greenmeadows

Patient Education Handbook

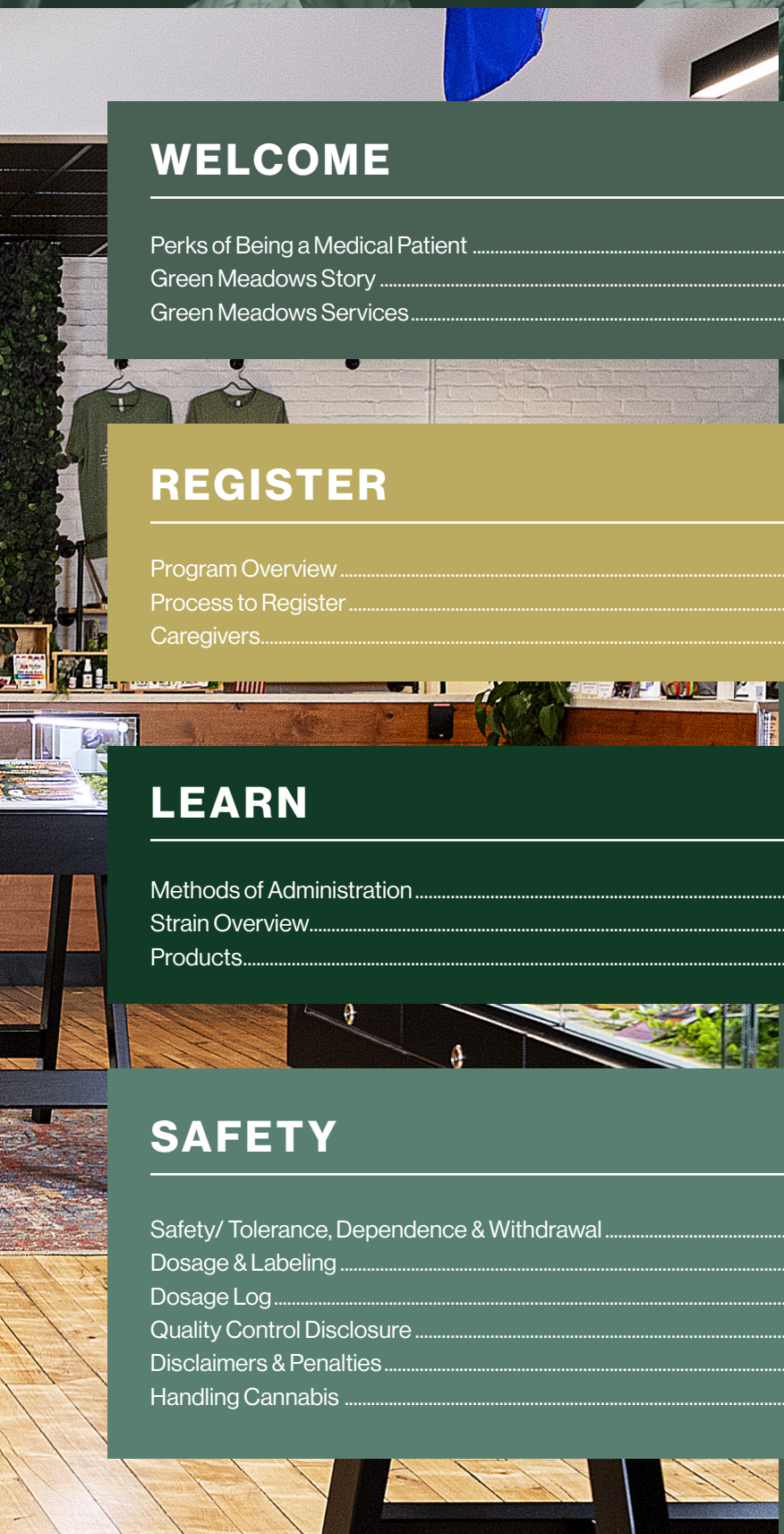


64 MILL STREET | SOUTHBRIDGE, MA | 01550

50 WHALON STREET | FITCHBURG, MA | 01420


greenmeadows
greenmeadows
MIX & MATCH IS BACK!
FLOWER
25% OFF
28 GRAMS
15% OFF
7 GRAMS - 24.5 GRAMS
PREROLLS
2 FOR $21
5 FOR $50
10 FOR $95

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Welcome

TO OUR GREEN MEADOWS MEDICAL PATIENTS

We hope that as you read our story, we can convey our commitment to providing the best and purest medical cannabis to our patients. We know the importance of pain management alternatives, especially to the veteran community. Through our medical program, we strive to prove that our name continues to be associated with a legacy of veteran advocacy and public spirit.

Most importantly, let us support you through this process. Veterans go to the front of the line of employment at Green Meadows. Our customer service team is equipped to understand where you're coming from.

We'll show you the great quality, safety, and service that you deserve.



Perks of Being a Medical Patient



1 VETERAN DISCOUNT–BEST IN MA

30% OFF for all veterans–everyday

40% OFF for all veterans–the 11th and 22nd each month

2 NO 20% SALES TAX

Lower prices across the board

3 DISCOUNTS

Our Patient Certification Program offers four $50 discounts off of purchases greater than $150. Patients who are new to Green Meadows earn an additional 20% off their first purchase and more.

4 EXPANDED MENU

More medical offerings and higher purchase limits

5 ASK US FOR MORE!

Various discount offerings for hardship, seniors, patient referrals, and more!

A Family Legacy of Service and Sustainability

Green Meadows is a family-owned company whose founders hail from generations of military renown. In 1928, George S. Patton and his wife Beatrice purchased a horse farm in Hamilton, Massachusetts, on Boston's North Shore. They named the place "Green Meadows." Patton's son and namesake, George Patton IV retired to Green Meadows in 1980 with his wife Joanne and converted the land to a pick-your-own blueberry farm. It evolved to a commercial farm stand and ultimately to a Community Supported Agriculture Collective offering locally grown organic-certified produce. The Patton family has been committed to sustainable agriculture ever since.

Opening the doors of Green Meadows marks the continuation of this legacy; we strive to bring integrity, quality and responsibility to the production and sale of premium cannabis. But that's only part of our mission. Green Meadows is a place where Patients feel welcome, where our team is proud to work, and where our community can trust that our impact will be positive, supportive and enduring.



A Mission Continued with Cannabis

Along with its organic certification, the Green Meadows name became associated with community giving and veteran support. That legacy spurred the family's interest in cannabis and especially its potential as an aid for PTSD symptoms experienced by veterans and for the relief that many people may gain from cannabis medicine for epilepsy, Crohn's Disease, Multiple Sclerosis, chemotherapy nausea and other ailments. More recently, cannabis has shown promise as a possible alternative to deadly opioids in treating long-term pain.





Staff and Resources

Green Meadows staff are trained, highly knowledgeable and available to answer questions and provide additional resources about the use of cannabis. We encourage Patients and Caregivers to ask questions when they visit the dispensary, via telephone, and through our website.



Consultations

Green Meadows also offers individual appointments for in-depth, one-on-one discussions to learn about the different ways that Patients can use and apply cannabis products. Please note, however, that on-site consumption, even for demonstration purposes, is strictly prohibited on Green Meadows' premises.



Accommodation Services

Green Meadows is committed to serving Patients and Caregivers with special needs. Green Meadows offers interpreter services in several languages, including for the visually and hearing-impaired.

Register

FOR ACCESS

WHAT IS YOUR MEDICAL PROGRAM LIKE?

HOW DO I REGISTER?

WHAT IS A CAREGIVER?



Medical use of Marijuana Program

In 2012, 63% of Massachusetts voters approved Question 3, "An Initiative Petition for a Law for the Humanitarian Medical Use of Marijuana," establishing legal protection for medical cannabis Patients, caregivers, physicians and medical professionals, cultivators, and providers. Registered Patients and their designated caregivers may possess up to a 60-day supply of usable cannabis, defined as 10 ounces. Some protections for Patients and Caregivers began January 1, 2013 including limited rights to cultivate their own medicine.

In 2014, the Department of Public Health (DPH) began issuing ID cards for Patients and Caregivers and granting licenses for cultivation, product manufacturing and retail operations. "Registered marijuana dispensaries" are licensed to both grow and sell medical cannabis and are required to provide medicine at discounted rates for low-income residents. The Cannabis Control Commission issues hardship cultivation licenses to Patients and Caregivers who can demonstrate hardship qualifications.

For additional information on the Medical Marijuana Program, visit the Commission's website:

www.mass.gov/orgs/medical-use-of-marijuana-program



1 ACQUIRE CERTIFICATION FROM A HEALTHCARE PROVIDER

Schedule an appointment with a Certified CNP, a Certifying Physician or a Certifying Physician Assistant ("Certifying Healthcare Provider"). Expenses may be lowered or waived if you are a veteran, have a disability or if you can provide evidence of financial hardship.

Be prepared with the appropriate medical records and a valid form of identification. Be sure to ask for information about the Medical Use of Marijuana Program and be honest with your physician.

After you are certified, you will receive an email from the Massachusetts Cannabis Control Commission (CCC) containing a 4-digit pin number alongside instructions on what to do next.

Your certification may not expire for up to a year; however, it is ideal to follow-up 2 months prior to its expiration date.

*Doctors who would like to become a part of the Medical Use of Marijuana Program can do so by following these instructions. https://www.mass.gov/doc/policy-on-sale-of-accessories-at-registered-marijuana-dispensaries/download



2 REGISTER YOUR PIN NUMBER WITH THE STATE OF MASSACHUSETTS

To proceed, you will need:

Identification



The **pin number** that was emailed to you



A **square photo** of yourself (If you are using a MA driver's license or photo ID, the photo will be taken automatically, and you will not have to upload another.) This photo should be color, in .jpg format and with a white background. Do not wear glasses or smile in the photo.



Photo identification (MA Driver's license, state ID, Military ID, or US Passports are acceptable)



Proof of Massachusetts residency (professional license, car insurance, vehicle registration, utility bills, mortgage/lease agreements, marriage certificate or first-class mail less than 60 days old from a state/federal agency are all acceptable)

Temporary Agent Registration Card



Lastly, print out your **temporary agent registration card.**

While pending receipt of the Patient Registration Card, a patient is limited to one 14-day temporary registration during any 365-day period, unless otherwise approved by the Commission.

During that time, no more than 2.5 ounces of cannabis may be dispensed to a patient with a 14-day temporary registration except that your Certifying Healthcare Provider may determine and certify you require an amount of cannabis other than 2.5 ounces as a 14-day supply.

Register

You may register using a paper registration form or online with the MassCIP Portal system. To request a paper registration form, please call (833) 869-6820. We suggest registering online, as it should take less time to process. If you are planning to register online, you will also need a scanner or device that can upload and save the required documents to your computer in JPG or PDF format no larger than 2 MB.

3

RENEWING YOUR PATIENT STATUS

Keep in mind that in order to sustain your patient status, you will need to renew your credentials in a timely fashion. To make sure these dates do not sneak up on you, create a personal timeline for each re-registration period. After obtaining a Registration Card, you are responsible for notifying the Commission within five business days after any change to the information that you previously submitted to the Commission, or after you discover that your Registration Card has been lost or stolen.

Certified Healthcare Provider Referral –Your certification is valid for the designated amount of time that your Certified Healthcare Provider has determined. It can last anywhere from 15 days to a year. We recommend scheduling an appointment to renew your certification several months prior to the expiration date. You can find out when your certification expires on the MassCIP or in the certification documents provided to you by your Certified Healthcare Provider.

State Registration –Your state registration is valid for one year. The date of expiration can also be found on the MassCIP, where you will also be able to re-register. We recommend doing this up to 60 days prior to your expiration date.

Patient Identification Card –Your card is valid for one year and the expiration date will appear on the face of the card. You can also re-register on the MassCIP up to 60 days prior to the expiration date.

For more information about becoming a patient, explore the Medical Marijuana Program at Mass.Gov/Orgs/Medical-Use-Of-Marijuana-Program



MassCIP–Your Information Locker

Your personal information and Medical Marijuana Card-Holder status will be stored in the MassCIP. Be sure that it is updated accordingly and promptly if any of the information changes. This is also where you will renew your registration annually.

YOU CAN BEGIN THE RE-REGISTRATION PROCESS 60 DAYS PRIOR TO EXPIRATION.

Some Patients may want to consider designating a personal Caregiver who can assist the Patient with their medical use of cannabis. In fact, Patients may designate up to (2) individuals to serve as their Caregivers. Each individual Caregiver may serve up to five Registered Qualifying Patients at a time.

Here are some of the ways that Caregivers can provide helpful assistance to Patients:

- Transporting a Patient to and from a dispensary
- Obtaining and transporting cannabis products from a dispensary on behalf of a Patient
- Preparing cannabis for consumption by a Patient
- Administering cannabis to a Patient

21+

Caregivers must be 21 years of age or older and may not receive compensation for their service. An individual Caregiver may serve up to five Registered Qualifying Patients at a time.

The easiest way to register someone as your Caregiver is online via the Cannabis Control Commission's website. The Caregiver will need to upload a valid driver's license or government-issued ID and a passport-style photo. There is no fee to register as a Caregiver.



Learn

ABOUT TREATMENT

WHAT SHOULD I KNOW ABOUT CANNABIS TO GET STARTED?

WHAT ARE THE CANNABIS PRODUCTS OFFERED AT GREEN MEADOWS?

Green Meadows offers a broad range of products and is constantly updating its selection. Green Meadows menu is available online at **www.greenmeadows.com**



There are many ways to administer cannabis to achieve a desired effect, and there are several factors that impact the effects felt by each Patient. Cannabis is generally inhaled by smoking or vaping, or ingested orally in the form of tinctures, oils, edibles, or can be applied topically.



Smoking cannabis is the most popular consumption method and has the quickest effect. As the user inhales, the cannabinoids are introduced into the bloodstream, having an almost instant effect. The effects can last anywhere from ninety (90) minutes to several hours, and peak effects are usually felt after thirty (30) minutes.



Vaporizing is an alternative way to inhaling cannabis. Rather than smoking, vaporizing, or "vaping," involves heating the cannabis flower or concentrates to a temperature that produces vapor without combustion. Vaping eliminates many of the harmful carcinogens and tars that are often present in smoke. After smoking or vaping cannabis, Patients should wait at least thirty (30) minutes before increasing their dose.



Ingesting cannabis is a popular administration method for Patients who prefer not to smoke or vape and are looking for longer lasting effects. Usually, food products such as chocolates, lozenges, or capsules are infused with cannabis extracts that can be swallowed. These products are referred to as Marijuana Infused Products or "MIPs." New users should start with a small dose and wait two (2) hours before increasing the dosage. Patients should consult with their physicians regarding a proper cannabis dose for MIPs consumption.



Topical Application of infused products to the skin allows some Patients to achieve the desired effect of cannabis. With topicals, the cannabis is absorbed through the Patient's skin to achieve the desired effect. Often, topicals do not produce psychoactive effects or a "high" for Patients.



Overview of Cannabis Strains and Cannabinoids

The documented use of cannabis dates back thousands of years. Cannabis comes in many different forms such as dried flower, oils, tinctures, topicals, and marijuana infused products ("MIPs") in edible or concentrate form. Each strain of cannabis contains different types of cannabinoids with varying effects. Green Meadows offers several different strains of cannabis to accommodate the needs of every Patient.



The cannabis plant is typically classified into four groups:

1. SATIVA
2. INDICA
3. HYBRID
4. CANNABIDIOL (CBD)

Each group is made up of a variety of strains, all with different cannabinoid makeups or profiles

Sativas are reported to increase energy and appetite while also elevating the Patient's mood and focus. It is generally recommended for daytime use.

Energy and appetite

Indicas are reported to promote relaxation as well as reduce anxiety and promote sleep. Indicas are usually recommended for evening use.

Reduce anxiety and promote sleep

Hybrids strains are produced when cultivators cross-breed different indica and sativa strains to maintain the desired traits and breed out the undesired to meet specific needs.

Desired effects based on strain

The first cannabinoid to be identified was **Tetrahydrocannabinol ("THC")**, which is known to produce psychoactive effects or the feeling of being "high." Apart from its recreational use, it can be used to relieve pain, reduce vomiting and nausea, reduce inflammation, aid sleep, reduce muscle spasms, relieve anxiety, and stimulate the Patient's appetite.

Feel high, Relieve Pain, Reduce Nausea

Cannabidiol ("CBD") is another cannabinoid with varying benefits that produces very little to no psychoactive effects or "high." Reported therapeutic uses include pain relief, killing or slowing bacteria growth, reducing blood sugar levels, reducing seizures, relieving anxiety, and inhibiting tumor and cancer growth.

Reduce seizures, Relieve anxiety

Other cannabinoids such as **Cannabichromene ("CBC"), Cannabigerol ("CBG"), Cannabinol ("CBN"), Tetrahydrocannabinolic Acid ("THCA"), and Tetrahydrocannabivarin ("THCV")** are reported to have varying benefits as well. Some of these benefits include suppression of appetite, aiding sleep, reducing risk of artery blockage, nervous system protectants, suppressing muscle spasms, modulating the immune system, and relieving pain.

Various Effects

Cannabis Flower for Smoking and Vaporizing

Green Meadows offers a wide variety of cannabis strains and products for Patients and Caregivers. Strains will be consistently available and reviewed on an ongoing basis based on feedback from Patients and Caregivers and overall demand.



CHEM FUEGO

SOUR DIESEL X HEADBAND X CHEMDOG '91

EFFECTS	FLAVOR	TERPENES
Energetic	Citrus	B-Caryophyllene
Focused	Sweet	Limonene
Creative	Pine	Linalool



PUNCHBERRY COOKIES

PBC X END GAME X PUNCHLINE

EFFECTS	FLAVOR	TERPENES
Relaxing	Fruit Punch	B-Caryophyllene
Sedating	Cherry	Limonene
Uplifting	Strawberry	Nerolidol



GUMMY BUNS

BISCOTTI X GREASE MONKEY

EFFECTS	FLAVOR	TERPENES
Relaxing	Lemon	B-Caryophyllene
Calming	Sweet	Limonene
Creative	Candy	Nerolidol



STRAWBERRY GELATO

GELATO 33 X STRAWBERRY PIE

EFFECTS	FLAVOR	TERPENES
Energetic	Sweet	B-Caryophyllene
Focused	Earthy	Limonene
Creative	Strawberry	Linalool

We are always updating our cultivation program to bring you the highest quality whole flower selection. Please see our menu in store or online for the most current list of available Green Meadows strains.



Marijuana Infused Products (MIPs)

MIPs provide an alternative method for consuming cannabis. MIPs are an attractive alternative for Patients who are unwilling to smoke as they do not irritate the throat. In many cases, MIPs offer a longer lasting effect.



Capsules

Ethanol extract, CO2 extract, or Distillate are blended with a carrier oil such as coconut or avocado oil to a known concentration. The oil is packaged in capsules at known concentrations/amounts for controlled and consistent dosing. Capsules have THC servings sizes of 2.5 mg/serving or 5 mg/serving and packages will be available in total dosages of 20 mg and 100 mg. Higher potency servings are also available for our medical Patients.



Chewables

Ethanol extract, CO2 extract, or Distillate are evenly blended with an edible, chewable base and divided into consistent portions of known concentrations/amounts of cannabinoids. Chewables have servings sizes of THC of 2.5 mg/serving or 5 mg/serving and packages will be available in total dosages of 20 mg and 100 mg. Higher potency servings are also available for our medical Patients.



Lozenges

Ethanol extract, CO2 extract, or Distillate are evenly blended with a dissolvable lozenge base and divided into consistent portions of known concentrations/amounts of cannabinoids. Lozenges have servings sizes of THC of 2.5 mg/serving or 5 mg/serving and packages will be available in total dosages of 20 mg and 100 mg. Higher potency servings are also available for our medical Patients.



Chocolates

Ethanol extract, CO2 extract, or Distillate are evenly blended with a chocolate base and divided into consistent portions of known concentrations/amounts of cannabinoids. Chocolates contain between typically 2.5 mg- 100 mg of THC / serving. Higher potency servings are also available for our medical Patients.



Beverages

Ethanol extract, CO2 extract, or Distillate are nano emulsified with a water/juice base and blended into consistent portions of known concentrations/amounts of cannabinoids with either a juice or coffee beverage. Juice/coffee shots have servings sizes of THC of 2.5 mg or 5 mg/serving and packages will be available in total dosages of 20 mg and 100 mg. Higher potency servings are also available for our medical Patients.



Concentrates

Hash, oils, and waxes designed for Patients who prefer to smoke or vaporize small amounts of highly concentrated cannabis to receive the complete effect. Concentrates allow for a fast onset without the need to smoke excessive amounts of cannabis.



CO2 Extracted Hash Oil

Flower or Trim are used in a closed loop Super Critical Fluid CO2 extractor to isolate Terpenes and Cannabinoids. This oil can be further refined through dewaxing/filtering. CO2 extract can be sold as a Patient product in concentrate containers or vaporizer cartridges (vape carts). CO2 extract is typically packaged into 0.5g and 1g containers; however, it may be common to have final product in 250mg, 500mg, 2g, 3g, or 5g packages. CO2 extract can also be used as input for distillation or infused products.



Ethanol Extracted Hash Oil

Flower, Trim, Dry Sift, or Bubble Hash are submerged in Ethanol and filtered. The Ethanol is removed, and the purified extract can be packaged as a final Patient product in dab jars as shatter, wax, or in vape carts. Ethanol extract can be used as input for distillation or infused products.



Rosin

Either Flower, Bubble Hash, or Dry Sift is placed into a filter and heat and pressure are applied. The desirables are filtered out and captured while the undesirables are retained in the filter. The final product is typically packaged into 1g containers; however, it may be common to have final product in 2g, 3g, or 5g packages as well.



Dry Sift

Either Flower or Trim is mechanically vibrated on a series of screens to separate plant material from resin glands. The Dry Sift is typically packaged into 1g containers; However, it may be common to have final product in 2g, 3g, or 5g packages.



Bubble Hash (Ice Water Extract)

Either Flower or Trim is submerged in ice water and agitated. The water is strained through a series of filters to separate the plant material from the resin glands. Bubble Hash is typically packaged into 1g containers; however, it may be common to have final product in 2g, 3g, or 5g packages.



Distillate

Ethanol extract or CO2 extract are filtered and refined, then heated to specific vapor points under vacuum. Various purified fractions are collected and used in vape carts, dab jars, and infused products. Distillate will be sold in 250mg, 500mg, 1000mg vape carts, or 250mg, 500mg, 1 g, 2g, 3g, or 5g containers.



Vaporizer Cartridges (Vape Carts)

Ethanol extract, CO2 extract, or Distillates are packaged into 250mg, 500mg, or 1000mg cartridges. Vape carts will be filled with extract in its pure form or extract blended with plant-derived terpenes.



Tinctures

Tinctures are liquids, usually vegetable glycerin, that have been infused with cannabis over a period of time (anywhere from 30-180 days.) The cannabis is strained from the liquid and then administered to the Patient using an eyedropper to place the liquid under the tongue. Tinctures are easy to administer, discreet, and are not intimidating for elderly Patients who have difficulty swallowing. Doses are easily measured and tend to be more consistent than edibles. Tinctures do not negatively impact the lungs.



For products hosted at Green Meadows: Ethanol extract, CO2 extract, or Distillate are blended with a carrier oil such as coconut or avocado oil to a known concentration. The oil is packaged in a container with a dropper for controlled dosing. Tinctures may be blended with terpenes or flavorings. Tinctures will be packaged in 25 mg, 50 mg, 100 mg, 500 mg, 1000 mg, 3000 mg, and 5000 mg containers. Higher potency servings are also available for our medical Patients.

Topicals

Ointments, sprays, lotions, transdermal patches, and balms are beneficial for treating acute pain in different regions of the body. Topicals have a delayed onset effect but can last for up to eight (8) hours for some Patients. Topical treatments do not have any known negative effects on the lungs or throat. Lotions generally appeal to Patients who are used to using lotions to treat arthritis or acute pain. Topical cannabis treatments generally have no psychoactive effect or “high,” but rather only a therapeutic effect on the Patient’s specific condition.

For products hosted at Green Meadows: Ethanol extract, CO2 extract, or Distillates are nano emulsified with a topical base such as jojoba or avocado oil and blended into consistent portions of known concentrations/amounts of cannabinoids with either a topical lotion or balm. Lotion portions will be available in 50mg, 100mg, and 150mg bottles.



Pain Sticks

Ethanol extract, CO2 extract, or Distillate are nano emulsified with a pain stick base such as beeswax. These ingredients are then blended together to form a hard pain stick that typically softens when warmed. Pain sticks can be topically applied in a controlled and local manner. Pain sticks will be available in 50mg, 100mg, and 150mg sticks.


GREEN MEADOWS FARM
Organic Vegetables & Meat
Established 1981
greenmeadows
greenmeadows
swivel. pivot. pop.

Paraphernalia

Classic vaporizers, portable vaporizers, vaporizer pens, volcano vaporizers, digital vaporizers, water pipes, smoking pipes, and rolling papers.

Different forms of cannabis require different paraphernalia for consumption and use. Green Meadows will offer a wide range of options allowing Patients to determine the consumption method that meets individual needs.

Related Supplies

- Grinders, scales, rolling machines, rolling trays, rolling boxes, rolling mats, filters, flavoring for flowers, cleaning accessories, lighters, vaporizer replacement parts, air fresheners, air purifiers, storage jars, lockboxes, and other secure or inconspicuous containers for storage of cannabis.
- These supplies will assist Patients with the storage, consumption, rationing, titration, and dosing of the various forms of cannabis. Cannabis container and storage supplies will ensure that the Patient's cannabis is stored



First Time Patient Program

20%

Medical patients who are new to Green Meadows earn an additional 20% off their first purchase. The First Time Patient discount can be combined with other status discounts, up to 40% off!

Patient Certification Program

$200

Medical patients enrolled in the Green Meadows "Patient Certification Program" can receive $200 off medical cannabis purchases every year, first with a new certification and then annually upon certification renewal. The $200 discount is granted in the form of four $50 "Patient Certification Program" discounts. These can be used as part of the patient's first four transactions at Green Meadows with a minimum $150 purchase for each transaction. The first $50 off discount must be used within 30 days of a new certification or annual renewal. The "Patient Certification Program" discount cannot be used more than once per day. "Patient Certification Program" discounts cannot be combined with any other discounts.

Refer a Friend Program

$5

Refer a friend to become a medical patient or guest with Green Meadows and you both receive a $5 discount.

*Stackable with Status Based Discounts. Enrollment in Harvest Club Required**

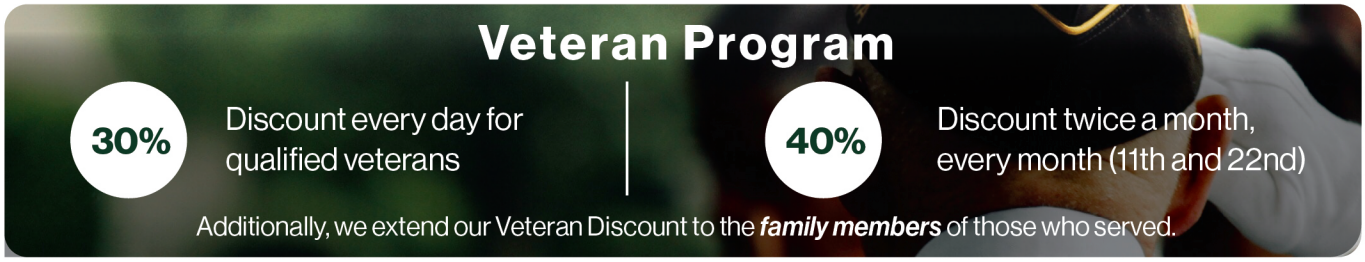
HARVEST CLUB

Ask your GSA for the most up-to-date reward offerings!

40%

Stack your Discounts!

You are able to stack the following discounts for up to a maximum of 40% off.



Veteran Program

30% Discount every day for qualified veterans

40% Discount twice a month, every month (11th and 22nd)

Additionally, we extend our Veteran Discount to the ***family members*** of those who served.

Financial Hardship	Local Resident	Industry Employee	Senior Citizen (65+)	Students **with proof of enrollment**
15%	**5%**	**10%**	**10%**	**10%**
	Ask a GSA for qualifying towns.			

Promotions

$1



Birthday Discount

$1 Regular 1g Preroll

Green Meadows only*



Patient Appreciation

Green Meadows may offer one-off discounts and promotions for all medical patients

Safety & Responsibility

WHAT DO I NEED TO KNOW AS A MEDICAL CANNABIS PATIENT TO KEEP MYSELF AND OTHERS SAFE?

WHAT ARE MY RESPONSIBILITIES IN POSSESSION OF MEDICAL CANNABIS?



Safety

- Cannabis products should be kept in their original childproof/tamper-proof packaging and stored separately from other food.
- Patients should speak with a healthcare provider before using cannabis, especially if they are using medications.
- Patients have reported a variety of side effects associated with the use of cannabis including dry mouth, dizziness, paranoia, anxiety, slowed reactions times, and impaired motor skills. Side effects can vary for different Patients and Caregivers.
- It is illegal to drive under the influence of cannabis (M.G.L. c.90, s.24).
- The use of cannabis and cannabis products is strictly prohibited in public spaces including on the premises of Green Meadows.
- Cannabis should also be kept away from children and stored under lock and key to avoid accidental ingestion. Patients and Caregivers need to always be responsible for the safe storage of cannabis and cannabis products.

Tolerance, Dependence & Withdrawal

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

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

A physical dependence on cannabis has not been substantiated by extensive research, but frequent or heavy use of cannabis can lead to increased tolerance resulting in the need for higher doses and different strains. For additional information on tolerance, dependence and withdrawal, visit **https://drugabuse.com/drugs/marijuana/how-to-help-an-addict/**

HelpGuide.org is a non-profit dedicated to improving mental and emotional health and provides resources to recognize abuse and addiction. HelpGuide provides a guide to common signs and symptoms of drug abuse and addiction. Addictions signs include increased tolerance, using drugs to avoid withdrawal, life revolving around drug use, abandonment of activities previously found to be enjoyable, extended use, and loss of control. For more information about substance abuse and addiction, visit **https://www.helpguide.org/home-pages/addictions.htm**

Locally you can visit https://helplinema.org/ or call (800) 327-5050 to access the Massachusetts Substance Abuse Hotline.

Start Low & Go Slow

Monitor Effects & Take Your Time

Green Meadows recommends **5 mg or less** as a starting dose when consuming MIPs. It is important for Patients to wait the appropriate amount of time before consuming more to reach the desired effect. Patients should start with a low dose and should not increase it until they know the impact and the timing it takes to reach such impact. A common mistake with MIPs consumption is taking too high of an initial dose. Such mistakes can be avoided if Patients "start low and go slow" and carefully monitor the effects.

Remember Potency

Understanding Your Tolerance

Different products will vary in potency, cannabinoid profile, and effects. Patients and Caregivers should experiment to find the ideal dose for their desired effects and are encouraged to keep a log of consumption, methods, and effects. A Patient's tolerance will vary based on a variety of factors that include weight, body chemistry, and metabolism. All cannabis products will be lab tested and clearly labeled to ensure consistent dosing and packaging.

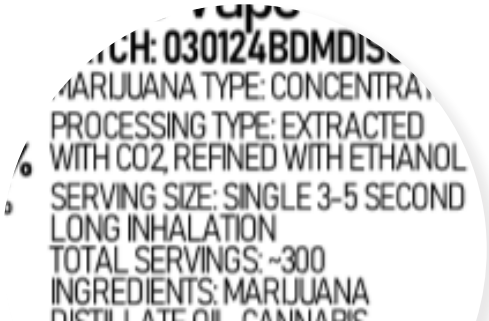
EXAMPLE



Labels are Key

Ensure Dosage & Cannabinoid Profile

The labels on cannabis products will outline the product's cannabinoid profile and dosage information. Patients and Caregivers should read the labels before purchasing and using cannabis to ensure they have the correct and desired products and doses. Patients and Caregivers should consult a Green Meadows Guest Service Associate if they have additional questions.



Some Considerations

Timing, Drug Use, Operating Vehicles, Pregnancy

When consuming MIPs, it is recommended that Patients do so on a full stomach to decrease the intensity of the effects. It is also recommended that cannabis should not be used in conjunction with alcohol or other drugs, and Patients should not operate a vehicle or machinery while using cannabis. For people who are pregnant, there may be additional health risks associated with the consumption of cannabis. All Patients should consult with their physicians about health and safety risks associated with using cannabis.

Strains and Product Tracking

Try out our Example Dosage Log to Keep tabs on your Medicinal Cannabis

EXAMPLE

Date	Product	Strain	Method of Use	Dosage	Onset/Duration	Effects
6.23.24	Flower	Sativa	Smoked	2 puffs	Immediately/2 hours	Helped with chronic pain
Notes	This strain helped to ease my chronic pain and had the added benefit of making me feel calm. I'd try the same					

Date	Product	Strain	Method of Use	Dosage	Onset/Duration	Effects
Notes						
Date	**Product**	**Strain**	**Method of Use**	**Dosage**	**Onset/Duration**	**Effects**
Notes						
Date	**Product**	**Strain**	**Method of Use**	**Dosage**	**Onset/Duration**	**Effects**
Notes						
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QUALITY CONTROL DISCLOSURE

Green Meadows is committed to providing the highest quality cannabis to its Patients and Caregivers. In furtherance of that commitment and in compliance with state law, Green Meadows utilizes an independent testing laboratory to test samples from all of the cannabis that Green Meadows produces. Such testing ensures that all cannabis and cannabis products are free from contaminants such as mold, mildew, heavy metals, plant-growth regulators, and pesticides. Green Meadows has a Quality Control Procedure in place to address test results showing contamination, which is described below.

Contamination Investigation Procedure

Green Meadows will ensure that all cannabis and cannabis products for dispensing have been tested for the presence of contaminants, including but not limited to mold, mildew, heavy metals, plant-growth regulators, and pesticides. All such testing will be done by an independent laboratory with which Green Meadows maintains a contractual relationship.

If sampling test results indicate contamination, Green Meadows will initiate its Contamination Investigation Procedure:

1. Green Meadows will internally document the initial contamination information, including:
    a. The batch number from which the tested sample was taken;
    b. The contaminant detected; and
    c. Date of sample test.
2. If the contaminant is a material introduced during cultivation or processing, Green Meadows will review protocols and procedures for the application of such chemical to determine the cause of the presence of excessive testing levels. The results of such investigation will be recorded with the internal contamination documentation, and any necessary alterations to Green Meadows procedure or infrastructure will be made to applicable Green Meadows operational manuals or physically implemented, as necessary. Furthermore, Green Meadows will implement any training or retraining on protocols related to the contamination, as applicable.
3. If the contaminant is a foreign substance not intentionally introduced by Green Meadows, Green Meadows will undertake an investigation to determine the following:
    a. Where the contamination occurred;
    b. When the contamination occurred;
    c. The root cause of the introduction of the contaminant; and
    d. Remedial steps to prevent future contamination.

The results of such investigation will be recorded with the internal contamination documentation, and any necessary alterations to Green Meadows procedure or infrastructure will be made to applicable Green Meadows operational manuals or physically implemented, as necessary. Furthermore, Green Meadows will implement any training or retraining on protocols related to the contamination, as applicable.

Based on Green Meadows investigations of any contamination, Green Meadows will determine all affected cannabis and immediately segregate and destroy all contaminated cannabis in accordance with Green Meadows cannabis waste disposal procedures.

Please read this non-exhaustive list of disclaimers and penalties as a Green Meadows medical patient.

Contamination Investigation Procedure

- Cannabis has not been analyzed or approved by the FDA. There is limited information on the side effects of cannabis, and there may be health risks associated with using cannabis. Cannabis and cannabis products should be kept away from children.
- When under the influence of cannabis, driving is prohibited by M.G.L. c. 90, § 24, and machinery should not be operated.
- Patients and Caregivers may not sell cannabis to any other individual; only Marijuana Retailer Establishments licensed by the Commission may sell cannabis and cannabis products directly to Patients and Caregivers.
- Selling cannabis to others is illegal and a first-time offense (under 50 pounds) may be punishable by up to 2 years imprisonment / $5,000 fine. Subsequent offenses may be punishable by up to 2.5 years imprisonment / $10,000 fine.
- Possessing more than the legal limit (1 oz.) outside your home may be penalized by up to 6 months imprisonment / $500 fine.
- Failure to keep cannabis and cannabis products in excess of one ounce locked up within the home may be punished by a civil penalty of up to $100 and forfeiture of the cannabis.
- The civil penalty for consuming cannabis in public or smoking cannabis where smoking tobacco is prohibited is up to $100.
- An individual may receive a civil penalty of up to $500 for having an open container of cannabis in the passenger area of a vehicle while on the road or at a place where the public has access.
- An adult may not grow cannabis plants where the plants “are visible from a public place.” A violation of this section is punishable as a civil offense with a penalty not to exceed $300 and forfeiture of the cannabis.
- A person who is at least 21 years of age and who cultivates more than 6, but not more than 12, cannabis plants, or who possesses an amount of cannabis outside of his or her place of residence having a weight of more than 1 ounce, but not more than 2 ounces, shall be subject only to a civil penalty of not more than $100 and forfeiture of the cannabis

not allowed.

- Individuals who knowingly and intentionally supply, give, or provide cannabis, cannabis products, or cannabis accessories to a person, under 21 years of age, either for the person's own use or for the use of the person's parent or another person, shall be subject to a civil penalty of not more than $2,000 or imprisonment for not more than one year or both the fine and imprisonment.
- Individuals who knowingly and intentionally allow a person under 21 years of age (except for the children and grandchildren of the person charged) to possess cannabis, cannabis products, or cannabis accessories on-premises or property owned or controlled by the person charged shall be subject to a civil penalty of not more than $2,000 or imprisonment for not more than one year or both the fine and imprisonment.
- An individual under 18-20 years of age (unless a patient with a registration card for medical use of cannabis) that purchases or tries to purchase cannabis, cannabis products, or cannabis accessories shall be subject to a civil penalty of not more than $100 and completion of a drug awareness program.
- An individual under 18 years old that purchases or tries to purchase cannabis, cannabis products, or cannabis accessories shall be subject to a civil penalty of not more than $100, completion of a drug awareness program, and notification of parent or legal guardian. Failure to complete a drug awareness program within one year of an offense may be basis for delinquency proceedings.
- An individual 18-20 years of age that alters, defaces, or otherwise falsifies identification (ID) offered as proof of age with the intent of purchasing cannabis, cannabis products, or cannabis accessories shall be subject to a civil penalty of not more than $100 and completion of a drug awareness program.
- An individual under 18 years old that alters, defaces, or otherwise falsifies ID offered as proof of age with the intent of purchasing cannabis, cannabis products, or cannabis accessories shall be subject to a civil penalty of not more than $100, completion of a drug awareness program, and notification of parent or legal guardian. Failure to complete a drug awareness program within one year of an offense may be basis for delinquency proceedings.
- Individuals who knowingly and intentionally allow a person under 21 years of age (except for the children and grandchildren of the person charged) to possess cannabis, cannabis products, or cannabis accessories on-premises or property owned or controlled by the person charged shall be subject to a civil penalty of not more than $2,000 or imprisonment for not more than one year or both the fine and imprisonment.

Note that this is not an exhaustive list of all penalties associated with any illegal possession, distribution, or production of cannabis.

Handling Cannabis and Cannabis Products

Patients and Caregivers may possess up to 10 ounces of cannabis on their person, except that not more than 5g of cannabis may be in the form of cannabis concentrate. At home, Patients may possess up to 10 ounces of cannabis (and any cannabis produced by plants cultivated on the premises in accordance with plant limits).



For a Registered Qualifying Patient or Caregiver certified for 60 days or longer as determined by their Certifying Healthcare Provider, the amount of Cannabis dispensed, including Cannabis contained in MIPs, shall be no more than a 60-day supply in each 60-day period. (For example: A Patient or Caregiver with a 60-day supply of ten ounces who is certified for 90 days may receive up to 10 ounces in the first 60 days and 5 ounces in the remaining 30 days, while a Patient or Caregiver certified for 180 days may receive up to 10 ounces in each 60-day period.)



Any amount of cannabis or cannabis products over 1 ounce kept within an individual's place of residence must be secured by a lock. Green Meadows recommends that individuals always keep cannabis locked and secure away from children and pets. To ensure the quality of cannabis, store it in a dark, dry, and cool place.



The law allows an individual over 21 years of age to grow up to 6 plants in their home. If there are other individuals over 21 years of age living in the residence who wish to grow, the maximum number of plants that may be grown in a residence is 12 plants.



A Registered Qualifying Patient may possess up to 12 flowering plants and up to 12 Vegetative plants, excluding clones and cuttings. If one or more Qualifying Patients and Caregivers collectively require more than this amount at one residence to maintain a 60-day supply, then a Hardship Cultivation Registration is required.



The plants must be grown in an area that is equipped with a lock or security device. The plants cannot be visible from a public place without the use of binoculars, aircraft, or other optical aids. An individual cannot produce cannabis-based extracts or concentrates at home by means of any liquid or gas, other than alcohol, that has a flashpoint below 100 degrees Fahrenheit.



Cannabis consumption is not permitted in public, and furthermore, consumption is not permitted in or around Green Meadows facilities. Patients and Caregivers and Patients are not allowed to traverse state lines with cannabis or cannabis products.

greenmeadows



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