



Medical Marijuana & Wellness Series

WEEKLY DISCUSSIONS WITH INDUSTRY EXPERTS

October 13, 2021

Dosing with Medical Marijuana

Prepared and presented by

Series Host Marc Matoza, *Marijuana Med Today*

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Medical Marijuana & Wellness Series

WEEKLY DISCUSSIONS WITH INDUSTRY EXPERTS

Medical Marijuana Awareness Webinars are a series of online education events held by Florida medical marijuana experts with a mission to educate the public on the complex medical abilities and uses of cannabis with beginner-friendly language.

SEPT 8	Edibles
SEPT 15	Terpenes
SEPT 22	Sleep & Medical Marijuana
SEPT 29	Seniors & Medical Marijuana
OCT 6	Arthritis & Medical Marijuana
OCT 13	Dosing for Medical Marijuana
OCT 20	Pain Management & Medical Marijuana
OCT 27	What is Delta-8? Hemp vs Cannabis
NOV 3	Topicals
NOV 10	Anxiety, Stress, & Medical Marijuana
NOV 17	Ketamine



Marc Matoza
Marijuana Med Today



Turner Davis
*Medical Marijuana
Treatment Clinics of Florida*



Nick Maginsky
MÜV by Verano

Marc, Turner, and Nick will be our speakers for this session.

These live events are ideal for attendee participation.
Use the Q&A button at the bottom of your screen to ask questions, and our speakers will answer them following the presentation.

Moderators are standing by to answer technical questions and provide basic information throughout the event.

Watch ANY past webinar, get presentation slides, view speaker info and Frequently Asked Questions, and contact our team at MarijuanaAware.com

Tonight's webinar is being livestreamed on Facebook!



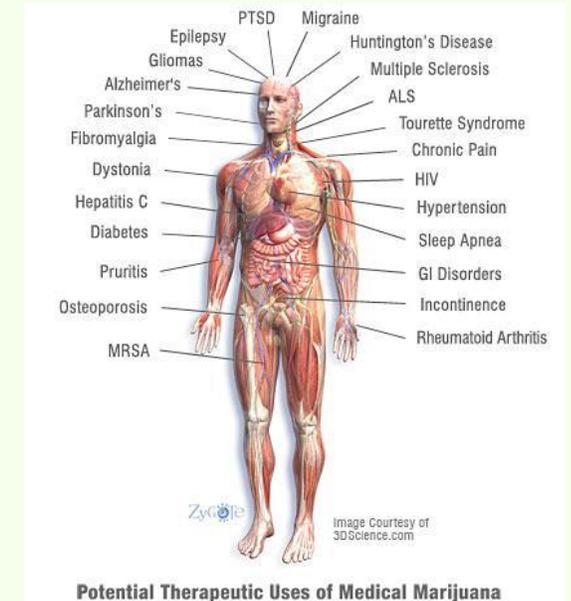
Your Guide to Dosing with Medical Marijuana

Webinar Objective:

To provide resources and guidance **to help you find the right dosage** for your individual body and conditions

Common feedback often resolved by competent dosing guidance:

- *It didn't work, so I quit.*
- *I felt high and it was an uncomfortable experience.*
- *It works, but not as much as I hoped*
- *Why can't I just smoke a joint to get relief?*
- *I don't know where to get help with dosing!*



Potential Therapeutic Uses of Medical Marijuana

What is dosing, and why does it matter?

Every person's body has a unique reaction to cannabis based on tolerance, experience, medical conditions, and their individual anatomy and physiology.

You might compare it to the way your body reacts to substances like alcohol and caffeine.



NOTE: Your doctor/dispensary needs your input to identify your unique dosing recommendation [aka your "Sweet Spot"]

- What is your tolerance to CBD? What is your tolerance to THC?
- What terpenes work best for your condition?
- What dosing forms are you comfortable with?

Medical Cannabis Today

FINDING YOUR SWEET SPOT

Turner Davis, RPh

Pharmacist, Medical Marijuana Specialist

Chief Marketing Officer, [Medical Marijuana Treatment Clinics of Florida](#)



The Endocannabinoid System



THE HUMAN ENDOCANNABINOID SYSTEM

CBD, CBN and THC fit like lock and key into existing human receptors. These receptors are part of the endocannabinoid system which impact physiological process affecting pain modulatory and other system components serve distinct

CB1 receptors are primarily found in the brain and central nervous system, and to a lesser extent in

Receptors are found on cell surfaces

THE HUMAN ENDOCANNABINOID SYSTEM

CBD, CBN and THC fit like lock and key into existing human receptors. These receptors are part of the endocannabinoid system which impact physiological process affecting pain modulation, sleep, memory, appetite, anti-inflammatory effects and other immune system responses.

The endocannabinoid system is comprised of two types of receptors, CB1 and CB2, which serve distinct functions in human health and well-being.



CB2 receptors are mostly in the peripheral organs especially cells associated with the immune system.



HOW CANNABIS WORKS



Endocannabinoids
(Brain-derived)

Foods: Omega 3's, Omega 6's
Anandamide [AEA]



Phytocannabinoids
(Plant-derived)
Buds, Tinctures, Extracts
THC, CBD, CBN, etc



Synthetic Cannabinoids
(Pharmaceutical Labs)
Patent Synthesized Compound
THC Only - Marinol

Endocannabinoids
(Brain receptors)
CB1, CB2, etc

The endocannabinoid system [ECS] regulates a variety of physiological processes including appetite, pain, sleep, pleasure sensation, immune system, mood and memory.

How Does Medical Cannabis Work?

THE HIGHWAY
The Endocannabinoid System

DRIVER

Anandamide
(AKA *the Bliss Molecule*)
is a neurotransmitter and cannabinoid receptor, primarily binding CB1 and CB2 receptors

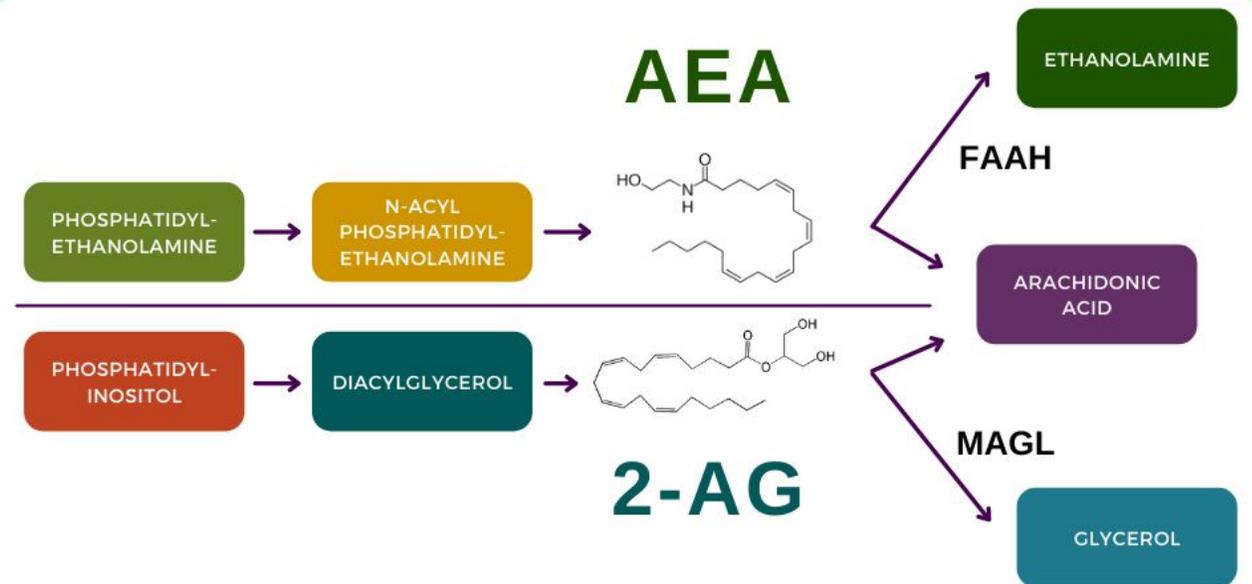
PASSENGER

Cannabinoids
(*CBD/THC*)
travel throughout the Endocannabinoid System

NAVIGATION SYSTEM

Terpenes navigate the cannabinoids' journey like a GPS

Endocannabinoids



The Cannabis Plant



HEMP VS MARIJUANA

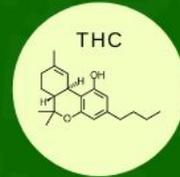
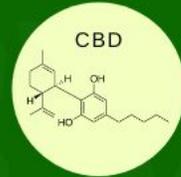
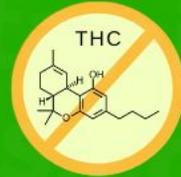
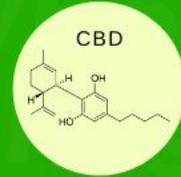
This slide is sponsored by MyBotanicaWellness.com

In the same way that a fluffy corgi, lanky greyhound, and stocky bulldog are all dogs despite different features, both hemp and marijuana are variants of the cannabis plant.



KEY DIFFERENCES

HEMP is a term used to classify varieties of Cannabis that contain **0.3% or less THC content**



MARIJUANA is a term used to classify varieties of Cannabis that contain **more than 0.3% THC** and can induce psychotropic/euphoric effects

COMMON USES

Beyond its medical and health uses, **Hemp** is used to create textiles, hygiene products, paper, etc.

Marijuana has many medicinal effects, with a side effect of higher doses being the "high" often described by non-medical users

PHYSICAL APPEARANCE



Hemp is a tall, lean plant with shiny leaves

Marijuana is a squat, bushy plant with "fuzzy" buds / flowers



LEGALITY IN THE U.S.

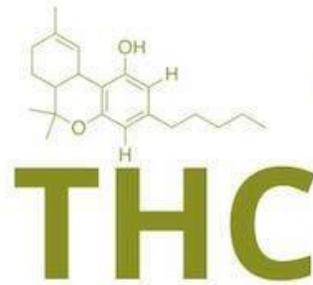
Hemp is federally legalized for use in everyday products

Marijuana is medically legal in 33 states, recreationally legal in 11 states, illegal at Federal level

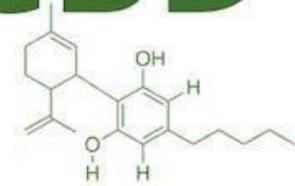
WHAT IS MEDICAL CANNABIS / MARIJUANA?

THC – Tetrahydrocannabinol

Psychoactive cannabis chemical



CBD



CBD – Cannabidiol

Non-Psychoactive cannabis chemical

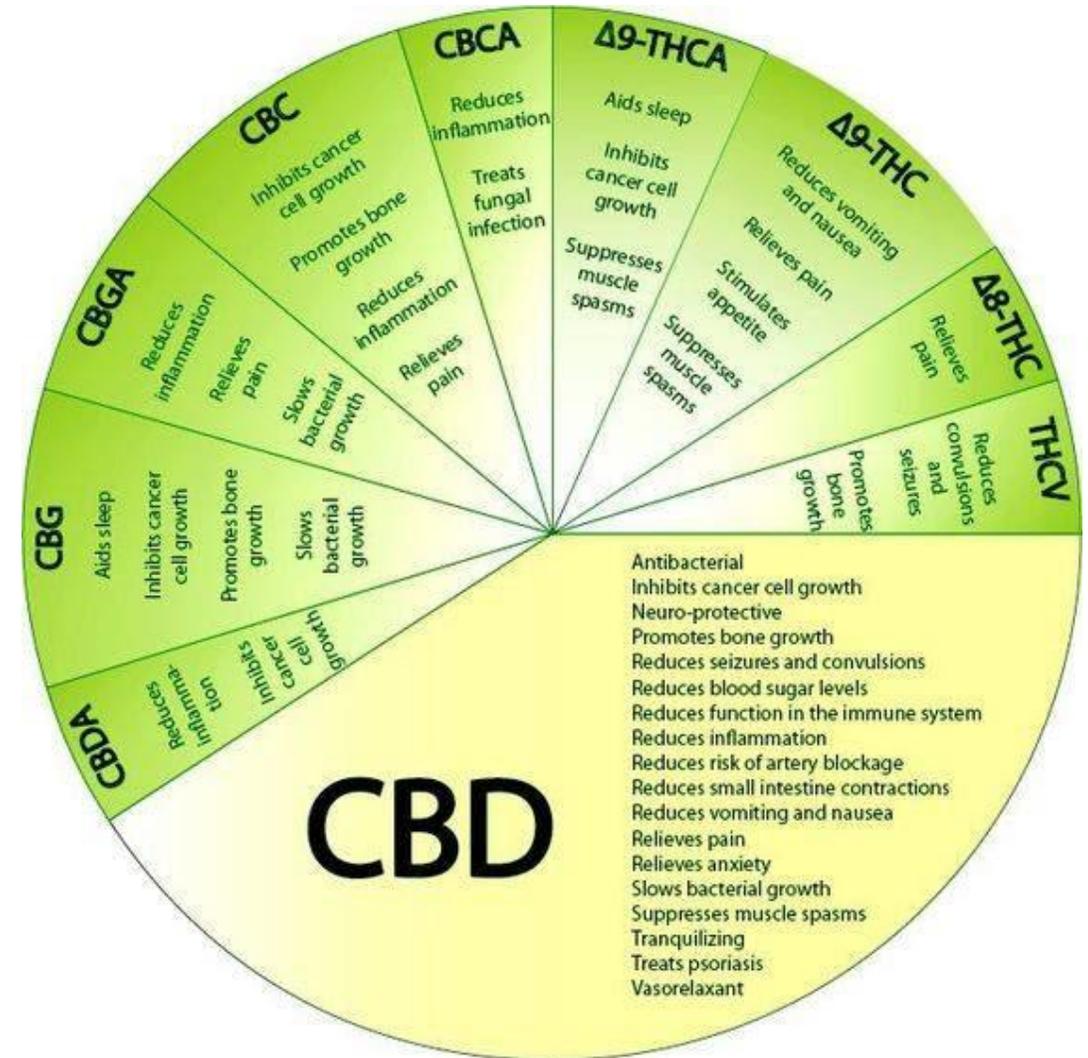
– Also found in Hemp

CBD Wheel

Many medical conditions benefit from treatment with medical marijuana.

Efficacy is influenced by many factors, including:

- The terpene profile
- The individual patient's endocannabinoid receptor system





Limonene

AROMA
fruity, citrus aroma

SOURCE
fruit rinds

EFFECTS
elevates mood
relieves stress
antifungal
antibacterial
relieves heartburn
and gastric reflux
improves absorption
of terpenes/chemicals

Limonene is added to many everyday items like cosmetics and cleaning products



Pinene

AROMA
similar to pine needles

SOURCE
conifer trees, orange peels, turpentine, and many herbs

EFFECTS
analgesic (pain relief)
anti-anxiety
anti-inflammatory
bronchodilator (helps open airways)
improves short-term memory

most common terpene in the natural world



Linalool

AROMA
floral aroma

SOURCE
flowers and spices including lavender and coriander

EFFECTS
stress reduction
anti-anxiety
antidepressant
sedative
anti-inflammatory
anti-epileptic
analgesic (pain relief)

Anecdotal evidence suggests that eating a ripe mango prior to consuming cannabis may accentuate or extend the psychoactive effects of cannabis. This would be due to the fruit's concentrations of myrcene, which is naturally synergistic with THC and allows cannabinoids to more easily bridge the blood-brain barrier.



Myrcene

AROMA
fruity aroma

SOURCE
fragrant plants & herbs including mangos, thyme, lemongrass, basil

EFFECTS
antibiotic
anti-inflammatory
analgesic (pain relief)
sedative
antimutagenic

most common terpene found in cannabis



Caryophyllene

AROMA
spicy, peppery aroma

SOURCE
spices like black pepper & cinnamon, and herbs like oregano & hops

EFFECTS
anti-inflammatory
analgesic (pain relief)
reduction in alcohol-craving
anti-anxiety
antidepressant

common in topicals



Eucalyptol AKA Cineol

AROMA
fresh, minty aroma

SOURCE
eucalyptus trees, bay leaves, cardamom, tea tree, and sage

EFFECTS
antifungal
analgesic (pain relief)
anti-inflammatory
may help with sinus infections
decreases blood pressure

improves cognitive function for those with dementia

DOSING CHALLENGES

INDIVIDUAL VARIATION

INDIVIDUAL VARIATION

Cannabis is Unusual

- Some patients effectively use tiny amounts of cannabis, while others must use high doses for the same effect.
- Some adult patients achieve therapeutic effects at 1 mg of total cannabinoids daily, while others consume over 2,000 mg daily without adverse effects.



- While a 2000-fold dosing range is unusual for a medication, researchers have failed to kill monkeys at doses even 300 times higher.

Thompson GR, et al. *Oral and intravenous toxicity of Δ^9 -tetrahydrocannabinol in rhesus monkeys*. Toxicology and Applied Pharmacology. 1974; 27(3):648-665.

DOSING CONCEPTS

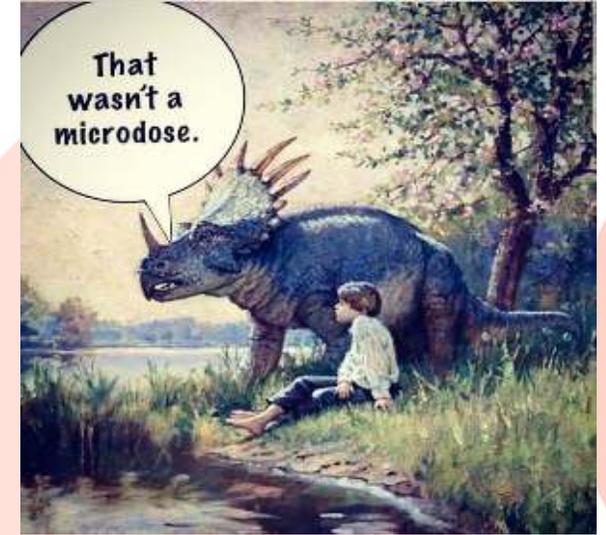
MICRO-DOSING

Less is More

When a doctor considers a patient's dosing regimen with medical marijuana, the goal is to find **the minimum dose that can still provide full relief, with minimal detrimental side effects,** such as unwanted euphoria.

This is called micro-dosing (also spelled microdosing).

By definition, microdosing is the action or practice of taking or administering very small amounts of a drug in order to test or benefit from its physiological action while minimizing undesirable side effects.



[What Is Microdosing?](#) | Verywell Mind

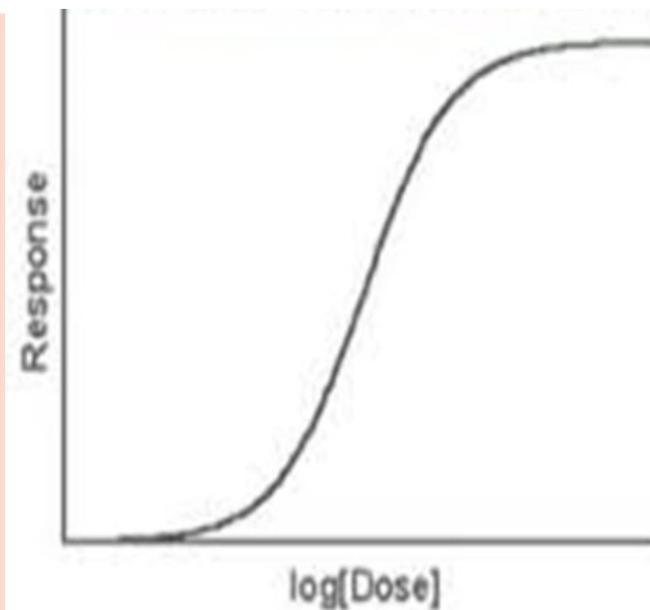
Kendra Cherry, updated October 2020 | Medically reviewed by Steven Gans, MD

DOSING CHALLENGES

- Cannabis exhibits an unusual relationship between the dose and the expected response.
- For **most medications, a higher dose will result in a stronger therapeutic effect and a higher likelihood of adverse effects**; this is described as a **monophasic dose–response relationship**.
- Cannabis does **not** follow this pattern.

DOSE RESPONSE RELATIONSHIP

RESPONSE CHANGES AS FUNCTION OF DOSE

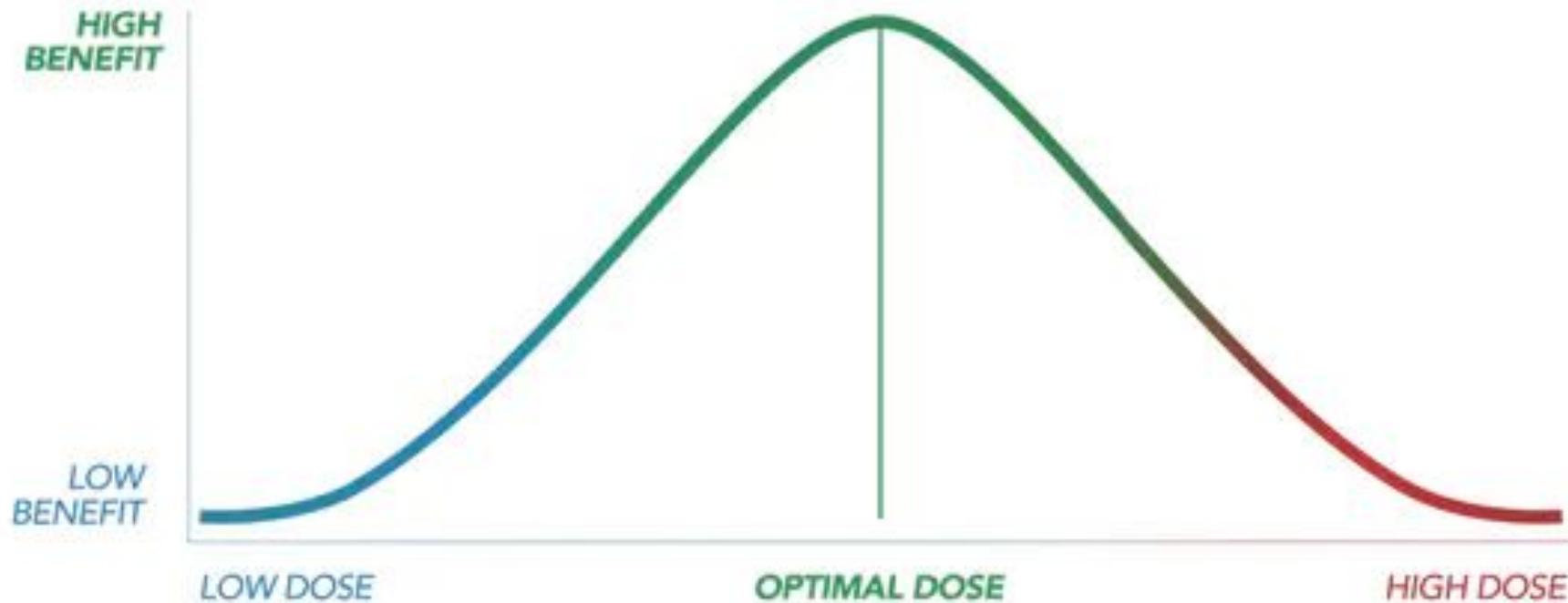


Thompson GR, et al. *Oral and intravenous toxicity of Δ^9 -tetrahydrocannabinol in rhesus monkeys*. *Toxicology and Applied Pharmacology*. 1974; 27(3):648–665.



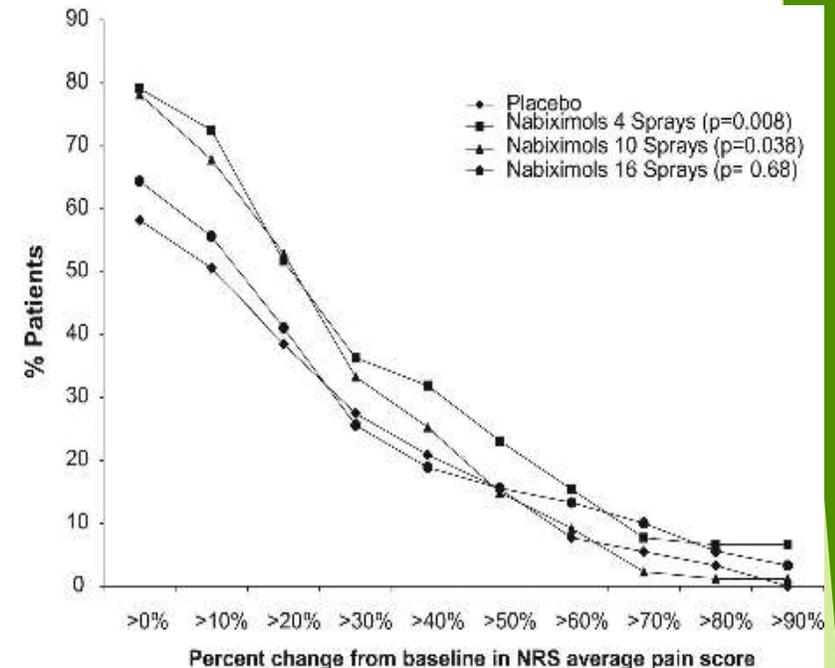
Are higher doses more effective?

Ultra-high doses are more expensive and more likely to cause unwanted side effects. Most patients do much better at the lowest effective dose (microdosing).



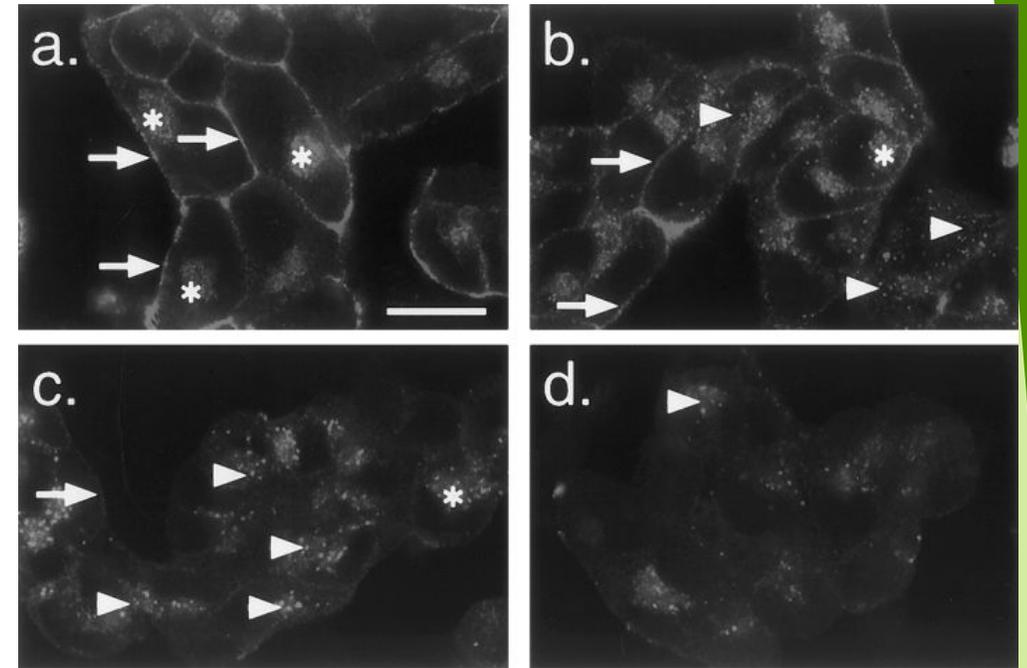
Are Higher Doses More Effective?

- For many cannabis users, this means that less is more.
- In a study of 263 opioid-treated cancer patients with poorly controlled pain, the group receiving 21 mg of combined THC and CBD each day experienced significant improvements in pain levels, more so than the group that received 52 mg/d.
- The group that received 83 mg daily reduced their pain no better than placebo, but experienced more adverse effects.



How is this possible?

- The endocannabinoid system is a sensitive, highly-tuned physiologic infrastructure designed to maintain balance at a cellular level.
- When the cannabinoid receptors become overstimulated by high doses of cannabis, the cells pull the receptors inside, where they are either recycled or degraded.[iii]
- As cannabinoid receptor levels diminish the effects of cannabis will diminish as well, even (or especially) in the face of dose escalation.
- This is known as “tolerance-building,” something that many regular cannabis users have experienced.



Combining CBD and THC

- In a study of 177 patients with cancer pain, one group received an oral spray of THC, while another group received an oral spray of combined THC and CBD at an approximate 1:1 ratio.
- Both groups were allowed to gradually increase their dose until they experienced satisfactory relief.
- The THC group ended up using an average of 27 mg daily, while the CBD+THC group used close to 60 total mg daily, but the CBD+THC group had a superior reduction in pain. [iv]

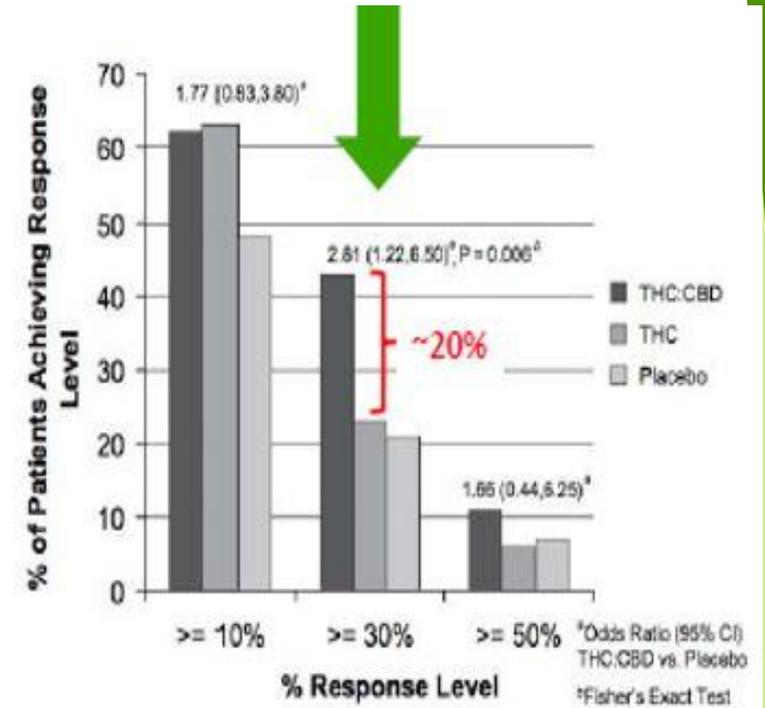


Fig. 3. Pain 0–10 Numerical Rating Scale scores: responder analysis (ITT analysis). ^aOdds ratio (95% CI) THC:CBD vs. placebo; ^bFisher's exact test.

Dosing Suggestions

How much should I take?

What about formulations? Strains?

Factors that influence dosing

- Route of administration
(method, ie. capsules, vape, topicals, etc.)
- Terpene profile
- Potency of the product
- Isolate vs. Whole Plant Extract
- ECS Tone

Symptom relief



Impairment

STANDARD DOSING FORMS

- Sublingual Drops/Tinctures
- Inhalation Vape Pens
- Capsules
- Topicals
- Metered Dose Inhaler
- Sprays
- Edibles
- Flower
- Concentrates



MEDICAL MARIJUANA ROUTES OF ADMINISTRATION



500,000+ Floridians have improved their quality of life and everyday experience with medical marijuana.

850-906-5000 • MMTCL.COM • VETERAN DISCOUNT AVAILABLE

SUBLINGUAL DROPS/ TINCTURES



When taking cannabis via liquid drops under your tongue, components are absorbed via the digestive system or blood vessels in the mouth.

TIME BEFORE ONSET OF EFFECT
15-20 MINUTES
FULL EFFECT AT 1.5-2 HOURS

DURATION OF EFFECT
4-6 hours

EDIBLES



Gummies, hard candies, brownies, and cookies are common forms for edibles.

Patients should pay special attention to dosage for a desired effect.

TIME BEFORE ONSET OF EFFECT
15-20 MINUTES*
FULL EFFECT AT 1.5-2 HOURS

DURATION OF EFFECT
4-10 hours

CAPSULES



The content of oral capsules enters the bloodstream after digestion.

This method is especially beginner-friendly because of the pre-portioned doses.

TIME BEFORE ONSET OF EFFECT
1.5-2 hours

DURATION OF EFFECT
4-6 hr

TOPICALS



A topical medication is applied directly to the skin at the site where the effect is needed.

This form is useful for its quick relief and ability to focus effect on a specific area.

TIME BEFORE ONSET OF EFFECT
almost immediately

DURATION OF EFFECT
1-2 hours

INHALATION (VAPING)

Vaporization delivers inhaled cannabis into the lungs via water molecules, avoiding absorption of potentially harmful material produced by combustion.



TIME BEFORE ONSET OF EFFECT
almost immediately

DURATION OF EFFECT
2-6 hours

TRANSDERMAL PATCHES



A patch is applied directly to skin so that a controlled release of medication is delivered through skin into the bloodstream.

This allows for a long-lasting effect.

TIME BEFORE ONSET OF EFFECT
10 minutes - 1 hour

DURATION OF EFFECT
8-72 hours

FLOWER (SMOKABLE)

Dry flower, also called bud, can be ignited or vaporized and the smoke is inhaled into the lungs.



This product requires a state form

TIME BEFORE ONSET OF EFFECT
almost immediately

DURATION OF EFFECT
2-6 hours

SPRAY



This form of medical marijuana is absorbed via blood vessels in the mucous membranes in the mouth.

Sprays are beginner-friendly with simple doses

TIME BEFORE ONSET OF EFFECT
15-20 MINUTES
FULL EFFECT AT 1.5-2 HOURS

DURATION OF EFFECT
4-6 hours

CONCENTRATES



Concentrates are made using cannabis extract and can take forms including shatter, distillate, and rosin. Primary ways to consume concentrates are dabbing, adding to flower, and vaporizing.

TIME BEFORE ONSET OF EFFECT
almost immediately

DURATION OF EFFECT
1-6 hours

What are routes of administration?

Also called administration forms, these are the various ways that medical marijuana patients ingest medication.

For the best effects, speak to your medical marijuana doctor and dispensary staff about your tolerance and familiarity.

Start low, go slow

Experts recommend starting with a low dosage and making note of how it affects your condition, then increasing your dose after several sessions to determine whether the effect is noticeably increased. The goal is to find the minimum dose that produces the maximum effect for your needs.

Pay attention to packaging

When using any medical marijuana product, read dosing information carefully before administration. This can help you with details such as the placement of a patch, the best time to take your medication, and how to adjust dosing for the ideal effect.

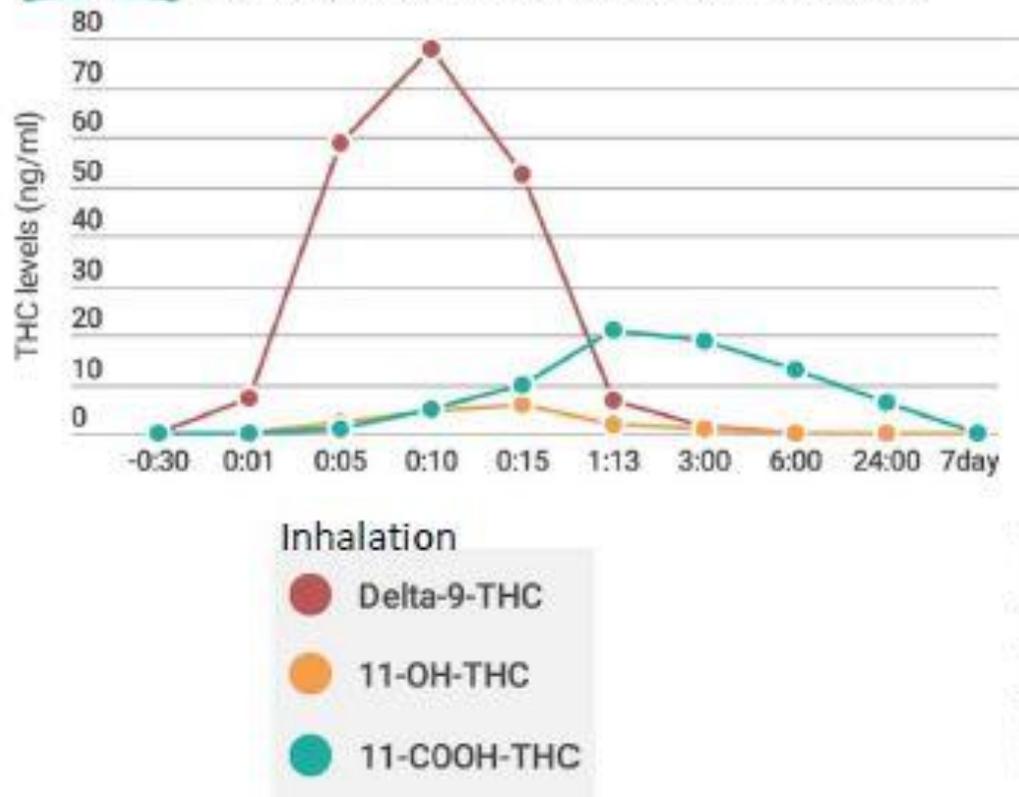
Choose the form for your needs

We often default to the familiar when it comes to medications, because it feels most safe. We encourage you to take the time to determine which form will best suit your individual condition.

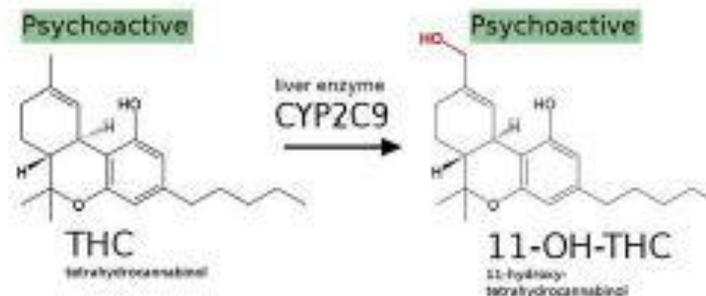
This page is sponsored by
Medical Marijuana Treatment Clinics of Florida

Inhalation vs. Ingestion

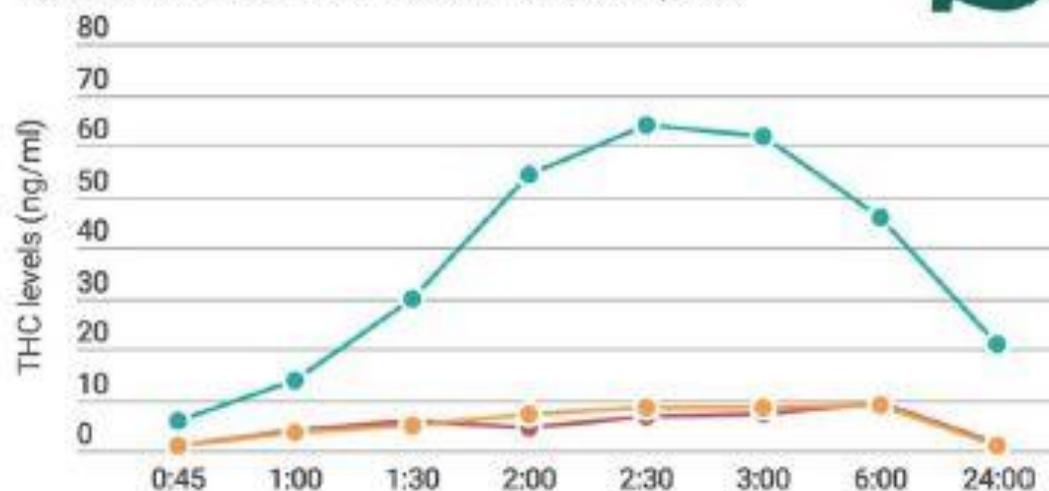
 Average concentration of **delta-9-THC** and its metabolites after **INHALATION** of 15.8 mg (= one joint) of THC. Measured from half an hour before inhalation until 7 days after.



Source: SaplerSoup Blog; Grotenhermen F. Pharmacokinetics and pharmacodynamics of cannabinoids. Clin Pharmacokinet. 2003;42(4):327-60. Review. PubMed PMID: 12648025.; Lindgren JE, Ohlsson A, Agurell S, et al. Clinic effects and plasma levels of delta 9-tetrahydrocannabinol (delta 9-THC) in heavy and light users of cannabis. Psychopharmacology [Berl]. 1981;74(3):208-12.



Average concentration of **delta-9-THC** and its metabolites after **INGESTION** of 20 mg (= one chocolate cookie) of THC. Measured from 45 minutes until 24 hours after consumption. 

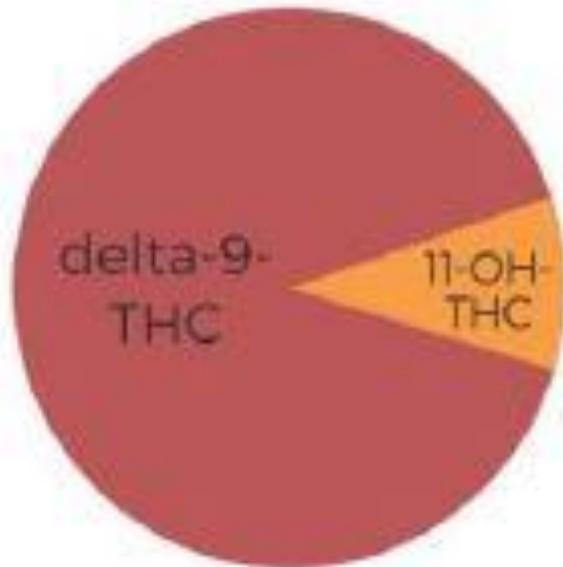


[4]



Proportion Matters

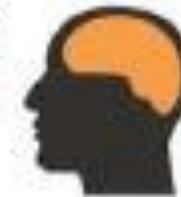
WHEN INHALED



PROPORTION

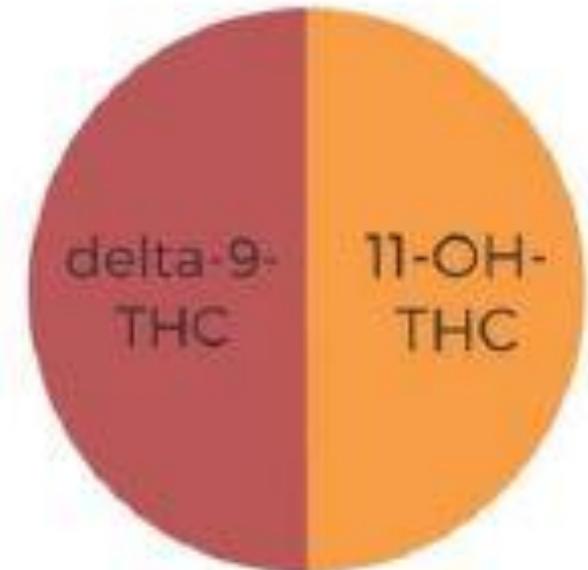
matters

11-OH-THC passes the brain barrier more easily than delta-9-THC.



11-OH-THC is 3 to 7 times more potent than delta-9-THC in activating receptors in the brain.

WHEN INGESTED

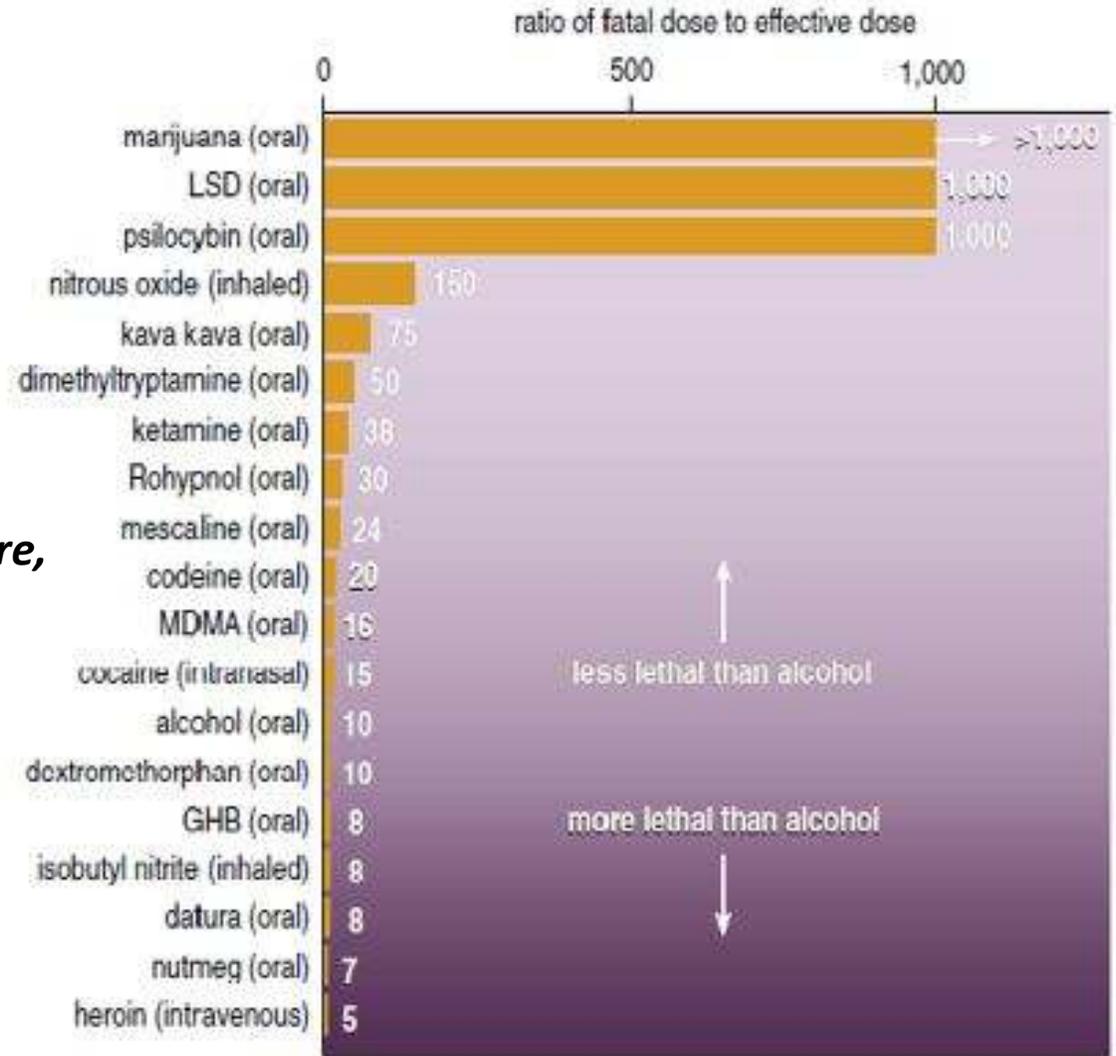


World Health Organization

PUBLICATION: "The Health and Social Effects of Non-medical Use Cannabis" 2016.

"There are no reports of fatal overdoses in the epidemiological literature."

Ranking psychoactive substances by their ratios of lethal dose to effective dose gives a general picture of how likely each is to precipitate an acute fatal reaction. **By this measure, many illicit drugs are considerably safer than alcohol.**



Options for achieving CBD and THC balance

- THC products can ONLY be purchased with a Florida Medical Marijuana Card approved by a physician and purchased from a Florida licensed dispensary.
- CBD-only products derived from hemp are available without a medical marijuana card, and can be purchased at a lower cost outside of a dispensary.
- MMTC physicians generally recommend full spectrum CBD products to maximize the entourage effect

Doctor-Recommended CBD Products

- Full-spectrum CBD products contain a wide variety of cannabinoids other than THC
- This allows maximum engagement with the endocannabinoid system allowed for the sale of hemp-based products
- My Botanica Wellness offers full-spectrum CBD at MMTC clinics & online at [MyBotanicaWellness.com](https://www.MyBotanicaWellness.com)



[First-Time Buyers Receive 20% Off](#)

[MMTC Patients Always Receive 10% Off Purchases](#)



BOTANICA WELLNESS

PHYSICIAN-RECOMMENDED HEMP CBD PRODUCTS

OILS - CAPSULES - EDIBLES - TOPICALS - CBD PET PRODUCTS



My Botanica Wellness is your source for **physician-recommended hemp CBD products**. Featuring trusted brands including Green Roads, Cannidex, and more, visitors are sure to find great options for a large variety of conditions.

Potential Adverse Effects

Affecting more than 1 in 10 people

- Feeling dizzy or tired

Affecting less than 1 in 10 people

- Eating more or less than usual
- Changed sense of taste or a dry mouth, mouth ulcers, burning
- Constipation, diarrhea, or nausea
- Feeling abnormal or intoxicated
- Loss of balance or falling over
- Red eyes, blurred vision
- Dizziness
- Increased anxiety



Safety Profile

RESEARCH

Adverse effects of medical cannabinoids: a systematic review

Tongtong Wang MSc, Jean-Paul Collet PhD MD, Stan Shapiro PhD, Mark A. Ware MBBS MSc

∞ See related article page 1685

ABSTRACT

Cannabis (*Cannabis sativa*) is widely used as a recreational drug, with an estimated worldwide annual prevalence (defined as use at least once per year) of 160

A systematic review of 31 studies (23 randomized controlled trials and 8 observational studies) found that 96.6% of adverse effects were “not serious”.

events and to facilitate future cannabis research initiatives. We critically evaluated the quality of published studies with a view to identifying ways to improve future studies.

Results: A total of 321 articles were eligible for evaluation. After excluding those that focused on recreational cannabis

Pharmaceuticals], which contains Δ -9-tetrahydrocannabinol and cannabidiol in an oromucosal spray); dronabinol (synthetic Δ -9-tetrahydrocannabinol, marketed as Marinol [Solvay Pharmaceuticals]); nabilone (a synthetic derivative of Δ -9-tetrahydrocannabinol, marketed as Cesamet [Valeant Pharmaceuticals International]); and the herbal form of cannabis



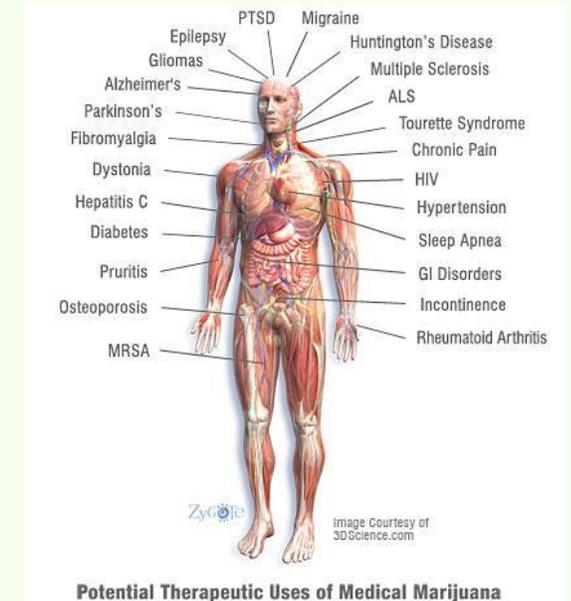
Your Guide to Dosing with Medical Marijuana

Webinar Objective:

To provide resources and guidance **to help you find the right dosage** for your individual body and conditions

Common feedback often resolved by competent dosing guidance:

- *It didn't work, so I quit.*
- *I felt high and it was an uncomfortable experience.*
- *It works, but not as much as I hoped*
- *Why can't I just smoke a joint to get relief?*
- *I don't know where to get help with dosing!*



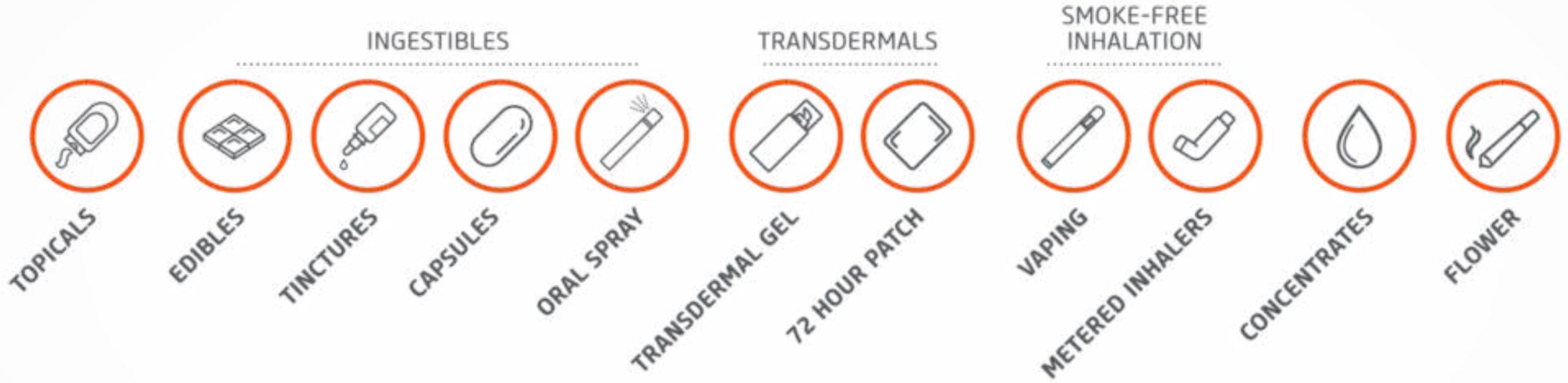
Potential Therapeutic Uses of Medical Marijuana

müv™

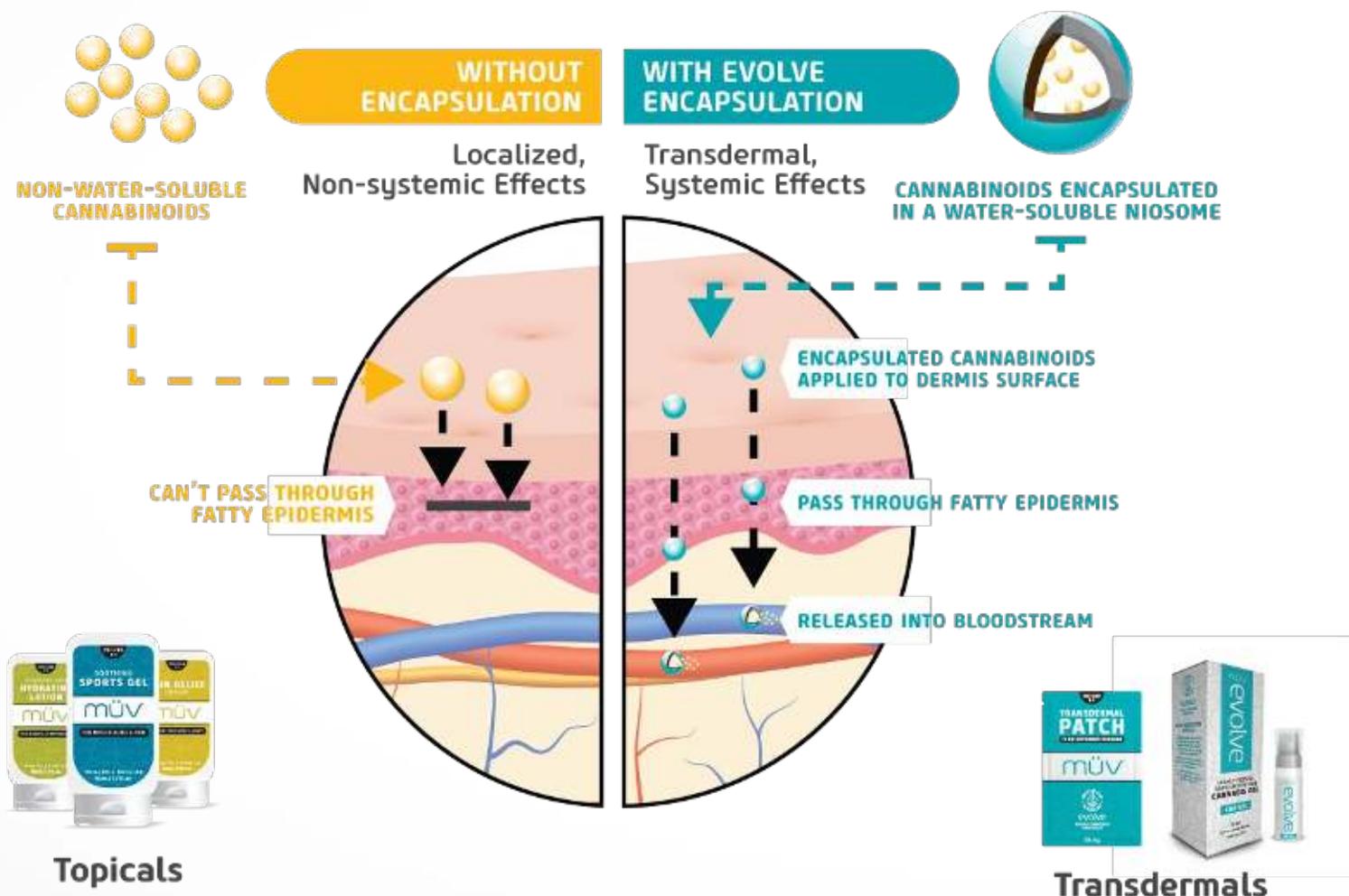
CANNABIS INFUSED PRODUCTS



BEST-IN-CLASS CANNABIS PRODUCTS



MÜV EVOLVE Encapsulation For Transdermal Cannabis



This patent-pending process uses FDA-approved ingredients to encapsulate the cannabinoids, making them more water-soluble.

These encapsulated cannabinoids are then able to transfer through lipid membranes, like human skin, to reach the bloodstream for the activation of full-body effects.

EVOLVE enables powerful transdermal cannabis products like highly potent MÜV Evolve Gel and the 72-hour extended release MÜV Transdermal Patch.

Award-Winning MÜV Products







my strains



All Strains
Search for strains to add to your list.

My Strains:
See what strains you have in your list.

Search:
Search by 'Strain Name' or by 'LP Name'

Tap on "Can't find your strain?" if your strain is not on the list to create your own.

This strain will only appear in your personal data and does not go into the master database of strains. Thus, others cannot see this information.

explore



Here you can search for top trending strains that other people in the Strainprint community are using to treat their various symptoms.

track session

- Select up to 5 Symptoms**
Determine how bad your Symptom is on a scale of 1 to 10.
- Select Symptom Severity**
Determine how bad your Symptom is on a scale of 1 to 10.
- Select your Strain**
Select the strain you are going to use. If you don't see your strain, click on Add Strain at the upper right.
- Select Method of Ingestion**
- Select Amount of Consumption**
- Get Notified + Complete Session**
20+ min (depending on method/ingestion) after you start a session you will be notified to complete it. (Note how you feel now as well as any effects the strain gave you). If you have an active session, your main button on the home page will now say "Tried Session". Click here to delete or complete this session.

profile

Use Profile to manage all facets of the App, including:

- Manage your Conditions**
Add/Remove your medical conditions
- Manage your Symptoms**
Add/Remove your medical symptoms
- My Strains**
Add/Remove your strains; also accessible by tapping on the My Strains button from the Home Screen
- Snapshot**
Review your History; also accessible by tapping on the Snapshot button from the Home Screen
- Strainpoints Management**
Review your points balance and view loyalty offers. This is also accessible by tapping on your points balance from the Home Screen
- Activation Codes**
If you already have a Strainprint account, you can enter an Activation code here. It can be removed at any time
- Export Data**
Export Data in PDF format (for you or your Doctor) by entering an e-mail address. Ability to choose any date range you would like to export
- Personal Info**
Update any of your personal info, including e-mail address and password
- Tell a Friend**
Recommend the Strainprint App to anyone through either Text Message or E-mail
- Contact Support**
This will send an e-mail directly to Strainprint Support. If you do not have e-mail setup on your device, a popup will still appear showing the Support e-mail address
- Logout**
Here you can choose to Logout of the App

snapshot

Once you have logged sessions, you can review them under 'Snapshot'

- Total Sessions**
The large number in the circle displays how many total sessions you have logged
- Session History & Filter by Effect**
Tap this button to get details on each logged session. Choose from the dropdown Filter by Effect to find strains that give you that effect
- Symptom Breakdown**
Tap on any one of your Symptoms to review the strains that have worked best for you when treating these Symptoms. The data will show specific details on your usage

activation code

MUVFL

Questions for Strainprint?
support@strainprint.ca

37 Florida locations

and more coming in the months ahead!

- Apollo Beach
- Bonita Springs
- Boynton Beach
- Bradenton-Heritage Green
- Bradenton-75th West
- Cape Coral
- Clearwater-19 North
- Clearwater-Roosevelt
- Deerfield Beach
- Fort Myers
- Gainesville
- Jacksonville
- Jacksonville Beach
- Key West
- Lady Lake
- Lakeland
- Longwood
- Lutz
- North Port
- Orange City
- Orlando-Garland
- Orlando-Vineland
- Ormond Beach
- Pensacola
- Port St. Lucie
- Sarasota
- Sebastian
- Shalimar
- Spring Hill
- St. Petersburg
- Tallahassee
- Tampa-Dale Mabry
- Tampa-West Kennedy
- Wellington
- West Palm Beach





REACH US YOUR WAY

Patient Care Team **EXTENDED HOURS**

Monday - Saturday
9 AM - 8 PM (EST)

Sunday

10 AM - 6 PM (EST)



Reach us by phone at 833-880-5420.

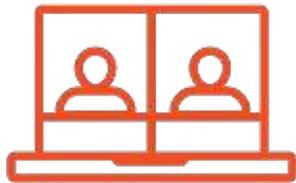


Need a discreet answer? Send your message to support@altmed.co and Patient Care will be in touch promptly.



For immediate assistance, live chat with Patient Care at muvfl.com by opening the chat bubble at the bottom-right of your screen.

THANK YOU!



1-on-1 consultations



on muvfl.com



support@altmed.co

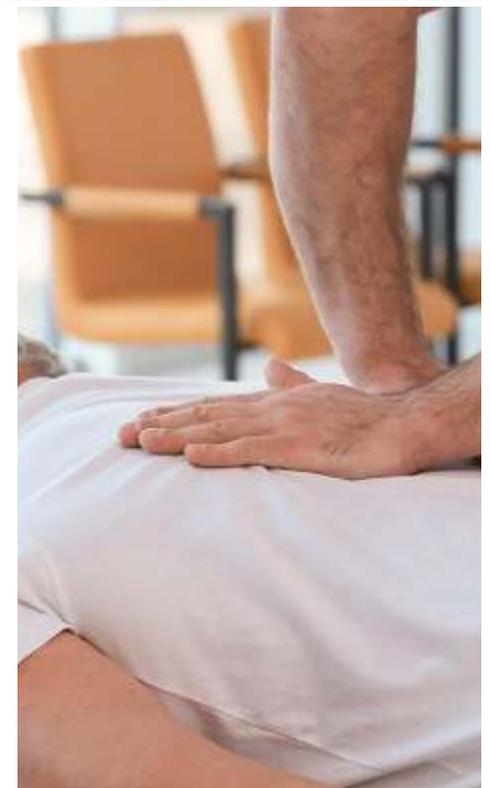


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BALANCED LIVING A SENSE OF RESTORATION & CONTROL

- Meditation and mindfulness
- Cognitive behavioral therapy
- Yoga or stretching
- Acupressure
- Healthy diet & nutrition



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