIS WORKS

Cannabis binds to receptors in our brain to continuously help our bodies maintain homeostasis.

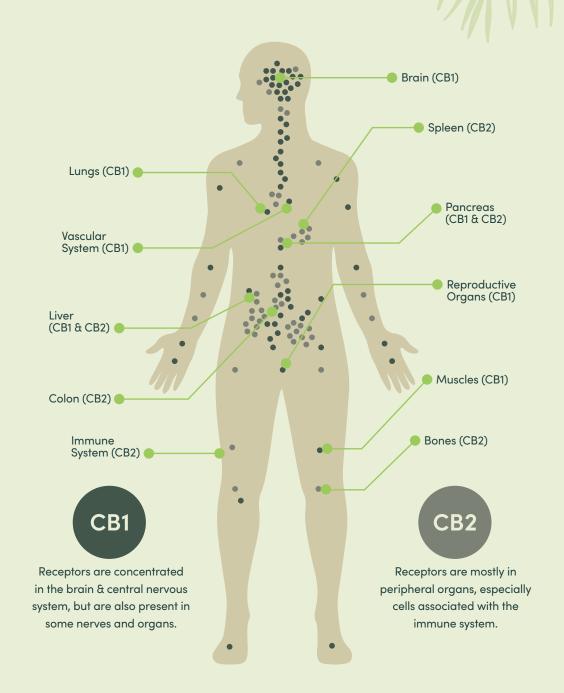
THE ENDOCANNABINOID SYSTEM

To understand how cannabis works, we first need to understand the complex system found in the human body known as the endocannabinoid system (ECS). It plays a crucial role in regulating and maintaining homeostasis—the balance of internal conditions within the body.

The endocannabinoid system is comprised of CB1 and CB2 receptors that uniquely bind with cannabinoids such as THC and CBD. These receptors impact our physiological processes affecting pain modulation, appetite, memory, anti-inflammatory response as well as other immune system responses.

ENTOURAGE EFFECT

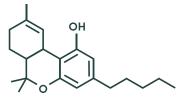
The cannabis plant contains compounds called cannabinoids and terpenes, which interact with CB1 & CB2 receptors in the brain and body to create various effects. Every cannabis strain has a different cannabinoid and terpene composition. New studies show that both compounds work together to create the "entourage effect" to produce greater therapeutic benefits and effects.



CANNABINOIDS

Cannabinoids are the naturally occurring compounds found in the cannabis plant that are responsible for the therapeutic effects on the mind and body. There are currently over 100 known cannabinoids and certainly more to be discovered. THC and CBD are the two main cannabinoids that are the most abundant and researched.





THC (Δ 9-Tetrahydrocannabinol)

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.

Benefits: Pain reliever, increases appetite, relieves muscle spams, antioxidant, muscle relaxant, reduces nausea

CBD (Cannabidiol)

Many of the medical benefits attributed to cannabis are because of CBD. Many strains are selectively bred to increase their CBD content. CBD is non-intoxicating.

Benefits: Sleep aid, pain reliever, reduces inflammation, reduces muscle spasms

CBN (Cannabinol)

CBN is often associated with sedating effects and is mildly psychoactive. The typical amount of CBN found in most samples of cannabis is less than 1%.

Benefits: Anti-bacterial, anti-fungal, anti-inflammatory, lowers blood pressure, bone stimulant

CBG (Cannabigerol)

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

Benefits: Anti-bacterial, anti-fungal, anti-inflammatory, lowers blood pressure, bone stimulant

THCV (Tetrahydrocannabivarin)

THCV is a psychoactive cannabinoid produced in very small quantities and provides a high similar to THC but is often described as less anxiety-inducing.

Benefits: Decreases appetite, pain reliever, reduces blood sugar, anti-epileptic, bone stimulant

TERPENES

Terpenes are organic compounds that give each individual cannabis cultivar its unique aromas, flavors, and effects. They are not specific to cannabis and can be found in fruits, herbs, and plants. Terpenes have been used for centuries for their medicinal and therapeutic properties.











Beta-Caryophyllene

Found in: black pepper, hops, cinnamon

Aroma: peppery, earthy, spice

Potential Benefit:

Anti-inflammatory, stress relief, pain relief, sleep aid, reduce muscle spasms

Limonene

Found in: citrus rind, juniper

Aroma: citrus, lemon, orange

Potential Benefit: antibacterial,

mood elevating, gastric reflux, anti-fungal

Linalool

Found in: lavender, birch, rosewood

Aroma: floral, citrus, spice

Potential Benefit: pain relief, stress relief, anticonvulsant, sleep aid, calming

Myrcene

Found in: mango, lemongrass, bay leaves

Aroma: musky, herbal, citrus

Potential Benefit: antiseptic, sedative, anti-nausea, pain relief, increase appetite

Humulene

Found in: hops, ginseng, coriander

Aroma: earthy, herbal

Potential Benefit: appetite suppressant, anti-inflammatory, antibacterial

Pinene (alpha & beta)

Found in: pine, conifer species, sage

Aroma: pine, earthy, woodyv

Potential Benefit: calming, anti-inflammatory, neuroprotectant, bronchodilator

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Though cannabis is biologically classified as the single species Cannabis Sativa, there are at least three distinct plant subspecies: Sativa, Indica, and Ruderalis, though the last is rare. There are also hybrids, which are crosses

between sativa and indica varieties.

SATIVA

Sativa cultivars tend to have higher concentrations of uplifting and energizing terpenes such as limonene and pinene.

INDICA

Indica cultivars often exhibit higher concentrations of sedating and terpenes such as myrcene and linalool. This results in effects that are great for relaxation

HYBRIDS

Hybrids are simply new and unique cultivars that are bred from parents of different types. 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.

OUR PRODUCTS

We expertly offer our patients a curated selection of high-quality medicinal cannabis products, cultivated with aloha, and crafted to perfection.

FLOWER

Flower, also known as bud, is the smokable part of the cannabis plant. It's cultivated, harvested, dried, and cured before making its way to the dispensary.

- Full Flower
- Smalls or Popcorn



CONCENTRATES & VAPE CARTRIDGES

Cannabis concentrates are extracted from the cannabis plant, removing impurities, and leaving desired compounds such as cannabinoids and terpenes. Because other plant materials are removed, concentrates have a much higher proportion of cannabis terpenes and cannabinoids than flower. Concentrates come in a variety of formats and textures such as badder, crumble, sugar wax, hash, kief, and rosin. Cannabis vape cartridges are typically high-dosage concentrated products that pair with a pen battery.



EDIBLES

Edibles are cannabis-infused food or drinks that are made with cannabis concentrate. They come in a range of forms such as gummies, chocolate bars, cooking oils, mints, tinctures, and beverages. Edibles are a great way to consume cannabis without any inhalation, making it an ideal choice for consumers with an aversion to smoking or vaping. Unlike smoking or vaping, which is absorbed through the bloodstream, cannabinoids in edibles are processed in the stomach and liver.

- Gummies
- Chocolate
- Cooking Oil
- Tinctures
- Tablets
- Beverages

TOPICALS

Cannabis topicals are cannabis-infused balms, lotions and oils that are absorbed through the skin for localized relief.

Topicals are a great solution for patients seeking therapeutic benefits of cannabis in a non-intoxicating format. Topicals can be applied several times a day to the area in need of relief.

- Muscle Balm
- Body Oil



METHODS OF CONSUMPTION

The effects of medical cannabis are specific to each individual and may vary with different methods of consumption.



INHALATION

The most common method of cannabis consumption is inhalation. When inhaled, cannabinoids enter the lungs where they are passed directly into the bloodstream, allowing for a quick onset of effects.

Smoking

Smoking is the most traditional and popular way to consume cannabis. It is the process of heating material to the point of combustion and inhaling the smoke. Smoking is convenient, fast, and can be a great way to find the best dose for yourself.

Products: Flower and concentrates

Onset: Immediate Duration: 2 – 4 hours Tools: Grinder, Pipes, Bongs, Rolling Papers

Vaporizing

Vaping or dry herb vaporization, is a method of consuming cannabis that involves heating the plant material without burning it. By heating the cannabis it actives cannabinoids and terpenes that are released as a vapor without reaching the point of combustion. This allows the user to inhale the vapor and experience the effects of cannabis without the harmful byproducts produced by combustion, such as smoke and ash. Vaporizing is often considered a healthier alternative to smoking cannabis because it eliminates the intake of toxins and carcinogens associated with combustion. It also offers more precise temperature control, allowing users to customize their experience and potentially achieve different effects by adjusting the temperature settings.

Products: Cartridges, Flowers and Concentrates

Onset: Immediate Duration: 2 - 4 hours

Tools: Cartridges, Vaporizing Pen Battery, Portable

Vaporizers and Stationary Vaporizers

Dabbing

Dabbing is a process that uses high, specific temperatures to quickly vaporize and inhale cannabis concentrates.

Products: Concentrates

Onset: Immediate Duration: 2 – 4 hours Tools: Dab Rig, Ceramic or Glass Nail, E-Nail

INGESTION

Consuming edibles and beverages is an ideal choice for those with an aversion to smoking or vaping. They are manufactured with precises doses which makes it easier to control consumption and dosing. When cannabis is consumed orally must first be absorbed from the intestines and sent through the liver to be metabolized. Delta 9-THC is metabolized into a different chemical, 11-hydroxy-THC which is 2-4 time more potent. 11-hyroxy-THC enters the bloodstream and brain exerting its therapeutic effects. Since edibles onset takes longer to have lasting effects, starting with a low dosage is critical. Their effects vary based on what you use, your body, and your history of use.

Products: Gummies, chocolate, cooking oils and beverages
Onset: 30 minutes – 2 hours* Duration: 4 – 8+ hours

*When consuming cannabis orally, the onset of effects will vary from person to person.





SUBLINGUAL

Sublingual consumption is administered under the tongue for absorption through the mucous membranes in the mouth. The tissue region under the tongue is where cannabinoids can enter directly into the bloodstream through vessel-rich tissues. Cannabis tinctures that are either water-based or alcohol-based are fast-acting products without the process of inhalation. Dosing can be easily managed through this discreet and convenient delivery method. These products usually come in a small bottle with a dropper for precise dosing.

Products: Water-based tinctures and alcohol-based tinctures

Onset: 15 – 30 minutes Duration: 1 – 6 hours



CONSUME RESPONSIBLY/SAFE USE

Cannabis is a personal journey understanding delivery methods and therapeutic benefits can help patients responsibly consume and dose safely.

DOSING

Each person's endocannabinoid system responds to cannabis differently, making exact dosing instructions difficult to administer. While cannabis is considered safe, it is still possible to experience unpleasant side effects. Cannabis is a biphasic medicine, at a low dose it can have one set of effects and at a high dose it can have a different (and sometimes opposite) set of effects. For example, low doses of THC help some people unwind, but high dose of THC can make those same people feel paranoid. Here are a few general guidelines you can follow to make sure you're medicating safely and responsibly.



Start Low, Go Slow

When first using medical cannabis, it's important to start low and slow to gauge your personal tolerance. You can always consume more, but it can be hard to recover once you've taken too much.



Keep track of the duration of your medicine

For beginners, we recommend to take half of your first dose in the middle of the day, ideally without plans afterwards. This way, you can effectively get a feel for the effects of your medicine and gauge how long it lasts.



Reset your tolerance

If you're requiring larger amounts of medicine in order to feel its effects, consider taking 3 days off to readjust your tolerance levels.





Talk to our Product Specialist

Our knowledgeable and extensively trained product specialists can guide you with finding the right product and consumption method for you.



Consult your Medical Provider

Medical cannabis is a very personalized medicine, so we encourage you to work with your Medical Provider to get the help that you need when dosing.



Experiencing Side Effects

Consumed too much cannabis and experiencing unpleasant side effects? Know that, these side effects are temporary, and will wear off with time. Here are some quick tips to help ease your mind, CBD may help alleviate unwanted side effects, take a bath or shower, lay down, close your eyes and be comfortable, stay hydrated and eat.

THERAPY

Symptoms	How are you feelings today before treatments? Note any symptoms you are experiencing and rate the severity in the graphs below			
	Severe Severe			
Other Medication	List any other medications you are taking; include prescriptions, vitamins or supplements and the dosing.			
Dosage				
Cultivar/Product: _	O Labs Available			
○ Inhaled ○ Inges ○ Smoked ○ Eaten ○ Vaped ○ Drank	O Sublingual O Topical			
Approximate Dosag	es: Enter each dose if known. e.g. 5 mgd, 2 joints, 1 tsp oil.			
	Liner each dose it known, e.g. 3 mga, 2 joints, 11sp oil.			
Time(s) Taken:				
Timeline	Draw a line to indicate your experience over time. Use the y-axis to show the strength of your reaction and the x-axis to show how long it lasted			
Intense				
Optimal				
Weak				
None	,			
1hr	2hrs 3hrs 4hrs 5hrs 6hrs			

How are you feelings today before treatments? Note any symptoms you

Before Dosing	Describe how	you are feeling prid I rate their severity	or to use. Include a	ny symptoms you
	are reening and	raie men severn,		
			71	¥
After Dosing		the graphs, then de	feel? Write an effect escribe your overall	
0				
Overall Outcome				ments.
Worse	-2 -1		1 1 2 3	Better

No Change

THERAPY

Symptoms

, ,		are ex	xperiencing and re	are rne se	verity in the	grapns below
			Severe			Sever
Other Med	dication		ny other medication ins or supplement			lude prescriptions,
Dosage						
Cultivar/P	roduct: _					Labs Available
○ Inhaled ○ Smoked	○ Inges		AbsorbeSublingual		Applied Topical	
O Vaped	O Drank		O Mucosal		.,	
Approximo	ate Dosag					
		En	ter each dose if kn	own. e.g.	5 mgd, 2 joir	nts, 1 tsp oil.
Time(s) Ta	kon:					
(6) 14						
Timeline	9					ime. Use the y-axis to shown shown how long it lasted
Intense						
Optimal						
1						
Weak						
Weak None						

How are you feelings today before treatments? Note any symptoms you

Describe how you are feeling prior to use. Include any symptoms you **Before Dosing** are feeling and rate their severity. **After Dosing** How has your therapy made you feel? Write an effect and indicate its strength using the graphs, then describe your overall experience on the lines below. Overall Outcome Enter your overall feeling of wellness after your treatments. Better

No Change

THERAPY

Symptoms	How are you feelings today before treatments? Note any symptoms you are experiencing and rate the severity in the graphs below				
	Severe Severe				
Other Medication	List any other medications you are taking; include prescriptions, vitamins or supplements and the dosing.				
Dagge					
Dosage					
Cultivar/Product: _	O Labs Available				
○ Inhaled ○ Inge					
SmokedSmokedEaterDran	3.0				
- J.u					
Approximate Dosag	ges:				
	Enter each dose if known. e.g. 5 mgd, 2 joints, 1 tsp oil.				
Time(s) Taken:					
Timeline	Draw a line to indicate your experience over time. Use the y-axis to show the strength of your reaction and the x-axis to show how long it lasted				
y Intense					
intense					
Optimal					
Weak					
None					
1hr	2hrs 3hrs 4hrs 5hrs 6hrs				
You may use this	chart to track multiple doses br drawing additional lines.				

How are you feelings today before treatments? Note any symptoms you

Before Dosing	Describe how you are feeling prior to use. Include any symptoms you are feeling and rate their severity.
After Dosing	How has your therapy made you feel? Write an effect and indicate its strength using the graphs, then describe your overall experience on the lines below.
Overell Outes	
Overall Outcome	Enter your overall feeling of wellness after your treatments.
Worse	

No Change

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VISIT US AT ANY OF OUR THREE LOCATIONS ACROSS THE ISLAND OF O'AHU

Noa Botanicals Honolulu

1308 Young St., Honolulu, HI Tel. 808-550-9861

Noa Botanicals Kāne'ohe

46-028 Kawa St., Kāne'ohe, HI Tel. 808-550-9860

Noa Botanicals 'Aiea

98-302 Kamehameha Hwy., 'Aiea, HI Tel. 808-900-3320

Store hours

Mon-Sat 10am-7pm, Sun 11am-6pm

Learn more at:

www.noacares.com

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