Welcome to Relief





Introduction to Cannabis

How to Get the Most Out of Your Cannabis Medicine



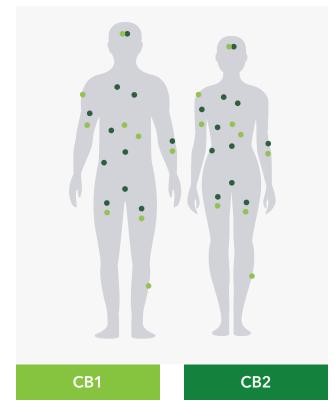
At Trulieve, we understand that everyone has their own individual experiences with cannabis. Each person metabolizes, processes, and experiences cannabis differently. When trying to determine which products are best for you, there are several factors to take into consideration, including onset and duration of action, day vs. nighttime use, desired effects, and preferred method of administration. Thus, it is vital to understand how cannabis works with your body. We owe this to the discovery of the Endocannabinoid System.

The Endocannabinoid System (ECS) modulates human and animal physiology to maintain homeostatic balance. The ECS regulates and influences the central and peripheral nervous systems, the immune and endocrine systems, cardiovascular, digestive and sleep functions. Cannabis binds to various receptors in the ECS.

CB1 receptors are more important in neurological events, whereas **CB2** receptors have a more significant impact on the immune system and inflammatory process.

The Endocannibinoid System

Scientists have mapped the receptors which are responsible for actions in different parts of the body. This chart can be a guide to whether THC, CBD, or a combination of both might be your best option.



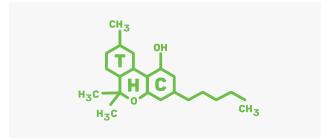
CB1 receptors are primarily found in the brain and central nervous system and to a lesser extent in other tissues. **CB2** receptors are mostly in peripheral organs especially cells associated with the immune system.

You may be surprised to learn that cannabis has over four hundred chemical compounds! **Cannabinoids** are unique active components found alongside terpenoids (also referred to as terpenes) and flavonoids. These chemical components work together to provide a wide variety of therapeutic benefits.



What is THC?

Delta-9-tetrahydrocannabinol (THC) is the most researched and famous cannabinoid known today. Discovered in 1964 by Dr. Raphael Mechoulam, THC is considered the cause of the euphoria sensation that many describe as being "high."



Despite the negative stigma associated with THC, research indicates that this mind-altering phytocannabinoid may offer therapeutic benefits for many related conditions and symptoms.

As cannabis stigma declines, more researchers are focusing on this chemical compound. But, what exactly is THC, and why are we far from understanding its full potential? Here's a few things you need to know about THC and its importance in medicinal applications.

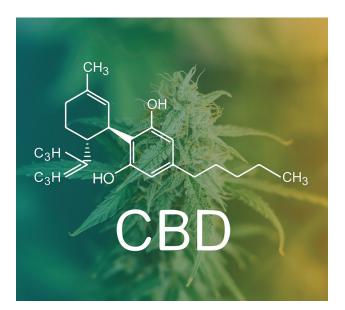
The phytocannabinoid Tetrahydrocannabinol (THC) is responsible for the psychoactive or euphoric effect of cannabis consumption. Despite negative stigma associated with its psychoactive effects, THC exhibits a wide range of unique and robust therapeutic properties. To understand how THC's psychoactivity works, we must first know how we find it in the cannabis plant.

Cannabis plants contain tetrahydrocannabinolic acid (THCA), or the non-active version of THC. When cannabis dries out or ages, it gets decarboxylated, causing the acid molecule to drop off and convert to THC, the active form. Heating, either through vaporization or smoking, accelerates this conversion. **Cannabidiol (CBD)** is the other primary, non-euphoric, cannabinoid found in cannabis and is hugely versatile. CBD doesn't bind to CB1 or CB2 receptors the way THC does. Instead, it increases your body's endocannabinoids' power, can antagonize CB1, and regulate the neuroendocrine system and inflammatory processes. Together, THC and CBD are better pain modulators than they are alone.

Cannabinol (CBN) is a cannabinoid that is formed as THC ages and oxidizes. CBN has much greater activity at CB2 receptors than CB1 receptors, supporting immune and nervous systems with little to no psychoactive effects.

Terpenes contribute to the specific smell, taste, and outcomes of the different strains. When terpenes interact with cannabinoids and other compounds, they create a synergy known as the Entrourage Effect.

The Entourage Effect As our knowledge about cannabis grows, we understand better how our bodies and minds respond to different strains. From cannabinoids to terpenes and flavonoids, even the smallest molecules can significantly impact how a particular cannabis strain delivers its health benefits.





Types of Cannabis Products

Each strain or type of cannabis affects people differently, largely dependent on the type of cannabis consumed.



SATIVA

Sativa strains are commonly known to produce effects including elevated mood, increased energy, and mental stimulation. Due to the uplifting and energizing results of many Sativa strains, they are traditionally recommended for daytime use.



INDICA

Indica strains are commonly known to produce effects including mental and physical calming, stress relief, and muscle relaxation. Indicas often result in sedative-like effects and promote sleep, which makes them a good choice for nighttime use.



HYBRID

Hybrid strains are produced when two or more strains are crossbred. Hybrids are traditionally Indica- or Sativa-leaning. As a result, experiences will vary. Hybrids are generally recommended for use at any time of day, depending on the desired effect.



CBN

CBN products balance the psychoactive effects of THCdominant strains with a synergistic sedative effect. This is commonly known to promote sleepiness.



CBD

CBD strains can be helpful without euphoric or impairing effects, due to the low amount of THC present. CBD has been shown to support pathways that regulate inflammation, pain, anxiety, muscle spasms, and seizures.



CBD:THC RATIO

CBD:THC RATIO products offer various combinations of THC and CBD potencies. These products balance the psychoactive effects of THC-dominant strains with the non-euphoric effects of CBD-dominant strains.



NANO

Trulieve's fast-acting, long-lasting nanoemulsion technology enhances the bioavailability of its products increasing both onset times and absorption rates.

Terpene Guide

Terpenes are a diverse class of organic molecules found in plants, including cannabis, that give each strain a unique aroma and effects.

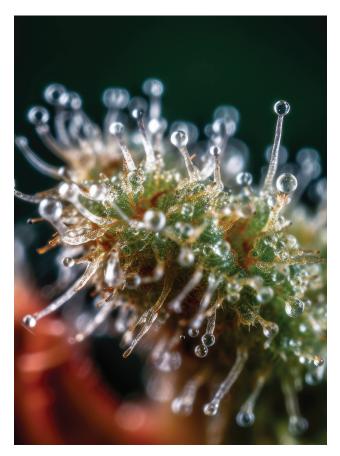
Pinene	AROMA Foresty, Piney, Sharp Focusing Anti-Inflammatory Memory Enhancing	NATURALLY OCCURS IN Pine Trees, Rosemary, Basil STRAINS FOUND IN Pineapple Trainwreck Green Crunch, Dutch Treat
Linalool	AROMA Lavender, Floral, Hint of Citrus Calming Relaxing Anti-Microbial	NATURALLY OCCURS IN Lavender, Coriander, Rosewood STRAINS FOUND IN Grand Daddy Purple LA Confidential
Limonene	AROMA Citrusy, Sweet Energizing Focusing Uplifting	NATURALLY OCCURS IN Lemons, Limes, Citrus STRAINS FOUND IN NYC Diesel, Super Lemon Haze, Tangie, OG Kush
Мутсепе	AROMA Earthy, Fruity, Citrusy Sedating, Relaxing, Calming, Analgesic	NATURALLY OCCURS IN Mangoes, Thyme, Hops STRAINS FOUND IN Blue Dream, Sour Diesel, LA Confidential
Humulene	AROMA Earthy, Woody, Spicy Anti-Inflammatory, Antioxidant	NATURALLY OCCURS IN Hops, Lemongrass, Geranium STRAINS FOUND IN GSC, Headband
Eucalyptol	AROMA Minty, Cool, Sharp, Medicinal Mental Clarity, Calming, Uplifting, Anti-fungal	NATURALLY OCCURS IN Eucalyptus, Bay Leaf, Tea Tree STRAINS FOUND IN Super Silver Haze, GSC
Carophyllene	AROMA Spicy, Peppery, Savory Analgesic, Anti-inflammatory, Interacts with CB2 receptors	NATURALLY OCCURS IN Black Pepper, Hops, Rosemary STRAINS FOUND IN Sour Diesel, Super Silver Haze, Tangie



Cannabinoid Guide

Cannabinoids are the cornerstone of the plant's medical properties.

These molecules interact directly with the body's endocannabinoid system, which allows us to benefit from the effects of cannabis. Hundreds of cannabinoids exist in cannabis, some being notably more abundant than others, with each providing unique medical benefits.





Tetrahydrocannabinolic acid is the most abundant cannabinoid. When heat is applied, it breaks down into THC through a process called decarboxylation (essentially cooking it). THCa supports activity at pathways that regulate inflammation and nausea and protection of the nervous system.

Vaporization Temp: 220° F



Tetrahydrocannabinol causes the euphoric effects of medical cannabis. THC directly interacts with the endocannabinoid system. THC supports activity at CB1 and CB2 receptors and other pathways that regulate pain, nausea and vomiting, muscle tension, appetite stimulation, and more.

Vaporization Temp: 315° F

CBDa

Cannabidiolic acid can most commonly be found in live cannabis. Adding heat to CBDa will degrade it into CBD, through a process called decarboxylation (essentially cooking it). This cannabinoid supports systems in the body that regulate inflammation, pain sensitivity, and nausea.

Vaporization Temp: 266° F



CBD

Cannabidiol does not have the same euphoric effects as THC. CBD supports the function of the nervous system and regulation of seizure activity, anxiety, inflammatory processes and more.

Vaporization Temp: 356° F



Cannabichromene works best in the presence of THC or CBD. CBC supports the regulation of cellular processes of pain and inflammation.

Vaporization Temp: 428° F



Cannabigerol occurs in small amounts in cannabis plants. The precursor to CBG, CBGAa, is called the 'mother' of cannabinoids because the plant converts it to THC, CBD, CBN, CBG, and CBC. CBG supports systems that regulate inflammatory processes including the Gastrointestinal Tract.

Vaporization Temp: 126° F



Tetrahydrocannabivarin is non-psychoactive in low doses but can be psychoactive in higher doses. THCv supports systems that regulate blood sugar levels and appetite reduction.

Vaporization Temp: 428° F



Cannabinol forms as THC degrades due to temperature, sunlight, and heat. CBN supports regulatory activity of inflammatory processes, pain sensitivity, and sleep function especially in combination with THC.

Vaporization Temp: 365° F

Visit Our Blog to Learn More



Reference - Walsh KB, McKinney AE, Holmes AE. Minor Cannabinoids: Biosynthesis, Molecular Pharmacology and Potential Therapeutic Uses. Front Pharmacol. 2021 Nov 29;12:777804. doi: 10.3389/fphar.2021.777804.



Product Variety

CARTRIDGES



TruPOD THC & Ratio Cannabis Derived & Botanical Terpene Available in Trulieve and Brand Partner Strains

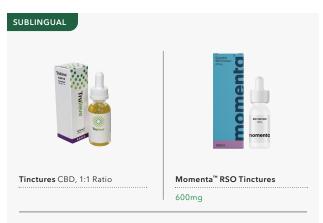


Vape Carts Cannabis Oil, Botanical or Cannabis Derived Terpenes (CDT) Available in Trulieve and Brand Partner Strains

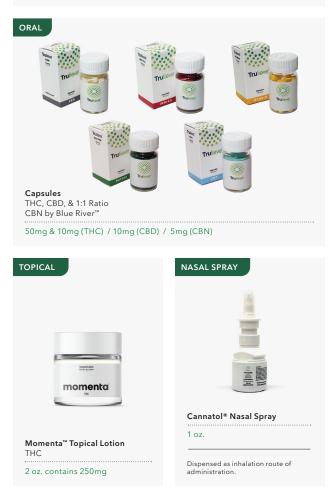
0.5g & 1g



All cartridges dispensed as inhalation route of administration.



Tinctures may be dispensed as oral or sublingual routes of administration.





ONCENTRATES		
		1
Shatter	Wax	Kief
		••••••
1g	1g	0.5g

Dispensed as inhalation route of administration only.



*May be dispensed as oral, inhalation, or sublingual routes of administration.



RSO (Rick Simpson Oil)

1g Syringe

May be dispensed as oral, sublingual, or topical routes of administration.



FLOWER







Flower

Whole, minis, Ground, Bulk, & Pre-Rolls Available in Roll One™, Modern Flower™, Cultivar™, and Brand Partners

3.5g, 7g, & 14g | Pre-Rolls: 1g and .35g 5-Packs

EDIBLES



RSO Gummies by Sweet Talk™

Infused with a full-spectrum of cannabinoids and terpenes to offer deeper effects that experienced cannabis consumers will love.

10mg ea



Gummies by Sweet Talk[™] Multiple fruit flavors, including Puckers / Ratio and sugar-free options available.

10mg ea

Fast-Acting Gummies by Sweet Talk™ (Multiple fruit flavors)

10mg ea

Fast-acting edibles use nano technology for a rapid, long lasting, and flavorful experience. In simpler terms, nanoemulsions are smaller, water-soluble particles that breakdown quickly and absorb into the bloodstream faster.



Chocolate by Sweet Talk™ Ten 10mg sections Multiple flavors

100mg total 10mg serving



Live Rosin Gummies by Sweet Talk[™] powered by Blue River[™] Experience the natural essence of cannabis and full-spectrum benefits with the sweetness of White Grape.

10mg ea



Drink Additives Tonic 5mg serving





Baked Goods Love's Oven® Chocolate Chip Cookies (THC) Love's Oven® Brownie Bites (THC)

Edibles | 5-10mg per serving



Cannabis Routes of Administration

When beginning to explore medical cannabis, we recommend to start with a low dose and increase the dose slowly if needed as recommended by your physician (Start Low and Go Slow).

METHOD	FLOWER	INHALATION	ORAL
DOSE	1-3 second draw	1-3 second draw	1-10+ mg START LOW ≤ 2.5mg THC, GO SLOW. Re- dosing wait 2+ Hours.
ONSET	Immediate	Immediate	30 min. to 2+ hrs
DURATION	2 to 4 hours	2 to 4+ hours	Up to 8+ hours
BENEFITS	Smoking flower is the most traditional route of administra- tion and produces relief almost imme- diately. This method also maintains flavor best.	Inhalation produces relief almost imme- diately. Vaporizing is often discreet and available in a variety of device options. Keeps most cannabi- noids intact. Little to no lingering smell.	Oral use is discreet, portable, and one of the longest- lasting routes of administration. It is often easy to consume and measure dosages.

FLOWER

Flowers, also known as nuggets, nugs, or buds, are the most popular delivery form of cannabis due to its versatility. Its consumption methods include being smoked using a pipe or rolling it in a joint. Smoking or vaping is the most efficient method of consuming cannabis.

CONCENTRATES AND EXTRACTS

Concentrates are a category of highly potent products that include various methods of extracted cannabis oil. They are derived from separating the essential oils and cannabinoids from plant material into a concentrated form. Concentrates are used by vaporizing the product either in a cartridge or with a concentrate device which yield a smooth and clean experience. Extracts may also be delivered in an oil, solution, or encapsulated form for multiple routes of administration.

CARTRIDGES

Cartridges, also known as carts, are a pre-filled container of concentrate or cannabis oil. They are offered in multiple formats and are known for being portable, functional, and discreet. A starting dose of 2.5mg THC or less is typically well tolerated. Wait at least two hours before redosing. Consult your physician and product information sheets on potential side effects, Interactions, and contraindications. Try various methods of delivery. Use the diary in this brochure to record which products and strains deliver the most effective relief. Make the diary available to your treating physician and report any unwanted side effects or adverse reactions.

EDIBLES	TOPICAL	SUBLINGUAL
1-10mg START LOW \leq 2.5 mg THC, GO SLOW. Re-dosing wait 2+ Hours.	Dime-size dollop	1-10+ mg START LOW ≤ 2.5mg THC, GO SLOW. Re-dosing wait 2+ Hours.
Up to 1 - 2 hours	5 - 20 minutes	5 - 30 minutes
2 to 8 hours	2 to 4+ hours	2 to 6+ hours
Long-lasting effects. Discreet. Available in a wide range of flavors.	Non-psychoactive. Easy application & very discreet. Long-lasting effects.	When absorbed under the tongue, effects are more immediate. Long- lasting effects. Easy to consume and dose.

EDIBLES

Edibles are not only a broad category of medicine but also a convenient oral route of administration. Edibles get first broken down in the stomach and passed through the liver before releasing THC, CBD, and other cannabinoids into the bloodstream. Edibles are an excellent choice for those seeking a specific level of potency maintained over a more extended period.

SUBLINGUAL/NASAL

Sublingual and nasal have the best of both worlds: Direct blood-stream administration, and quick onset time, while bypassing the lungs.

TOPICALS

Topicals are cannabis-infused lotions, oils, and balms absorbed through the skin to relieve localized pain, soreness, and inflammation. Because they're non-psychoactive, they are perfect for medical customers wanting the therapeutic benefits of cannabis without the cerebral euphoria associated with other delivery methods.



Our Brands



Roll One offers a wide variety of good quality classics without any of the pretentious cannabis hype, because we know that consuming shouldn't be a complicated affair. It's good quality at everyday value. Roll One's products are pure potency and pure value.



Modern Flower is the culmination of everything we've learned about growing flower and represents the here-and-now of modernday cannabis. We looked at everything. We tinkered with everything. We learned a great deal from those that came before us. And the results are incredible. Incredible and trending strains with highly flavorful terpene profiles are the staples of Modern Flower. As well as a consistency that allows us to feel confident we are delivering on quality, time and time again.



For the cannaisseurs. The **Cultivar Collection** is artisanal cannabis grown by flower people for flower people. Curated directly by our Master Growers and most senior cultivators, our unique process is tailor built to bring the very best out of every flower. All Cultivar Collection flower is grown in small dedicated rooms under broad-spectrum LED lighting and held to the highest and most unrelenting of standards to achieve the most exceptional flavors and elevated experiences; the kind of cannabis we've always wanted to see in our communities.



Craveable confections infused with premiumquality cannabis. Get a taste of our delightful bites and experience euphoria for chocolate and gel lovers alike. You know you want some.



Co2lors is a range of tastefully designed vape products. Co2lors offers the best of both worlds. The perfect blend between pure cannabis combined with 100% plant-derived terpenes for delicious flavor. Convenient & Discreet enough to take the flavorful fun with you and beautiful enough to show it off.



The best for your body, each and every day. **Momenta** is a staple for everyday wellness. Make Momenta a part of your daily and nightly ritual. Enjoy more blissful moments by enhancing your connection to the body, mind and spirit.

Our Brand Partners

























Medical Customer Product Journal

1 Date	Product	Strain / Type
Intake Method	Dosage	Onset / Duration
Effects	·	
Notes		

2 Date	Product	Strain / Type	
Intake Method	Dosage	Onset / Duration	
Effects			
Notes			

3 Date	Product	Strain / Type	
Intake Method	Dosage	Onset / Duration	
Effects			
Notes			

4 Date	Product	Strain / Type
Intake Method	Dosage	Onset / Duration
Effects		
Notes		

Use the following to log your cannabis use and track which strains and/or products best suit your needs. Provide to your physician and report any adverse reactions.

5 Date	Product	Strain / Type
Intake Method	Dosage	Onset / Duration
Effects		
Notes		

6 Date	Product	Strain / Type
Intake Method	Dosage	Onset / Duration
Effects		
Notes		

7 Date	Product	Strain / Type	
Intake Method	Dosage	Onset / Duration	
Effects			
Notes			

8 Date	Product	Strain / Type
Intake Method	Dosage	Onset / Duration
Effects		
Notes		



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Intake Method	Dosage	Onset / Duration
Effects		
Notes		

7 Date	Product	Strain / Type
Intake Method	Dosage	Onset / Duration
Effects	·	<u>.</u>
Notes		

8 Date	Product	Strain / Type
Intake Method	Dosage	Onset / Duration
Effects	1	1
Notes		





Cannabis is a unique medicine to purchase, given current federal regulations. While completely legal in Florida for qualified and approved FL medical customers, Medical Cannabis is still considered illegal on the federal level. This means banks often are not fond of handling these types of transactions – even if legal – as they operate on a federal level under federal rulings.

Trulieve has always pushed for medical customers to have accessibility to the relief they need – which includes easy ways to purchase. We also recognize that sometimes using cash can be an inconvenience by requiring a bank trip or some ATM time. We've paved the way with more options to make payment both for pick-ups and delivery orders!

Other Ways to Pay

Currently, aside from cash, we accept two other forms of payment. You may pay with your debit card or the CanPay App, which is linked to your bank account at no cost. Payment happens at the time of delivery or when receiving your pick-up order at the location. There are also ATMs at all locations to further expand medical customer accessibility.

How do I pay with my debit card?

Trulieve now offers medical customers the ability to pay for their pick-up or delivery orders with debit cards. When using this method of payment, we will round to the nearest \$10.00 increment (this will be returned as cash change to you) and a \$3.00 service charge will be applied. For example, purchasing one 3.5g unit of Papaya Cake TruFlower will cost \$53.00. When receiving this order with a debit card it will be rounded to the nearest \$10.00 increment, which is \$60.00. A \$3.00 service charge will be applied for a total of \$63.00. After paying with your debit card for this order \$7.00 will be returned to you in cash as change; the \$3.00 fee will be charged on your bank statement as it would an ATM.

How do I download and pay with the CanPay app?

For downloading onto your cellphone use www.canpayapp.com to download the app and complete the application process. For downloading onto a desktop computer please use **www.canpaydebit.com**.

After the app finishes the download, and you have finished the application forms and linked to your bank account, CanPay will send a test deposit (only a few pennies) to make sure the link is correct and functional. This check can happen within moments after finishing the application or take up to 24 hours depending on your bank. When CanPay finalizes this last step, you will be able to use the app to make a contactless purchase off your phone! There is no service charge when using CanPay, but there is a daily spending limit of \$500.00 (Not every bank allows the \$500 max daily limit). CanPay also offers a custom PIN for each payment for your security.



Download CanPay Desktop





Exchange Program

Florida Exchange Policy

We have the best exchange program in the industry – no question. We know what may work for one medical customer may not be the relief needed for another. With so many options at Trulieve, there is something for everyone. All it takes is some understanding and a little trial and error to find what's best for you.

We stand behind all medicated products, batteries, and accessories sold at our dispensaries. Should a medical customer ever feel there is an issue with their medicine or battery device, we can absolutely accommodate an exchange at any location or via delivery to your home. This exchange would happen at no cost to you. Should a delivery exchange be preferred, there will be no charge for delivery.

- As long as your recommendation is open (not completed or expired), your dispensed milligrams or smokable weight will also be returned and dispensed properly for the new medicines received.
- It does not matter if your medicines (smokable or otherwise) are open or used – they absolutely can be returned or exchanged for a full return of the dispensed smokable weight or milligrams to your recommendation.
- If a product is returned without an exchange, a credit will be added to the medical customer's account and the dispensed smokable weight and milligrams will be returned to your recommendation.

*Trulieve reserves the right to deny exchanges if abuse of the program is determined.

Recycle Program

Through our TruRecycle Program, Trulieve aims to reduce the environmental impact by reducing the amount of plastic waste sent to landfills. Please bring empty Trulieve-branded containers **clean and clear of residue** to your nearby Trulieve store.









Please use this area to jot down notes about your medical cannabis experience.



Florida's first and largest MMTC with locations statewide

Certificates of Analysis from a third-party testing lab are available for all products

Free delivery for orders over \$100 or for medical customers 55 years of age or older with orders over \$50

Ways to Pay: Convenient payment options including debit card, CanPay, and cash

No hassle 100% exchange policy

Learn More at www.Trulieve.com

Elevate your knowledge. Take advantage of our daily deals. Stay highly engaged with personalized updates with new store openings, exclusive products, and more!

NEW TRULIEVE REWARDS IS HERE!

A rewards system that incentivizes your every purchase at your local Trulieve dispensary.

Learn More: trulieve.com/rewards-fl

NEW MEDICAL CUSTOMER DISCOUNT

1st Order: 60% off 2nd Order: 50% off 3rd Order: 40% off

Everyday Wisdom, Pediatric, Veteran, and SNAP Discounts

DOCTOR RECERTIFICATION DISCOUNT

CARD RENEWAL DISCOUNT

*See website for details.

SCAN TO SIGN UP FOR DAILY DEALS



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Cultivate your potential.