Main Street Medicinals

Adult Use Guide

Tisbury, MA
Welcome

Whether you’re new to cannabis or an established consumer, cannabis consultants at Main Street Medicinals will be able to provide you with tailored selections for your specific goals and enjoyment. Our intention will always be to put our customers needs first!
The marijuana plant houses a diverse group of chemical compounds called cannabinoids. The most common of these are THC and CBD.

THC (tetrahydrocannabinol) is the prevalent cannabinoid found in the marijuana plant. It is responsible for the psychoactive effects (feeling high) and is used medicinally in a number of ways including helping to treat chronic pain, easing mental illness and increasing appetite.

CBD (cannabidiol) is another one of the over 60 cannabinoids found in the marijuana plant. Unlike THC, CBD does not produce psychoactive effects and is generally used by those who are seeking the medical benefits from marijuana plant without the feeling of getting high. CBD is often used to help treat seizures, nausea, inflammation, anxiety and chronic pain.
Types of Cannabis

Sativa:
Described as being more energetic and having uplifting mental effects, sativa strains can be helpful in stimulating creativity and helping treat depression. They are recommended for activities such as hiking, playing music and cleaning the house.

Indica:
A more relaxed and mellow sensation, these strains are ideal for those with chronic pain as they can lead to a body high. They are also recommended for those battling with insomnia, stress and similar conditions. These strains are perfect for unwinding after a tough week, relaxing on the beach and playing with puppies.

Hybrids:
Refers to the genetic breeding of different cannabis strains to produce new combinations.
Our cannabis specialists are here to guide you through your purchase. Whether you be a first-timer, or an old-timer, we will help make your experience as positive as possible.

Our team will educate you and provide compassionate care and enjoyment options tailored to your specific goals. Our intention is, and will always be, to put our patients and adult users first!
Common Cannabis Products: What’s What?

1. **Flower**: the cannabinoid-rich, unfertilized buds that are found on female marijuana plants. These flowers are trimmed throughout the growth of the plant and the flavor, effects and potency differ by strains. Flower can be consumed in a variety of ways including rolled into joints, smoked through bowls or bongs and through vaporizers.

2. **Edibles**: products such as brownies, chocolate bars, cookies, candies, gummies and more. The results are generally an elongated (and sometimes intense) high. We recommend starting slow with small dosage and waiting to feel the intended effects before consuming more as they can take up to 2 hours to set in.

3. **Topicals**: Lotions, balms, and oils that are cannabis-infused. These products are absorbed through the skin for a localized effect.

4. **Tinctures**: alcohol-based or oil cannabis extracts. Comes in a small bottle with a measured dropper for accurate and easy dosing.
## Routes of Administration

<table>
<thead>
<tr>
<th>Method</th>
<th>Product</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoke or vaporize</td>
<td>Flower</td>
<td>Start with one inhalation. Effects are usually noticed right away. Maintains natural scent. Not ideal for customers with respiratory issues.</td>
</tr>
<tr>
<td>Ingest</td>
<td>Edibles, sublingual tinctures</td>
<td>Start with 5mg or less, with food in your stomach. Delayed onset with long lasting effects. Delicious flavor option. May need personal experimentation to find a proper dosing.</td>
</tr>
<tr>
<td>Absorb</td>
<td>Topicals</td>
<td>Start with 1-2 pumps. Not psychoactive. Skin must be intact and clean. Not ideal for all skin types.</td>
</tr>
</tbody>
</table>

With all of our products, we suggest starting with a small dose and waiting before continuing or augmenting use.
People metabolize, process and experience marijuana differently.

Finding the right product greatly depends on the and effects you are looking to experience. Be sure to be comfortable and always remember to start with the lowest dosing option. An over dosage can be accompanied by paranoia and anxiety. Be sure to remain calm, as these undesired feelings will pass with time.

**A note on potency**

As each of our products have different THC and CBD profiles, their potency varies. Read the labels carefully and feel free to ask out experts for advice to find appropriate dose for your desired effect.
Cannabis and...

**Driving:** When under the influence of marijuana, driving is against the law (see M.G.L. c. 90, § 24). Machinery should not be operated under the influence of marijuana, either. You are allowed to travel with marijuana in your car as long as it is in a sealed container and you are not consuming it.

**Alcohol:** It is not recommended to mix marijuana and alcohol.

**Socializing:** State law requires all cannabis products to be consumed in private homes only. Cannabis may not be sold by an individual. Marijuana can be gifted in quantities of 1 gram or less.

**Pregnancy and children:** The health risks associated with cannabis for women who are pregnant, may become pregnant, or breastfeeding are still unknown. Be sure to consult your doctor. Keep cannabis products away from kids.
Warning on Products

All cannabis products produced and sold in Massachusetts must have the following label:

"This product has not been analyzed or approved by the Food and Drug Administration (FDA). There is limited information on the side effects of using this product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential harms. It is against the law to drive or operate machinery when under the influence of this product. KEEP THIS PRODUCT AWAY FROM CHILDREN. There may be health risks associated with consumption of this product. Marijuana can impair concentration, coordination, and judgment. The impairment effects of Edibles may be delayed by two hours or more. In case of accidental ingestion, contact poison control hotline 1-800-222-1222 or 9-1-1. This product may be illegal outside of MA."

If this information is not included, it is a violation of the laws and regulations in Massachusetts and should be returned to the store.
Common Signs and Symptoms of Drug Addiction

• You’ve built up a drug tolerance. You need to use more of the drug to experience the same effects you used to attain with smaller amounts.

• You take drugs to avoid or relieve withdrawal symptoms. If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.

• You’ve lost control over your drug use. You often do drugs or use more than you planned, even though you told yourself you wouldn’t. You may want to stop using, but you feel powerless.

• Your life revolves around drug use. You spend a lot of time using and thinking about drugs, figuring out how to get them, and recovering from the drug’s effects.

• You’ve abandoned activities you used to enjoy, such as hobbies, sports, and socializing, because of your drug use.

• You continue to use drugs, despite knowing it’s hurting you. It’s causing major problems in your life—blackouts, infections, mood swings, depression, paranoia—but you use anyway.

If you believe you have developed a dependence on Marijuana we encourage you to reach out to these resources for help:

Massachusetts Substance Use Helpline: https://helplinema.org/; (800) 327-5050
Martha’s Vineyard Community Services, Oak Bluffs, MA: https://www.mvcommunityservices.org/; (508) 693-7900
Miller House, Falmouth, MA: http://gosnold.org/; (508) 540-5052
Gosnold Counseling Center, Falmouth, MA: http://gosnold.org/; (800)-444-1554
Recovery Without Walls, Falmouth, MA: http://recoverywithoutwalls.org/; (508) 540-5867
Common Signs and Symptoms of Drug Abuse

- You’re neglecting your responsibilities at school, work, or home (e.g. flunking classes, skipping work, neglecting your children) because of your drug use.
- You’re using drugs under dangerous conditions or taking risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex.
- Your drug use is getting you into legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.
- Your drug use is causing problems in your relationships, such as fights with your partner or family members, an unhappy boss, or the loss of old friends.

If you believe you have developed a dependence on Marijuana we encourage you to reach out to these resources for help:

Massachusetts Substance Use Helpline: https://helplinema.org/; (800) 327-5050
Martha’s Vineyard Community Services, Oak Bluffs, MA: https://www.mvcommunityservices.org/; (508) 693-7900
Miller House, Falmouth, MA: http://gosnold.org/; (508) 540-5052
Gosnold Counseling Center, Falmouth, MA: http://gosnold.org/; (800)-444-1554
Recovery Without Walls, Falmouth, MA: http://recoverywithoutwalls.org/; (508) 540-5867
Tolerance, Dependence & Withdrawal

Physical dependence on marijuana is not substantiated by research. However, psychological dependence is possible with the overuse of any substance. A personal inventory should be taken if marijuana becomes a focal point in your life and consultation with your physician is recommended. Frequent or heavy use of marijuana can lead to increased tolerance of the drug, resulting in the need for higher doses or different strains.

For more information about drug dependence, tolerance, abuse and addiction as well as the possibility of withdrawal, please visit:

- [https://www.healthline.com/health/drug-tolerance](https://www.healthline.com/health/drug-tolerance);
- [https://www.healthline.com/health/drug-dependence](https://www.healthline.com/health/drug-dependence);

If you believe you have developed a dependence on Marijuana we encourage you to reach out to these resources for help:

Massachusetts Substance Use Helpline: [https://helplinema.org/](https://helplinema.org/); (800) 327-5050
Martha’s Vineyard Community Services, Oak Bluffs, MA: [https://www.mvcommunityservices.org/](https://www.mvcommunityservices.org/); (508) 693-7900
Gosnold Counseling Center, Falmouth, MA: [http://gosnold.org/](http://gosnold.org/); (800)-444-1554
Experience log

Date:
Time:
Product (including strain, brand, cannabinoid content, etc):
Amount:
Method:
Effects: (positive, negative, onset, duration)
Reflection/review (including details regarding setting, mood, activity, company, etc):
Main Street Medicinals

65 Mechanics Street
Tisbury, MA 02568