

# WELCOME

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Welcome to Prime Alternative Treatment Centers of New Hampshire! We appreciate the opportunity to show you how you can use cannabis to help with your individual symptoms. Whether you have experience with self care using Therapeutic Cannabis or are completely new to the idea of Therapeutic Cannabis, we are here to assist, educate, and inform.

This Guide to Therapeutic Cannabis has been put together for your reference to help you with any questions or concerns. We always recommend you call us directly for more personal questions, but this guide provides general information as a starting point.



# CANNABINOIDS

*Cannabinoids are the chemical compounds in the cannabis plant that may provide relief from a variety of symptoms including pain, nausea, anxiety, inflammation, and insomnia.*

## CBD

May reduce anxiety & seizures.  
May promote bone growth, blood sugar maintenance, and healthy immune system function.  
Non-intoxicating option

## CBD AND THC

May relieve pain & inflammation  
May relieve nausea & vomiting  
May help anxiety  
May help nervous system & muscle spasms

## D-9 THC

May reduce pain & improve appetite  
May aid sleep  
May provide mood uplift

## CBDA

May reduce inflammation, nausea, and vomiting

## THCA

May reduce nausea, vomiting, & bowel spasms  
May reduce seizures & muscle spasms  
May relieve inflammation

## D-8 THC

May reduce pain, inflammation, & anxiety  
May reduce nausea  
Lower intoxication than D-9 THC

## CBN

May suppress appetite & muscle spasms  
May aid sleep

## CBC

May promote bone growth & reduce anxiety

## CBG

May reduce inflammation & improve sleep

# TERPENES

Terpenes are naturally found components of cannabis that give the plants their taste and smell. These components can be found in many of the foods we eat. Along with smell and taste, they offer therapeutic properties that combine with the cannabinoids and may increase the benefit that cannabis can provide.

Note: These statements are not intended to be medical advice. Please check with your physician if you have any concerns.

## MYCRENE

- May be sedating and relaxing
- May reduce pain and inflammation
- May enhance THC's psychoactivity
- Found in thyme, cardamom, and hops



## CARYOPHYLLENE

- Antioxidant and anti-inflammatory
- Good for muscle spasms, pain, and insomnia
- Found in black pepper, cloves, and cinnamon



## LINALOOL

- May be sedating and calming
- May relieve insomnia, stress depression, anxiety, pain, and convulsions
- Found in lavender



## LIMONENE

- May relieve stress, depression, and anxiety
- Provides mood elevation
- Found in lemons, limes, and other citrus fruits



## PINENE

- May reduce respiratory issues and inflammation
- May help improve memory and alertness
- Found in pine needles



## TERPINOLENE

- May be sedating
- May act as an anti-oxidant and anti-bacterial
- Found in apples and tea tree extracts
- Regarded as independently sedating, strains high in terpinolene are often reported to have energizing effects



# TYPES OF CANNABIS

*Cannabis is often categorized into multiple groups of strains that often affect the body in similar ways within each group. The different strains can react within our bodies to give a more uplifting, creative, daytime type effect (Sativa) or they can have more relaxing, sedative, nighttime qualities (Indica). There are also hybrids of the two that combine attributes from between the two. There are also strains with high CBD content that can provide relief to certain conditions with reduced likelihood of in-toxication or anxiety. We call these Anytime.*

## DAYTIME (SATIVA)

- Energizing, helpful for daytime use
- Heady, euphoric, mood lifting, creativity boosting, focusing effects

## NIGHTTIME (INDICA)

- Full body relaxation, helpful for nighttime use
- Calming, couch locking, sleepy, pain relieving, appetite stimulating effect

## DAY/NIGHT (HYBRID)

- Sativa dominant hybrids can be more cerebral with relaxing body effects
- Indica dominant hybrids can offer a full body sensation with relaxing head effects

## CBD

- CBD strains may offer patients similar benefits to THC without intoxicating effects
- May help patients with pain, nausea, headaches, anxiety, muscle spasms, epilepsy, and more

## CBD/THC (ANYTIME)

CBD & THC strains typically come in ratios, such as 1:1 or 2:1 with either cannabinoid being the more dominant

Strains with both CBD and THC are often found to be more effective for patients as they act synergistically in the body

## PRIME “ANYTIME”

At Prime, some of our products are labelled “Anytime.” These products are available in a CBD variety without THC or a CBD/THC combination at 1:1, 2:1, or 3:1 ratios. We call them “Anytime” due to their lower intoxication factor when compared to THC-rich products.

## HOW PRIME CANNIBIS IS GROWN

Prime ATC produces all of its cannabis in New Hampshire without the use of any pesticides, fungicides or unnecessary additives. The state of New Hampshire also requires third-party testing of every therapeutic cannabis product dispensed. The results ensure product safety and provide detailed information about the concentrations of cannabinoids and terpenes.

# ADMINISTRATION

## INHALATION

**Onset:** 30 seconds – 10 minutes  
**Duration:** 1.5-3 hours  
**Common Starting Dose:** Inhale for approximately 1-3 seconds, exhale

Use: Smoke, vape, dry herb vape, concentrates

## SUBLINGUAL

**Onset:** 15-45 minutes  
**Duration:** 4-6 hours  
**Common Starting Dose:** Starting dose is 4 drops, increase slowly as needed over time

Use: Place several drops under the tongue, or between cheek and gums. Re-dose as needed.

## INGESTION

**Onset:** 30 minutes to 2 hours  
**Duration:** 6-8 hours  
**Common Starting Dose:** Starting dose is 2.5 – 5.0 mg. Increase slowly as needed over time

Use: Consume edible, wait for onset. Re-dose as needed when effects wear off.

## TOPICAL

**Onset:** 30 seconds to 2 minutes  
**Duration:** 2-3 hours  
**Common Starting Dose:** Starting dose is the minimum amount needed to cover the effected area

Usage: Apply the desired amount & massage into the skin. Repeat as necessary.

## TRANSDERMAL

**Onset:** 30-90 minutes  
**Duration:** 6-12 hours  
**Common Starting Dose:** 1 patch

Usage: Peel off backing, apply directly to the desired skin area. Repeat as necessary. Affects deeper tissue than topicals.

## SUPPOSITORIES

**Onset:** 10-15 minutes  
**Duration:** 4-8 hours  
**Common Starting Dose:** 1 suppository

Usage: Lubricate and insert rectally. Re-dose as needed when effects wear off.

# POSSIBLE SIDE EFFECTS

## SHORT TERM

The most common short term side effects of cannabis may include dizziness, fatigue, light-headedness, and drowsiness, as well as altered sensations, perceptions, memory and judgement which can lead to accidents and/or injury in certain situations. Other short-term effects may include increased anxiety, temporary heart rate and blood pressure changes, dry mouth, increased appetite, and possible airway irritation with smoking/vaping. Please use cannabis responsibly

## LONG TERM

The long term side effects of cannabis may include impaired intellectual, psychological or social development (especially with adolescent use), and physical dependence with withdrawal symptoms including mild irritability, sleeplessness, and anxiety. Smoking cannabis may speed along changes in COPD or asthma. Low birth weights and impaired neurological development may be a result from Cannabis exposure while in the womb. If you have concerns about these conditions, please contact your physician

Cannabis Hyperemesis Syndrome (CHS) is a rare and unpleasant condition that can happen to some Cannabis Users. Symptoms include nausea, vomiting, and crampy abdominal pain. If you have concerns about this condition, please contact your medical provider

### BEDFORD

Bedford Family Therapy  
11 Commerce Park North, Suite 1A  
Bedford, NH 03110  
603-606-1233

### CONCORD

Concord Hospital  
250 Pleasant St  
Concord, NH 03301  
603-227-7000

Chrysalis Recovery Center  
90 Airport Rd, Suite 19  
Concord, NH 03301  
603-998-4210

Bicentennial Square  
4 Bicentennial Square  
Concord, NH 03301  
603-226-1976

### NASHUA

Compass Counseling  
11 Northeastern Blvd, Unit 150  
Nashua, NH 03062  
603-816-1660

Another Way  
46 Bridge Street, Unit 1  
Nashua, NH 03060  
603-512-7429

### MANCHESTER

Bedford Counseling Associates  
1228 Elm Street, Ste. 200  
Manchester, NH 03101  
603-623-1916

Counseling, L.L.C.  
713 Chestnut Street  
Manchester, NH 03104  
603-668-9900

# PROHIBITIONS / LIMITATIONS

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Listed below are some of the prohibitions and limitations established by RSA 126-X regarding a Qualifying Patient's therapeutic use of cannabis. There are no protections from arrest or prosecution under RSA 126-X for the use or possession of cannabis for purposes other than for therapeutic use as permitted by RSA 126-X. There are no protections from arrest or prosecution under RSA 126-X for being under the influence of cannabis while:

Operating a motor vehicle, commercial vehicle, boat, vessel, or any other vehicle propelled or drawn by power other than muscular power; or  
In his or her place of employment, without the written permission of the employer; or  
Operating heavy machinery or handling a dangerous instrumentality.

There are no protections from arrest or prosecution under RSA 126-X for the smoking or vaporization of cannabis IN ANY PUBLIC PLACE, including:

A public bus or other public vehicle; or  
Any public park, public beach, or public field.

There are no protections from arrest or prosecution under RSA 126-X for the possession of cannabis in any of the following locations:

The building and grounds of any preschool, elementary, or secondary school, which are in an area designated as a drug free zone; or  
A place of employment, without the written permission of the employer; or  
Any correctional facility; or  
Any public recreation center or youth center; or  
Any law enforcement facility.

## Private Property

RSA 126-X does not require any individual or entity in lawful possession of property to allow a guest, client, customer, or other visitor to use therapeutic cannabis on or in that property.

A qualifying patient must obtain written permission from the property owner to use cannabis on the privately owned property.

In the case of leased property, such permission must be obtained from the tenant in possession of the property.

A tenant shall not grant permission to smoke cannabis on the leased or rented property if smoking violates the lease or rental policies that apply to all other tenants.

If smoking on the property violates the lease or the rental policies that apply to all tenants at the property, the tenant shall not grant the qualifying patient permission to smoke cannabis on the property. However, the tenant may grant permission to the qualifying patient to ingest cannabis or inhale cannabis through vaporization (ie, no burning of the cannabis).

## Place of Employment

RSA 126-X does not require any accommodation of the therapeutic use of cannabis on the property or premises of any place of employment.

RSA 126-X does not limit in any way an employer's ability to discipline an employee for using cannabis in the workplace or for working while under the influence of cannabis.

RSA 126-X does not require any health insurance provider, health care plan, or medical assistance program, including Medicaid and Medicare, to cover or reimburse any costs associated with the purchase or use of therapeutic cannabis.

As noted above, RSA 126-X does not allow the possession of therapeutic cannabis or require any accommodation of the therapeutic use of cannabis on the property or premises of any jail, correctional facility, or other type of penal institution where prisoners reside or persons under arrest are detained.

## Additional Penalties

A Qualifying Patient who is found to be in possession of cannabis outside of his or her home and is not in possession of his or her registry identification card may be subject to a fine of up to \$100, to be issued by a law enforcement official, and you may be subject to arrest.

Any person who makes a fraudulent representation to a law enforcement official of any fact or circumstance relating to the therapeutic use of cannabis to avoid arrest or prosecution shall be guilty of a violation and may be fined \$500, which shall be in addition to any other penalties that may apply for making a false statement to a law enforcement officer or for the use of cannabis other than use allowed under RSA 126-X.

Any Qualifying Patient who sells or diverts cannabis to another person who is not a Qualifying Patient or Designated Caregiver under RSA 126-X shall be subject to the penalties specified in RSA 318-B:26, IX-a, shall have his or her Registry Identification Card revoked, and shall be subject to other penalties as provided in RSA 318-B:26.