SWADE
CANNABIS DISPENSARY

Medical Marijuana Education
PATIENT BOOK
THIS PRODUCT IS INTENDED FOR, AND MAY ONLY BE ADMINISTERED BY, THE PATIENT WHO WAS RECOMMENDED AND DISPENSED MEDICATION AND MAY NOT BE SOLD OR GIVEN TO ANYONE ELSE.
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Humans have relied on cannabis for a multitude of uses throughout history. This multifaceted species of plant provides not only edible seeds but also natural fibers used to weave cloth, and of course the cannabis flower, which has many medicinal purposes. Medicinal use is believed to date back to 2700 B.C.E. China, and cannabis was notably used by Queen Victoria in the 1800s. Early Missouri colonies were among the largest producers of hemp, which was cultivated throughout the United States and was even the material of choice for the original, iconic Betsy Ross flag. Given the widespread applications for cannabis, it is no wonder that this plant has documented uses in nearly every global culture, and is used by an estimated 192 million people worldwide today.
The impact of amendment 2

MISSOURI’S MEDICAL MARIJUANA PROGRAM

In November of 2018, Missouri passed Amendment 2, legalizing the medical use of cannabis. This allows qualified patients to grow up to six cannabis plants (if they desire), and purchase up to 4 ounces of cannabis per month.

Individuals who wish to purchase or grow medical cannabis must possess a qualifying condition as outlined by the law. The language specifies some qualifying conditions, but also allows cannabis to be recommended for any “chronic, debilitating or other medical condition” as determined by a physician, as well as any terminal illness.

In order to grow or purchase medical cannabis, patients must be a resident in the state of Missouri, possess a qualifying condition, and register with the Missouri Department of Health and Senior Services in order to obtain a Missouri Medical Card.
Individuals with any of the following medical conditions are considered qualified to receive a Missouri Medical card. If you’re uncertain about whether a particular condition applies to you, or would like to be considered for medical cannabis usage due to an unlisted condition, the best course of action is to consult with a physician.

- Cancer
- Epilepsy
- Glaucoma
- Intractable Migraines (migraines which have been unresponsive to other treatments)
- Any chronic medical condition that causes severe, persistent pain or persistent muscle spasms, including but not limited to those associated with Multiple Sclerosis, Seizures, Parkinson’s Disease, and Tourette’s Syndrome.
- Debilitating Psychiatric Disorders including but not limited to Post-Traumatic Stress Disorder, if diagnosed by a state licensed psychiatrist
- Human Immunodeficiency Virus or Acquired Immune Deficiency Syndrome
- Any chronic medical condition that is normally treated with a prescription medication that could lead to physical or psychological dependence, when a physician determines that medical use of marijuana could be effective in treating that condition and would serve as a safer alternative to the prescription medication
- Any terminal illness
- Any other chronic, debilitating or other medical condition, including, but not limited to Hepatitis C, Amyotrophic Lateral Sclerosis, Inflammatory Bowel Disease, Crohn’s Disease, Huntington’s Disease, Autism, Neuropathies, Sickle Cell Anemia, agitation of Alzheimer’s Disease, Cachexia, and Wasting Syndrome as determined by a physician.
It’s simple to get registered

BECOMING A PATIENT

STEP 1.
Locate a physician using our directory of Missouri physicians below or schedule an appointment with your regular physician.

Find a Physician: SWADECANNABIS.com/guide

STEP 2.
Consult with your physician to ensure that medical marijuana is right for you. Ask your physician to complete the Physician Certification Form and submit it within 30 days from your appointment.
*The form must be submitted within 30 days to be valid.

STEP 3.
Fill out the Missouri Patient/Caregiver Application online.
**STEP 4.**
Complete your application by including the following:
- A clear, color photograph of the qualifying patient’s face, taken within the prior three (3) months.
- Proof of Missouri residency, such as a copy of a valid Missouri driver’s license, a Missouri issued ID card, a current Missouri motor vehicle registration, or a recent Missouri utility bill.
- A legible copy of the qualifying patient’s photo ID issued by a state or federal government entity.
- A completed Patient Authorization Form for a Caregiver (if needed) or Parent/Legal Guardian Consent Form for a non-emancipated qualifying patient (if needed).
- The associated application fees (listed below).

**STEP 5.**
Indicate if the patient is seeking authority to cultivate medical marijuana.

**STEP 6.**
Submit the Missouri Patient/Caregiver Application with all required items, including your application fees.

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<td><strong>Patient Cultivator</strong></td>
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*Please note that Missouri will only accept applications online through MMMP patient registry via the MO DHSS webpage. Walk-in or mailed applications, documents, and payments will not be accepted and will be returned to the applicant by certified mail.*

A comprehensive list of required items can be found at: SWADECANNABIS.com/guide
There are dispensaries…and then, there’s SWADE

From the moment you step inside SWADE, it is our goal to put you completely at ease. SWADE dispensaries are designed with an elevated, welcoming atmosphere befitting the premium cannabis inside. While no two storefronts are exactly alike, they are all united by a serene design scheme informed by nature, inspiring patients to feel calm and comfortable as they explore all that medical cannabis has to offer. Our first-of-its-kind "Bud Bar" is the centerpiece of SWADE, showcasing loose flower that is hand-selected for patients by a member of our expert staff. We've examined every detail to make the experience inside SWADE both memorable and enlightening for all.

Upon entering our dispensary as a first-time patient, you will step into the foyer where one of our SWADE specialists will begin the patient intake process. The process includes presenting your Missouri-issued medical card along with a state-issued license or ID and completing a patient intake form.

SWADE specialists are adept at helping you find intuitive products that fit your needs and lifestyle on every visit to SWADE, whether you’re a first-time user or a loyal customer. Our locations are staffed by thoughtful advisors and we have medical experts on call to answer any questions.
A comprehensive list of strains can be found on our website at SWADECANNABIS.com
CRITICAL MASS
Strain type: 80/20 Indica-dominant hybrid
Good for: insomnia, anxiety relief, nighttime use
A piney, earthy flavor with notes of citrus ushers in this strain’s heavy downward feeling through the head and body. A vibrating, buzzing sensation follows, along with a somewhat spacey mood that flows into feelings of pleasant drowsiness.

SNOBALL
Strain type: 30/70 Indica-dominant hybrid
Good for: nighttime use and “pro” use
Indica-lovers will enjoy this creamy, terpene-rich strain's potent physical high and relaxing, cozy feeling, ideal for winding down at the end of the day.

MANDARIN COOKIES
Strain type: 70/30 Sativa-dominant hybrid
Good for: relaxation and creativity
With its flavors of citrus, earth, and pine, this terpene-rich strain offers a relaxing body high paired with light tingles and an invigorating mental energy.

PINEAPPLE UPSIDE DOWN WEDDING CAKE
Strain type: 30/70 Indica-dominant hybrid
Good for: Pain relief, relaxation, mood swings, arthritis, and depression
Enjoy this intensely aromatic strain, which mixes nutty and spicy bakery notes with sweet fruit and earthy elements, for a euphoric burst. A strong body buzz dissolves into body tingles and an overall sense of deep relaxation.
Peace of mind, for body & spirit

TESTING PROTOCOL

All SWADE products are marked by a lab sticker, indicating important third-party verified information about what’s inside.

**Blue Dream (Blueberry x Haze)**

3.5g/0.125oz

Dosage: 0.1g

Instructions for use: Smoke and inhale, effects can last 8 hours

THC per dose: 24 mg  CBD per dose: 2 mg

Active Ingredients: Cannabis Flower

Cultivated by: SINSE CANNABIS

BEST IF USED BY: 09/01/2020

24% THC  2% CBD

Batch Number: NBH09832909

MO-5C361C53355166
PLANTING
Young cannabis plants spend several weeks developing their root structure, during which time they are tagged with unique identifying numbers so we can trace their progress from grow room to sales floor.

GROWING
From here, our plants move to the vegetative room where they experience the conditions of “springtime”—a highly controlled amount of sunlight and darkness that optimizes growth.

HARVESTING
Our team of highly trained cultivation experts hand-trim flower, and move them to the drying room where they will spend the duration of our signature longer cure times (30-90 days) at optimal conditions.

FLOWERING
Next up, the flower room mimics the conditions of “autumn”, with fewer daylight hours so they can devote all their energy to producing large, potent flowers.

TESTING
Finally, dried flower is sent to an independent third-party lab for the industry’s most stringent testing. These are the lab results that will be displayed on every package.

The perfect marriage of artistry and accuracy

PRODUCTION PROCESS

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Find the form that fits your lifestyle

DELIVERY METHODS

You’ll find a variety of delivery methods for medical cannabis at SWADE Dispensaries. This quick overview—along with some guidance from our SWADE specialists—will help you choose the one that’s right for you.
FLOWER
- Delivery Method: inhaled (smoke or vapor)
- Average Onset: 1-3 minutes
- Average Duration: 1-3 hours

CONCENTRATES
- Delivery Method: inhaled (smoke or vapor)
- Average Onset: 1-3 minutes
- Average Duration: 1-3 hours

VAPES
- Delivery Method: inhaled (vapor)
- Average Onset: 1-3 minutes
- Average Duration: 1-3 hours

INFUSED EDIBLES
- Delivery Method: ingested (infused edibles or capsules)
- Average Onset: 30-90 minutes
- Average Duration: 6-8 hours

TOPICALS
- Delivery Method: skin balms and salves (applied to skin)
- Average Onset: 20-30 minutes
- Average Duration: 2-4 hours

*These are estimates, effects may vary with each individual. SWADE is not responsible if you do not experience what is mentioned.*
A key to chemical compounds

CANNABINOIDs

The human body possesses a system that helps regulate activities including immune response, inflammation, sleep and wake cycles, pain management, and mood and anxiety responses. This system, called the endocannabinoid system or ECS. This is what cannabis is interacting with when ingested, inhaled, or applied to the body. The cannabinoids in cannabis closely resemble those that are naturally produced by the body, allowing the body to interpret them when consumed, resulting in many medicinal benefits. While THC and CBD are two of the most prominent cannabinoids, there are a multitude of different types that can help target specific concerns ranging from general inflammation to appetite stimulation and beyond.

Simply put, while all bodies are different and may experience cannabis use differently, cannabinoids determine what your body will experience when consuming medical cannabis. The overview to the right can help you determine which cannabinoids you’d like to target, or if you may be looking for a mix of both.
CBD
- Neuropathic Pain Relief
- Anti-Inflammatory
- Anti-Anxiety
- Anti-Spasticity
- Anticonvulsant/Anti-Seizure

THC
- Pain Relief
- Appetite Stimulant
- Nausea
- Sleep
- Muscle Relaxation
Keep a log to enhance your cannabis journey

PATIENT JOURNAL

The best way to find the right strain and delivery method for you is to keep a personal log or journal of your experiences. While our SWADE specialists are always here to assist and guide you, first-hand experience is essential to fine-tuning your cannabis preferences and getting the most out of this plant.
Purchase Location:

Date:

Delivery Method:

Strain Name:

Cannabinoid Contents:

Dosage:

Effects Experienced:

What are the symptoms you were experiencing prior?

Rank Symptoms:  1  2  3  4  5  6  7  8  9  10

Were the symptoms were relieved?

Rank Relief:  1  2  3  4  5  6  7  8  9  10
Be sure you’re consuming cannabis safely

SIDE EFFECTS

NOTE: Medical marijuana is intended to only be used by the patient to whom the products were dispensed. Patients are responsible for ensuring that all marijuana products are kept away from children and stored in the childproof containers in which the product was dispensed. If you believe that a child or someone other than the patient has consumed or is experiencing conditions similar to those of an overdose, please contact poison control at 1-800-222-1222.

Some side effects of cannabis use are common. However, because everybody interacts with cannabis differently, it is possible that more severe side effects may present themselves.

Patients who have the following conditions or histories should NOT engage in cannabis use. These are considered to be absolute contraindications:

- Psychotic illness, or a family history with a first degree relative with schizophrenia
- Active unstable heart disease
- Allergy to marijuana or any components
- Pregnant or breastfeeding
Common side effects include:
- Drowsiness
- Restlessness
- Short-term Memory Loss
- Increased Appetite
- Mood Changes
- Dizziness
- Weakness
- Lack of Coordination
- Anxiety
- Upset Stomach
- Nausea
- Increased Heart Rate
- Hallucinations
- Paranoia
- Depression
- Insomnia

Care should be taken engaging in cannabis use for patients with any of the following. These are considered to be relative contraindications:

Be sure to consult with a doctor before engaging in cannabis use.
- Use of vaporized products in a patient with pulmonary disease
- Use in patients with severe liver or kidney disease
- History of drug/substance abuse or dependence
Consult with us to avoid any conflicts

**DRUG INTERACTIONS**

*NOTE: If you are experiencing any adverse effects, please contact your physician—or if it is a medical emergency, call 911 immediately.*

We advise all patients to treat medical marijuana like any other prescription medication. Avoid operating a motor vehicle or heavy machinery, performing childcare or elder care, and making any important decisions while under treatment. The extent and severity of drug interactions with cannabis are still unknown.
Drugs metabolized by Cytochrome P450 enzymes (CYP2C9 & CYP3A4)

Inhibitors of CYP450 can increase plasma concentrations of THC & CBD, thus increasing THC-related side effects such as Ketoconazole, Fluoxetine, Cimetidine, Clarithromycin, Verapamil, Indinavir, amongst others

Inducers of CYP450 can decrease plasma concentrations of THC & CBD, such as Rifampin, Carbamazepine, Phenobarbital, Rifabutin, amongst others

Risk of bleeding may be increased when taken with Coumadin, Plavix, Heparin, & NSAIDs

Blood sugar may be affected, so caution must be taken in patients on diabetes medications

Drowsiness may be increased with concurrent use of opiates, hypnotics, benzodiazepines, some antidepressants, alcohol, etc.

Please consult with your physician and pharmacist if you are taking any of the medications listed below:
If you believe you are struggling with substance abuse, resources are available. Regardless of the type of medication prescribed, it is possible for patients to become dependent on prescription medications including cannabis. It can be difficult to recognize dependency or abuse, but these common indicators can help:

- Displaying a high tolerance for medication
- Experiencing feelings of physical or mental dependence on medication
- Experiencing withdrawal symptoms when going without medication
If you believe you are experiencing symptoms of dependence or addiction to your medical cannabis treatment, we recommend you immediately discontinue the use of your medication and contact your physician or a licensed substance abuse counselor. Some resources are listed below:

- Substance Abuse and Mental Health Services Administration’s National Helpline: 1-800-662-4357
- Harris House St. Louis: www.harrishousestl.org
- Midwest Institute for Addiction: www.midwestinstituteforaddiction.org
- The National Council on Alcoholism and Drug Abuse, St. Louis Area: www.ncada-stl.org
I'm a first-time patient and haven’t been to a medical dispensary before. What can I expect? We’re looking forward to helping you with your first medical dispensary experience! Medical dispensaries are designed to provide patients with access to medical marijuana products in a safe, controlled and comfortable environment.

As a qualified patient or caregiver, you will present your Missouri medical card along with a state-issued photo ID to one of our associates in order to be allowed access to the dispensary. Once inside, you’ll be greeted by a cannabis specialist who is trained to answer any questions you may have about medical cannabis, and help you find the right product based on your individual needs. After you have selected the products you wish to purchase, a staff member will assist you in checkout and answer any remaining questions or comments you may have. Our staff is here to help you at every step along the way.

What forms of payment does SWADE accept?
We are pleased to accept cash and all forms of debit card payments.
What types of medical marijuana will I find at SWADE Dispensaries?
SWADE dispensaries offer a wide variety of cannabis strains and delivery methods to suit your preferences and needs. We offer a rotating menu of premium strains available at our loose flower bar, as well as other methods and products ranging from edibles and topicals to concentrates and vape cartridges. You will also find a hand-picked selection of our favorite tools and accessories to make your cannabis experience an enjoyable and memorable one.

What do I need to bring with me when I visit a SWADE Dispensary?
When visiting SWADE, please bring your Missouri-issued Medical Marijuana Patient ID card. (Please ensure it is up-to-date and currently valid beforehand). You will also need a state-issued photo ID card in order to enter SWADE.

Can I return products purchased from SWADE?
We want you to be fully satisfied with your purchase from SWADE. If a product you’ve purchased is damaged or contaminated, you can start the return process at swadecannabis.com/returns. Simply fill out the return form, upload a picture of the damaged product, and submit. We will reach out to you in a timely manner to address your return. Although we do not physically accept damaged items at the dispensary due to health and safety concerns, we are able to offer replacement products or store credit for items that are damaged or contaminated in any way.
Our FAQ section at SwadeCannabis.com is always being updated in order to give you the best and most current answers. However, if you’re unable to find an answer to your question there, you can email us directly to be put in touch with a SWADE specialist or expert member of our team. Please contact Info@SwadeCannabis.com, and we’ll get back to you as soon as possible.

Please enjoy your SWADE purchases responsibly. Patients are prohibited from consuming medical marijuana products in ANY public place. “Public place” is defined as any public or private property (or portion of public or private property) that is open to the general public, including but not limited to sidewalks, streets, bridges, parks, schools, and businesses. We recommend enjoying SWADE products in your home for the best experience.
OUR LOCATIONS

ST PETERS
146 Jungermann Road
St. Peters, MO 63376

THE GROVE
4108 Manchester Road
St. Louis, MO 63110

ELLISVILLE
16075 Manchester Rd.
Ellisville, MO 63011

CHEROKEE
2316 Cherokee Street
St. Louis, MO 63118

DELMAR
6166 Delmar Blvd
St. Louis, MO 63112
These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.