

botanica

Consumer Education Guide



A Cannabis Primer

Whether you're new to using cannabis or are a seasoned pro, in this document we'll outline top-level information regarding strain selection, chemical compounds found in marijuana, and how our bodies process those compounds. We'll also review common consumption methods and potential risks. At the end of this guide you'll find several resources, including a log if you wish to track the efficacy of your cannabis use.

Please note that everything in this guide is for informational purposes only and does not constitute medical advice. For specific advice relating to medical conditions, please consult a medical professional. For all other questions, our team at Botanica is happy to assist. Stop by the store or send us an email at hi@botanica.us. We're excited to support you on your cannabis journey!

Strains

Cannabis types have been traditionally defined by two primary classifications of plants: indica and sativa. Each species has its own distinct set of physical plant characteristics, as well as effects that we feel after consumption.

Today most cannabis strains are a hybrid species, a cross-breeding between indica and sativa. Most brands still classify products based on indica, sativa, or hybrid. This is simply a reflection of the plant's specific botanical lineage.

All products at Botanica can be classified into one of these three strain groups. Having knowledge about specific types of strains can help you shape your experience.

Sativa

Physically, sativa cannabis plants are tall and thin, with narrow leaves that are typically lighter green in color. Originally from Colombia, Mexico, Thailand, and Southeast Asia, these plants grow quickly, can reach heights of twenty feet, and take 10-16 weeks to mature after flowering has begun.

Sativa strains are often associated with being energetic and social. You may feel cerebral or euphoric. Due to these characteristics, sativas are generally better for daytime use and are considered energizing and stimulating strains.

Common sativa strains include Green Crack, Sour Diesel, Jack Herer, Blue Dream, Fruit Spirit and others.

Benefits and properties of sativa strains include:

- ✓ Increasing focus and creativity
- ✓ Reducing nausea
- ✓ Reducing depression
- ✓ Reducing pain awareness
- ✓ Relieving headache and migraines
- ✓ Supporting a strong immune system
- ✓ Stimulating the appetite

Indica

Physically, indica cannabis plants are short and dense, with broad leaves that are typically darker green in color. Originally from Afghanistan, Morocco, and Tibet, these plants take 6-8 weeks to mature after flowering has begun.

Indica strains are often associated with being relaxed or even lethargic.. You may feel sleepy. Due to these characteristics, indicas are generally better for nighttime use and are considered relaxing and soothing strains.

Common indica strains include Granddaddy Purple, Blueberry, Northern Lights, King Louis, and others.

Benefits and properties of indica strains include:

- ✓ Increasing focus and creativity
- ✓ Reducing inflammation
- ✓ Relaxing spasms
- ✓ Reducing pain awareness
- ✓ Reducing intraocular pressure
- ✓ Aiding in a restful sleep
- ✓ Stimulating the appetite

Hybrid

Strain crosses, or hybrids, result from cross-pollination of various strains. The characteristics and effects of one strain will usually be dominant. For example, indica-dominant crosses are good for pain relief, with the sativa component boosting energy and activity levels. Sativa-dominant crosses are good for stimulating appetite, while the indica component helps reduce body pain and increase relaxation.

Common hybrid strains include Wedding Cake, Girl Scout Cookies, Gorilla Glue, and Peach Maraschino.

Cannabinoids

Strain selection is just the beginning for finding appropriate cannabis products to meet your needs. Cannabis plants consist of dozens of compounds known as cannabinoids. Understanding cannabinoid content can help you make more informed choices.

What's the difference between THC & CBD?

You probably hear these abbreviations all the time, and for good reason! THC and CBD are two of the most active cannabinoids in cannabis.

THC (or delta-9-tetrahydrocannabinol) is the psychoactive part of the plant and what makes you feel "high." THC can cause energizing or restful effects and everything in between!

CBD (or cannabidiol) is a cannabinoid that offers relaxation without any psychoactive effects. We carry a range of high-CBD products, including many that have zero percentage THC.

Understanding Cannabinoid Effects

Many other cannabinoids exist like CBC, CBG and CBN, though they are present in minute amounts compared to THC or CBD. All cannabis products will have varying combinations of cannabinoids, and they all work together to elicit different effects in the human body. This can be useful if you're using cannabis to treat specific conditions.

	Eases Stress	Stimulates Appetite	Reduces Nausea	Reduces Pain	Antibacterial	Relaxes
THC	●	●	●	●		●
CBD	●		●	●	●	●
CBG	●				●	
CBD				●	●	●
CBC	●			●		

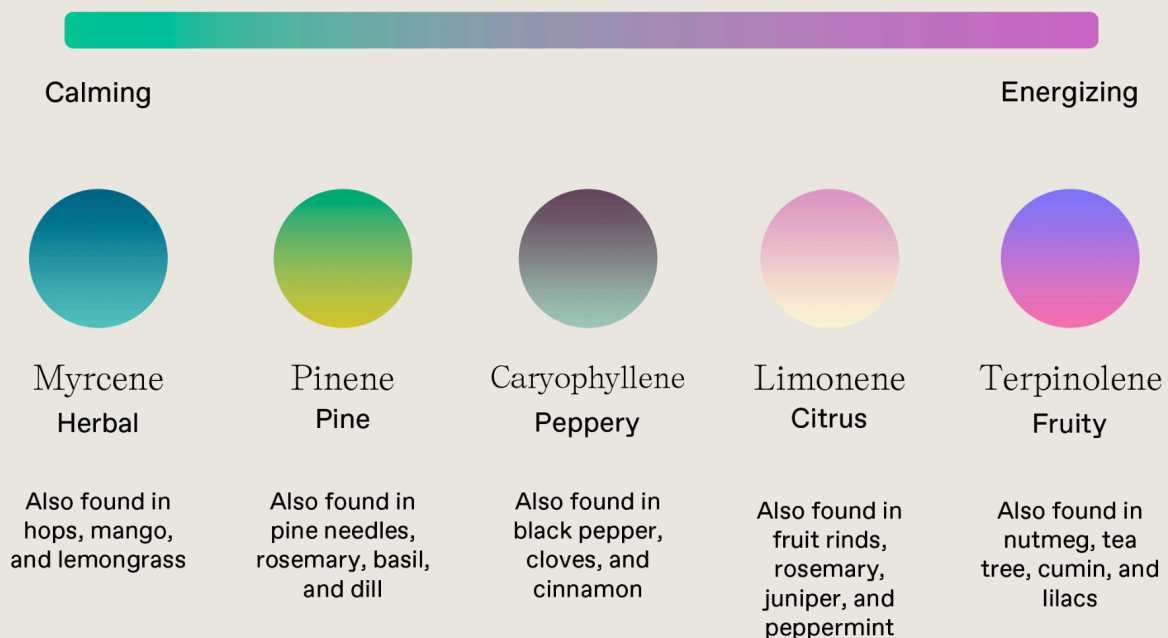
Terpenes

In addition to strain dominance and cannabinoid content, terpenes play a crucial role in determining the experience you want from cannabis usage. Individual terpenes contribute unique flavors to cannabis and play a huge role in the specific effects of cannabis on the human body.

What are terpenes?

Terpenes are chemical compounds that are present in plants and are what give plants like lemongrass and jasmine their unique aroma and flavor. A plant's terpenes also serve as a way for the plant to protect itself from predators or attract insects for pollination. As a result, terpenes are responsible for the range of aromas and tastes you can find in cannabis (plus lots of other things, like wine and beer!).

Cannabis Terpenes



Terpenes can be found in the trichomes of female cannabis plants, in the form of sticky resin glands. Cannabis plants contain over a hundred different types of terpenes, and each is responsible for contributing to the wide aromatic diversity found in various marijuana strains.

There are many variables that can affect the quantity (and quality) of terpenes found in cannabis strains. One important factor is the growing conditions for the plant, including light exposure, temperature, whether the plant is grown outdoors or indoors, nutrient levels, and harvest practices. Many terpenes are volatile compounds that easily evaporate, and as such, are at risk of being lost during cannabis extraction processes.

Why does Botanica emphasize terpene content?

Have you ever lit a lavender-scented candle before bed, to help you feel relaxed and drift to sleep? Does the smell of citrus make you feel energized and uplifted? These scent-based effects are from terpenes!

Recent studies have suggested that terpenes play a greater role in cannabis, beyond influencing the taste and smell of the finished product. Terpenes have a wide aroma range, and certain smells are often associated with particular medicinal or psychoactive effects. The aromatic compounds that comprise terpenes are highly bioactive and interact with cannabinoids and different receptors in our body to produce varying effects. The interplay between these different compounds is called the entourage effect.

Rather than just strain classification and THC content, it's the chemical compounds (terpenes and cannabinoids) present in the plant that will determine the effects you'll experience. This entourage effect is why we place a special emphasis on exploring the terpenes that exist in each of the strains we sell. Everyone experiences cannabis differently, and your genetics, frequency of usage, method of consumption, and mood can all impact your unique effects.

When browsing our flower selection in store, you may see product signs that describe the terpenes and their potential effects. We like to think about terpene effects as moods, or feelings, which might be less straightforward than typical descriptions. We've put together the chart on the next page to help you understand how you might feel when experiencing certain terpenes.

The Endocannabinoid System

The final piece to understanding how different cannabis strains affect you is to have a better understanding of how your body processes marijuana.

As mentioned previously, cannabis plants contain cannabinoids, like THC and CBD. These are called **phytocannabinoids**. But did you know that humans naturally produce cannabinoids? These are called **endogenous cannabinoids**. Endogenous cannabinoids (or endocannabinoids) are the reason why the human body is equipped with a complex cell signaling system called the endocannabinoid system (ECS).

The ECS regulates and balances key body functions, like sleep, mood, appetite, memory, and fertility. When these body functions are in balance it is called homeostasis. When our bodies achieve homeostasis, essential body functions within our immune, nervous, and cardiovascular systems work as they should.

What happens when the ECS isn't functioning properly? Our bodies can experience health issues and we are able to supplement the ECS by consuming phytocannabinoids.

How does the ECS work?

The ECS has three main components: endocannabinoids, enzymes, and receptors.

Endocannabinoids are naturally occurring, lipid-based neurotransmitters that act as chemical messengers between nerve cells. There are two main endocannabinoids: Anandamide (AEA) and 2-Arachidonoyl glycerol (2-AG). These endocannabinoids can be found in various organs and tissues throughout the body, such as muscles, brain cells, and circulating cells, and are activated once they bind to a receptor.

Our bodies are equipped with a network of cellular receptors. The receptors are found all over our body, including our nervous system, connective tissues, glands, immune system, bone marrow, major organs, and brain. These receptors are referred to as CB1 and CB2 receptors.

Endocannabinoids are stored and broken down by enzymes which ensure cannabinoids get used when they're needed. Enzymes distinguish cannabinoids from many other molecular signals in the body, such as hormones, dopamine, or other classical neurotransmitters. When the body

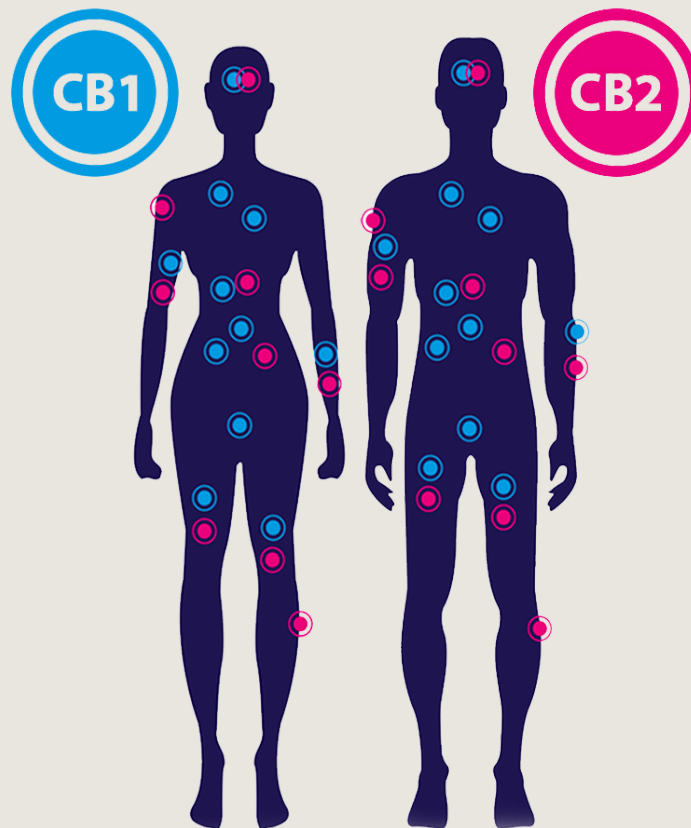
falls out of sync, enzymes release cannabinoids to start the ECS, helping return the body to optimal functionality.

What's the difference between endocannabinoids and phytocannabinoids?

The main difference is that phytocannabinoids are found outside the body, while endocannabinoids are inside. Since phytocannabinoids are structurally similar to endocannabinoids they can bind with the receptors in our ECS, triggering responses throughout the body.

Think of cannabinoids as keys and our cannabinoid receptors as locks. If we aren't naturally producing enough endocannabinoids we're able to supplement and support our ECS through the therapeutic use of cannabis.

Simply put, cannabinoids regulate how cells communicate — how they send, receive, or process messages within our bodies.



Vascular System • Lungs • Brain • Muscles
Pancreas • Reproductive System
Gastrointestinal Tract

Immune System • Bone Marrow • Bones • Skin
Liver • Pancreas • Spleen

Methods of Consumption

There are many methods of consumption and forms of marijuana, and each can result in slightly different effects. In general, our recommendation is to experiment with a smaller amount of cannabis when exploring a new product or consumption modality.

There is a tracking log at the end of this guide that may be useful as you discover new products and their effects on your body.

Smoking

Old-school, but effective. Smoking allows you to experience the natural flavors present in cannabis, and will often provide the most pure view of a cannabis strain and its associated terpene profile. Effects from smoking cannabis will be felt quickly, usually within 5-10 minutes. Smoking does raise health concerns, though there has been research suggesting that smoking cannabis is less dangerous than smoking cigarettes. You can smoke cannabis in a joint or using a device, like a bong or pipe.

Vaping

Vaping is a technique for avoiding irritating respiratory toxins in marijuana smoke by heating cannabis to a temperature where the psychoactive ingredients evaporate without causing combustion. Cannabis vapes are designed to let users inhale active cannabinoids while avoiding harmful smoke toxins. The onset of effects is almost immediate, usually no more than 5-10 minutes. You can vape cannabis using a dry-flower vaporizer or by purchasing pre-filled oil cartridges for use with an electronic battery that heats the oil.

Edibles

Edibles are food products that have been infused with cannabis. Typically edibles found at dispensaries will be candies, chocolates, and baked goods. For those with strict diets, healthier options can be prepared at home using cannabis oil or butter. For optimized efficacy, edible products are best consumed on an empty stomach. It can take up to 90 minutes to feel effects, so start with small amounts!



Concentrates

Concentrates are made by concentrating the cannabinoids and terpenes from the plant by removing other compounds and impurities. The result is a highly potent extraction that comes in a variety of textures and oils. Concentrates are exactly that - very concentrated! - so it's important to exercise caution when using these products as they may be very potent. Concentrates will have a short effect onset period.

Tinctures

Tinctures are an extraction of cannabis, commonly made using vegetable glycerin or alcohol. Tinctures are used by putting the liquid under the tongue, or can be added to liquids such as tea or coffee. Like edibles, effects can be delayed so it's better to start with a smaller dose.

Topicals

Topical preparations are made by extracting cannabis oil into lotions, salves, balms, soaps, and other body care. Most people do not have a psychoactive effect from topical usage, and will feel relief only in the skin and muscles. This type of modality can be very effective for arthritis, muscle spasms, or rashes.

Risks & Side Effects

Physical Side Effects

Cannabis has proven effective in helping with the side effects of countless medical conditions. Like all treatments, cannabis usage may result in certain side effects. Cannabis affects everyone differently, but you may experience one or more of the following side effects:

- Drowsiness
- Dry mouth or thirst
- Giddiness
- Hunger
- Insomnia
- Red Eyes
- Respiratory issues
- Short-term memory loss
- Uneasiness or anxiety

Use of cannabis can cause nausea, vomiting, heart and blood pressure problems, lung problems, impaired mental functioning, headache, dizziness, numbness, panic reactions, hallucinations, flashbacks, depression, and sexual problems.

Cannabis use does not result in physical dependence, nor does discontinuing use typically lead to severe physical withdrawal symptoms. As a psychoactive substance, the potential risk for psychological dependence does exist.

Mental Side Effects

Cannabis is a psychoactive substance that can have an outsized impact on a person's mental or emotional state. While cannabis can be effective at producing a powerful sense of well-being, the ingestion of any psychoactive substance can temporarily induce feelings such as anger, sadness, anxiety, depression, paranoia, panic attacks, and lack of motivation. Individuals predisposed to mental or emotional illness, or suffering from illness such as schizophrenia, may be at higher risk of cannabis-induced mental-emotional imbalances.

It's important to note that anytime you ingest a psychoactive substance there is a risk that you may not feel the way that you had intended. This can especially be true if you over consume and ingest too much. Should

discomfort or anxiety occur, it typically resolves itself within a few hours after the cannabis metabolizes in your system.

Special Precautions & Warnings:

As a psychoactive substance, cannabis may affect your decision-making and physical coordination. You should not operate heavy equipment or motor vehicles while impaired or under the influence of cannabis. You should not care for children while under the influence of cannabis, as your ability to care for them may be impaired. It's important to be aware that cannabis may impair your ability to perform your job duties as outlined by your employer, and could result in termination if the side effects inhibit workplace productivity or safety.

Cannabis should not be consumed by those who are pregnant or breastfeeding. Marijuana use may affect the health of a pregnant woman and the unborn child.

Please note: cannabis metabolites can remain in your system for up to 30 days. As a result you may test positive for cannabis even when not impaired.

Risk of Prosecution

Arizona state law prohibits you from smoking or ingesting cannabis at a dispensary or in public places. Always ensure you are in a safe environment before using cannabis. Cannabis is still considered illegal by the US federal government. As such, there is the potential for prosecution and punishment.

Drug Interactions

Alcohol effects may be increased when combined with cannabis, increasing risk of dizziness, loss of coordination, nausea and vomiting. Theoretically, cannabis is an anticonvulsant and may suppress vomiting and lead to alcohol poisoning. However, this is not significantly reported.

Opiate medications are highly toxic, having a high potential for overdose, causing death. Combined cannabis use does not increase the risk of overdose by opiate medications. In fact, studies are suggesting that cannabis may make opiate medications more effective at managing pain at lower doses.

Sedatives can make patients very drowsy. Combining these medications with cannabis may cause excessive sleepiness. Examples: clonazepam (Klonopin), lorazepam (Ativan), phenobarbital (Donnatal), Zolpidem (Ambien).

Disulfiram (Antabuse) manufacturer reports that combined use with marijuana may cause irritability and sleep disturbances.

SSRIs and other mood-altering drugs have had few reports of interactions such as irritability and nervousness. Patients taking these medications should discuss their cannabis use with their prescribing physician. Examples: fluoxetine (Prozac) & sertraline (Zoloft).

***Please Note:* NON-PRESCRIPTION DRUGS AND OVER THE COUNTER SUPPLEMENTS SUCH AS TYLENOL AND HERBS MAY CAUSE AN INTERACTION WITH MEDICAL MARIJUANA. PLEASE CONTACT YOUR PHYSICIAN FOR ADVICE ON USING THESE PRODUCTS WITH MEDICAL MARIJUANA**

If you experience side effects, complications, or other health changes you should immediately discontinue use of marijuana and consult your physician.

Alternative Treatments to Marijuana Usage

Should you find that marijuana is not adequately treating your medical condition, there are many other treatments available to you. Some of them are listed below:

Common alternative therapies include:

- Yoga. Can decrease blood pressure and improve energy levels.
- Hypnosis. Can help cope with anxiety and pain.
- Massage. Can reduce stress, anxiety, digestive disorders, and pain.
- Biofeedback. Can assist with relaxation and pain reduction.
- Acupuncture. Can stimulate nerves, muscles, and connective tissue.

It's important to treat the cause of the disease, rather than just treating the symptoms. Modern medicine is always evolving and new and alternative treatments may be available from your physician.

If using cannabis to treat a medical condition, it's important to note that it has the potential of palliating symptoms that may be indicators of an underlying disease process. Obtaining a second or alternative medical opinion is always good practice. Always consult and inform your physician about any symptoms that may arise, whether or not they are relieved by cannabis.



Signs & Symptoms of Substance Abuse

Like any substance, regular use of cannabis leads to developing a tolerance for it. Regular cannabis usage may lead to an increased tolerance, and over time, a dependency on the substance. Dependence is the continued need to use a substance. This may be caused by a chemical dependence or a psychological dependence. Chemical dependency may result in physical withdrawal symptoms when substance use stops or decreases. Psychological dependency may result in an intense, uncontrollable desire for substance usage and associated mood imbalances and irritability.

Substance abuse occurs when an individual continues using a substance despite significant substance-related problems. An individual suffering from substance abuse may put substance use ahead of family, relationships, and work. When cannabis use gets to the point where a person is putting it ahead of their work, education, family, and friends, or begin to lose interest in activities they once enjoyed, they may have developed a cannabis dependence.

As with other types of drug addiction, there are behavioral signs that can signal marijuana addiction, including:

- Distorted perceptions
- Difficulty problem solving
- Ongoing problems with learning and memory
- Impaired coordination
- Slow reaction time
- Anxiety, paranoia, or fear
- Unexplained changes in overall attitude or personality
- Decreased motivation
- Loss of interest in social activities

If a person is a daily cannabis user and stops using, they may experience some withdrawal symptoms including restlessness, irritability, depression, mild agitation, insomnia, nausea, sleep disturbance, sweats, and intense dreams. These symptoms, however, are usually mild and short-lived, lasting 2-4 days.

Local Substance Abuse Centers

Facility	Address	Phone	Website
Amity Circle Tree Ranch	10500 E Tanque Verde Rd. Tucson, AZ 85749	(800) 381-3318	circletreeranch.com
Behavioral Awareness Center	2002 W. Anklam Rd. Tucson, AZ 85745	(520) 629-9126	bacmethadone.com
CODAC - Behavioral Health Services	1650 E. Fort Lowell Rd #202 Tucson, AZ	(520) 327-4505	codac.org
Cottonwood Tucson	4110 W. Sweetwater Dr. Tucson, AZ 85745	(800) 877-4520	cottonwooddetucson.com
The Haven Tucson	1107 E. Adelaide Dr. Tucson, AZ 85719	(520) 623-4590	thehaventucson.org
Inspired Healing	4858 E. Broadway Blvd. Tucson, AZ 85711	(520) 584-0343	inspiredhealing.org
Next Step Counseling	2302 E Speedway Blvd. #208 Tucson, AZ 85719	(520) 747-0405	nextstepconseling.com
Sierra Tucson	39580 S. Lago Del Oro Pkwy. Tucson, AZ 85739	(520) 825-2967	sierratucson.com



Cannabis Use Tracking System

When using cannabis as a medicinal therapy or experimenting with dosages and consumption modalities it is beneficial to use a daily journal to evaluate effects. Using a log allows you to track symptoms, effects, and benefits over time.

When recording cannabis use for medical purposes, you should include:

1. The symptoms or reasons for using cannabis.
2. The amount and type of cannabis consumed.
3. The method of use.
4. Positive effects or relief experienced.
5. Unwanted side effects experienced.

Symptoms are important to physicians so try to be as specific as possible. Include details of onset, quality, duration, associations, and severity. Severity of symptoms can be quantified with a number scale of 1-10, with 10 being the most severe and 1 being the least severe.

Be sure to notify your physician of any unexpected side effects resulting from cannabis use.

For your convenience, we've included a pre-made tracking log. If you need additional copies, please let us know!



Date: _____

Time Taken: _____

Strain / Product: _____

Smoked Vaped Dabbed Ate Other _____

Approx. Dosage / Amount Used: _____

Note the size of each dose (e.g.: 10mg, 1/2 dropper)

<p>Rating Scale (1 = least severe, 10 = most severe)</p> <p>What symptoms did you experience before use? Circle the corresponding value.</p>	Pain	1	2	3	4	5	6	7	8	9	10
	Cachexia	1	2	3	4	5	6	7	8	9	10
	Nausea	1	2	3	4	5	6	7	8	9	10
	Seizures	1	2	3	4	5	6	7	8	9	10
	Muscle Spasms	1	2	3	4	5	6	7	8	9	10
	Agitation	1	2	3	4	5	6	7	8	9	10

After Dosing Notes: _____

How has your therapy made you feel?
Describe your overall experience.



Date: _____

Time Taken: _____

Strain / Product: _____

Smoked Vaped Dabbed Ate Other _____

Approx. Dosage / Amount Used: _____

Note the size of each dose (e.g.: 10mg, 1/2 dropper)

<p>Rating Scale (1 = least severe, 10 = most severe)</p> <p>What symptoms did you experience before use? Circle the corresponding value.</p>	Pain	1	2	3	4	5	6	7	8	9	10
	Cachexia	1	2	3	4	5	6	7	8	9	10
	Nausea	1	2	3	4	5	6	7	8	9	10
	Seizures	1	2	3	4	5	6	7	8	9	10
	Muscle Spasms	1	2	3	4	5	6	7	8	9	10
	Agitation	1	2	3	4	5	6	7	8	9	10

After Dosing Notes: _____

How has your therapy made you feel?
Describe your overall experience.

Lab Testing & Understanding Results

Arizona law requires all licensed dispensaries and vendors to test cannabis products. The law mandates that a state-certified laboratory be used to test for the following contaminants:

- Microbials
- Heavy metals
- Residual solvents
- Pesticides and fungicides
- Growth regulators
- Herbicides

Cannabis products are also tested for their potency of THC and CBD. At Botanica, the potency percentages and test results for all products can be found by scanning the QR code printed on the customer label that is affixed to the products you purchased.

How to Read a Certificate of Analysis (COA)

When reviewing laboratory test results, it's important to know what to look for. Here are some key terms you might find, as well as information on how to interpret the results:

Microbials & Mycotoxins: Microbial and mycotoxin are molds, and certain health risks can be associated with them.

Heavy Metals: Heavy metals are chemical elements that can be toxic or poisonous even at low concentrations. Heavy metals occur in cannabis products when the plant uptakes these elements while in cultivation, or when heavy metal-containing nutrients are used.

Pesticides/Herbicides: Pesticides are man made compounds used to repel or eradicate insects and other pests. While many pesticides become inert after application, some persist on plants and in their soil. Certain pesticides are banned for use in Arizona.

Terpenes: Terpene testing is not required in Arizona, though many brands provide this information to customers. Most dried cannabis flowers have a 3-6% terpene content.

Below is an example of a certificate of analysis (COA) from a licensed cannabis testing laboratory:

Sample Certificate of Analysis



Apollo Labs
17301 North Perimeter Drive
Scottsdale, AZ 85255

[602] 767-7600
http://www.apollolabscorp.com
Lic# 00000013LCKR62049775

Regulatory Compliance Testing

1 of 6

Mohave Gold Shatter Baker's Dozen

Sample ID: 2312APO3932.18336
Strain: Baker's Dozen
Matrix: Concentrates & Extracts
Type: Shatter
Source Batch #:

Produced:
Collected: 12/27/2023 12:46 pm
Received: 12/27/2023
Completed: 01/04/2024
Batch #: LAB 052 BD SHT
Harvest Date:

Client
Mohave Cannabis Co.
Lic. # 000000111DCC00384281
Lot #: LAB122623BD5HT
Production Date:

Primary test results



Summary

Test	Date Tested	Result
Batch		Pass
Cannabinoids	01/03/2024	Complete
Residual Solvents	01/02/2024	Pass
Microbials	01/02/2024	Pass
Mycotoxins	12/28/2023	Pass
Pesticides	12/28/2023	Pass
Heavy Metals	12/28/2023	Pass

Cannabinoids

Complete

84.0136% Total THC	<LOQ Total CBD	93.2752% Total Cannabinoids ^(Q3)	NT Total Terpenes ^(Q3)
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Analyte	LOD	LOQ	Result	Result	Q
	%	%	%	mg/g	
THCa		0.1000	67.9800	679.800	
Δ9-THC		0.1000	24.3952	243.952	
Δ8-THC		0.1000	ND	ND	
THCV		0.1000	<LOQ	<LOQ	
CBDa		0.1000	<LOQ	<LOQ	
CBD		0.1000	ND	ND	
CBDVa		0.1000	ND	ND	
CBDV		0.1000	ND	ND	
CBN		0.1000	0.1206	1.206	
CBGa		0.1000	0.6678	6.678	
CBG		0.1000	0.1116	1.116	
CBC		0.1000	ND	ND	
Total THC			84.0136	840.1360	
Total CBD			<LOQ	<LOQ	
Total			93.2752	932.752	

Must be signed in order to be valid

Date Tested: 01/03/2024 09:00 pm



[Signature]
Bryant Kearl
Lab Director
01/04/2024

Confident Cannabis
All Rights Reserved
support@confidentcannabis.com
(866) 506-5866
www.confidentcannabis.com



ARIZONA DEPARTMENT OF HEALTH SERVICES' WARNING:
Marijuana use can be addictive and can impair an individual's ability to drive a motor vehicle, operate heavy machinery, Marijuana smoke contains carcinogens and can lead to an increased risk for cancer, tachycardia, hypertension, heart attack, and lung infections. Marijuana use may affect the health of a pregnant woman and the unborn child. Using marijuana during pregnancy could cause miscarriage, stillbirths or other health issues to your unborn child.
KEEP OUT OF REACH OF CHILDREN.
The product associated with the CoA has been tested by Apollo Labs using validated state certified testing procedures as required by Arizona state law. Values reported herein relate only to the specific sample of product submitted by Client for testing. Apollo Labs makes no claims as to the efficacy, safety or other risks associated with any detected or non-detected levels of any compounds reported herein. This Certificate shall not be reproduced except in full, without the written approval of Apollo Labs.

Frequently Asked Questions

Have more questions?

Below are some that get asked often, but if we've missed any send us an email at hi@botanica.us and we will get an answer for you!

Is buying or selling marijuana legal?

Arizona legalized cannabis use for recreational purposes in 2021. That means that any adult 21+ with a valid identification card can purchase up to one ounce of marijuana from a state-licensed dispensary. It is illegal to sell marijuana.

Can I grow marijuana at my home?

Get your green thumbs ready! Cannabis cultivation for personal use is legal in Arizona, with certain restrictions. Adults 21+ may grow six marijuana plants at home, or up to 12 plants in a household with two or more adults. Have an Arizona-issued medical marijuana card? You can cultivate up to 12 plants! Either way, the plants must not be visible to the public.

(And see the note above: it should be for personal use only. It's still illegal for individuals to sell marijuana, so your stand at the farmer's market is going to have to wait.)

Where can I smoke or consume marijuana?

Arizona state law prohibits you from consuming marijuana in any public place. This includes parks, bus stops, schools, parking lots, and even dispensaries! Local city ordinances may be even stricter and have additional restrictions. We think that the best place to smoke is in the privacy of your home, with your favorite rolling tray and lighter at the ready.