

THE BOTANIST TINCTURES - 30ml

Boost 20:1	Symmetry 1:1 RSO
Boost 20:1 RSO	Well-Being 1:4
Symmetry 1:1	

WARNING: This product is for medicinal use only. Women should not consume during pregnancy or while breastfeeding except on the advice of the certifying health care practitioner, and in the case of breastfeeding mothers, including the infant's pediatrician. This product might impair the ability to drive. Keep out of reach of children. Medical cannabis product must be kept in the original container in which it was dispensed and removed from the original container only when ready for use by the certified patient.

Instructions: To administer the tincture, unscrew the dropper cap by pushing down and turning counter-clockwise until it releases from the bottle. Squeeze the bulb to draw the tincture into the 1 ml glass dropper at the dosage specified by your healthcare professional, as marked on the side of the dropper. Squeeze the bulb to dispense the tincture. This cannabis tincture is most effective when dispensed underneath the tongue and left to absorb for 5-10 seconds, then swallowed.

EXCIPIENTS USED:

Pharmaceutical grade medium-chain triglyceride (MCT) oil

ALLERGEN POTENTIAL:

Some users may experience allergic reactions when consuming medical cannabis products, especially users with atopy. Consult your health care professional if any such allergic reactions occur after use.

CONTRAINDICATIONS:

The use of medical cannabis is contraindicated for patients:

With the following conditions:

- Psychotic illness or a family history of a first-degree relative with schizophrenia.
- Active unstable heart disease.
- Pulmonary (lung) diseases (use of vaporized products).
- Taking other psychoactive or sedative medications.
- Severe liver or kidney disease.
- A history of drug abuse or dependence, including alcohol abuse.
- During pregnancy or while breastfeeding

Who are taking the following:

- Medicines that reduce anxiety (sedatives) or make you sleep better (hypnotics). These medicines may increase the side effects of medical cannabis and may increase the risks of falling and other accidents.
- Medicines referred to as muscle relaxants, such as baclofen or diazepam. Taking medical cannabis with these medicines may increase the risk of falling and other accidents.
- Medicines that have an effect on the central nervous system, such as benzodiazepines and barbiturates, because they may produce a dangerous interaction.
- Any drugs which slow down the central nervous system or cause drowsiness. These may include sleeping pills, tranquilizers, some pain medications, some allergy or cold medications, or anti-seizure medications.
- Drugs such as antiretroviral drugs used in the treatment of HIV/AIDS, THC levels may increase or certain antiretroviral levels may need to be monitored and doses adjusted accordingly.

Who use alcohol:

- Alcoholic beverages should be avoided when using this product. Using alcohol with this product may increase effects (such as loss of balance or ability to respond quickly) and could increase the risk of falls and other accidents.

DOSAGE DIRECTIONS:

Your dose may need to be adjusted if you experience any of the side effects listed in this insert. Severe over-dosage can lead to decreased motor coordination, lethargy, slurred speech, postural hypotension, and fainting. Seek immediate medical attention in case of overdose, and especially if experiencing chest pain, panic attacks, loss of contact with reality, or seizures.

INSTRUCTIONS FOR ADMINISTRATION:

Always consult your healthcare professional before medicating with medical cannabis. First-time medical cannabis users should proceed with caution and try medical cannabis in a safe, familiar environment. Start slowly: wait at least one to two hours after you medicate to determine the effects. Keeping a medication log can help you understand your optimal medical cannabis treatment regimen. Some new users have no effect the first time and need to use medical cannabis a few times before they feel anything. When you first use medical cannabis, your body is more sensitive; you may experience dizziness, confusion, or sleepiness, or feel "high". These symptoms usually go away in one to three hours with continued dosage. If these symptoms are troublesome, notify your certifying practitioner at once. Your certifying practitioner may adjust your dose. Adverse effects and/or potential dangers stemming from the use of medical cannabis. Talk to your certifying practitioner or your Patient Resource Center pharmacist before using this product:

- If you are pregnant, breastfeeding, or become pregnant.
- If you have a serious heart problem, a previous heart attack, poorly controlled blood pressure, or a problem with your heart rate or heartbeat.
- If you are elderly, if you have problems doing everyday activities such as making hot food and drinks.
- If you have previously abused any drug or substance.
- If you have anxiety or a mental illness.

FOR MEDICAL PATIENTS ONLY

USE CAUTION:

When driving or operating machinery, caring for children, making important decisions, or other complex activities. Cannabis may cause side effects, which may impair your judgment and performance of skilled tasks. Avoid driving or using machinery until you establish a stable daily dose and know how medical cannabis affects you. Once you are used to taking medical cannabis and your dose is stable, do not drive or use machinery if you experience side effects that could impair your ability to perform these tasks. If you are not sure, do not drive or operate machines.

POSSIBLE SIDE EFFECTS:

like all medicines, this product can cause side effects, although not everybody experiences them. If you experience any of the following side effects (or any other side effects not listed in this safety information document), please stop taking the medicine, contact your certifying practitioner, and notify your Patient Resource Center pharmacist:

- Difficulty speaking.
- Blurred vision.
- Feeling depressed or confused.
- Believing ideas that are not true.
- Feeling that other people are against you.
- Feeling overly excited or losing touch with reality.
- Changes in pulse rate, heart rate, or blood pressure.
- Seeing or hearing things that are not there (hallucinations).
- Problems with your memory or having trouble concentrating.
- Feeling abnormal or intoxicated.
- Loss of balance or falling over.
- Altered motivation, attention.
- "Red eye" (vasodilation).

These side effects are more likely when you start your treatment. In most cases, side effects are quite mild, and they generally wear off within a few hours. Use a lower dose or stop using medical cannabis until you feel normal again. When you start using the medicine again, use the quantity that did not make you feel unwanted side effects.

COMMON SIDE EFFECTS:

- Feeling dizzy or tired.
- Feeling sleepy or giddy.
- Eating more or less than usual.
- Changed sense of taste or a dry mouth.
- Lack of energy or feeling weak or generally unwell.
- Fainting.
- Stomach pain or nausea

UNCOMMON SIDE EFFECTS:

- Acute panic reaction.
- Acute paranoid state

INSTRUCTIONS FOR REPORTING ADVERSE EFFECTS:

Call your certifying practitioner or your Patient Resource Center pharmacist. If you experience a life-threatening emergency, call 911 or immediately go to the emergency room.

How to recognize problematic usage and obtain services or treatment: Although the risk of addiction is low for medical cannabis, any potential substance abuse is a serious concern. Medical cannabis use should contribute to, rather than detract from, a patient's health and well-being, work relationships, and social obligations. Someone is abusing medical cannabis or other medications if they intentionally use more than is needed to treat their condition or begin combining it with alcohol and/or other drugs to get a quicker, more intense high. Signs of substance abuse include: failure to fulfill major role obligations; physically hazardous situations; legal problems; and persistent or recurrent social or interpersonal problems caused or exacerbated by use. For help with a medical cannabis dependency, you can receive referrals from the New York State Office of Addiction Services and Supports (OASAS) at 1-877-8HOPENY (1-877-846-7369) or call the Mental Health Association of New York City's anonymous help line, 1-800-LIFENEI(543-3638), 24 hours a day, seven days a week

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MEDICAL CANNABIS TOLERANCE:

With regular cannabis use, it is possible to develop a tolerance, which may require increasingly large doses of cannabis in order to achieve the same level or type of effect. It is advised to only take as much cannabis as your medical need necessitates, as amounts beyond that may exacerbate the increased tolerance. In order to mitigate this possibility, it may be advisable to take 5-7 day "tolerance breaks" from cannabis products (if approved by your medical practitioner). If a tolerance break is not medically expedient, changing the form of cannabis and/or the cannabinoid ratios being consumed may also help to reduce tolerance

MEDICAL CANNABIS WITHDRAWAL:

When ceasing the use of medical cannabis, it is possible to experience withdrawal symptoms which may include: diminished appetite, mood changes, irritability, difficulty sleeping, headaches, loss of focus, sweating, chills, feelings of depression, and stomach problems. These symptoms generally appear within the first week of cannabis cessation and can last as long as 2 weeks or more. Consult your medical practitioner if experiencing any of these symptoms following the cessation of medical cannabis use.

HOW TO KEEP MEDICAL CANNABIS PRODUCT SECURE:

- Keep this medicine out of the sight and reach of children. Keep this medicine in its original packaging, preferably in a locked cabinet.
- Do not use this medicine after the expiration date shown on the product packaging.
- Store at room temperature. The certified patient receiving this medication may not distribute any medical cannabis product to anyone else.

The certified patient receiving this medication may not distribute any medical cannabis product to anyone else. Unwanted, excess, or contaminated medical cannabis product must be returned to the closest. The Botanist dispensary or disposed of by the certified patient or designated caregiver, no later than ten calendar days after the expiration of the patient's certification. If such certification is not renewed, or sooner, should the patient no longer wish to possess medical cannabis. If not returning the tincture to your closest. The Botanist dispensary, dispose of the medical cannabis oil rendering it non-recoverable by mixing it with inert material such as potting soil and disposing of it. Do not throw away medical cannabis oil via wastewater or household waste. This product has not been analyzed by the FDA. There is limited information on the side effects of using this product and there may be associated health risks.