

Symptom Sheet

Anxiety

Canna Farms produces several products that are reported to provide a **reduction in anxiety, with minimal negative side effects**. The top Canna Farms products are reported to provide a **significantly higher reduction of anxiety** on average vs. non-Canna Farms products (54% vs 44% reduction in anxiety or "efficacy"). The top Canna Farms products are also reported to have lower negative side effects on average than non-Canna Farms products. Specifically, only 1.0% of side effects from Canna Farms products are reported as uncomfortable or distressing vs. an average of 1.6% among non-Canna Farms products.

The Canna Farms products reported to provide the best relief from anxiety are **CBD Critical Mass, CBD Skunk Haze, CBD Kush and Blue Widow**. All of these products, except **Blue Widow**, are a 1:2 THC:CBD ratioed products, with THC in the same range of 5% - 6% and CBD of approximately 9%. **Blue Widow** is a THC dominant product with much higher THC at 19%. NOTE: THC is the chemical ingredient that is known to give a euphoric 'high' feeling, while CBD is a chemical ingredient that is known to be non-intoxicating. As a result of their 1:2 THC: CBD composition and lower THC content, **CBD Critical Mass, CBD Skunk Haze and CBD Kush** are more suitable for **daytime use**.

Blue Widow is recommended for an experienced cannabis user, due to its high potency. It is reported to induce 'sleepy' side effects, making it more suitable for nighttime use. Blue Widow is also used for less severe anxiety, possibly because its lower THC is less likely to induce higher anxiety.

The top Canna Farms products provide strong efficacy from both smoking and vaping. Results are comparable between the two routes of administration for all products, except for CBD Critical Mass, which has better results when vaporized. Recommended dosing for these products, based on reported outcomes, is as follows:

- **CBD Critical Mass** is recommended to be vaped up to twice per day for maximum benefit.
- **CBD Skunk Haze** is recommended to be smoked or vaped up to twice per day.
- **CBD Kush** is recommended to be smoked or vaped three times per day.
- **Blue Widow** is more suitable for nighttime treatment of less severe anxiety at 2 doses per day.

All strains are reported to provide optimal efficacy at 8 - 10 inhalations. A conservative guide would be to start at 8 inhalations and titrate up as necessary.

All data was gathered on the Strainprint App. from March 2017 to April 2020

Base Sizes: All Anxiety ePRO Records excluding Canna Farms: Users (n=4181), ePRO's (n=72102)

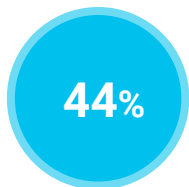
All Anxiety Records for Canna Farms: Users (n=1260), ePRO's (n=20561)

Canna Farms CBD Critical Mass: Users (n= 110), ePRO's (n=877); Canna Farms CBD Skunk Haze: Users (n= 83), ePRO's (n= 637); Canna Farms CBD Kush: Users (n= 106), ePRO's (n=637); Canna Farms Blue Widow Users (n= 241), ePRO's (n=1644)

Efficacy of Top Canna Farms Products



On average, the top 4 Canna Farms Products are reported to provide 54% efficacy (a 54% reduction in anxiety).

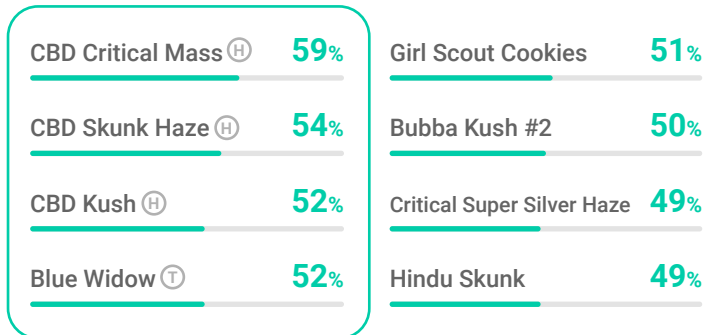


On average, non-Canna Farms products are reported to provide 44% efficacy (a 44% reduction in anxiety).

Strainprint Terminology

Positive Effects	Neutral Effects
<ul style="list-style-type: none"> • Aroused • Comfortable • Creative • Dreamy ☾ • Energized ☀ • Euphoric • Focused ☀ • Giggly • Happy • Light • Motivated ☀ • Pain Free • Positive • Refreshed ☀ • Relaxed • Talkative • Upbeat ☀ • Less Aware of Pain 	<ul style="list-style-type: none"> • Couch Locked ☾ • Foggy ☾ • Forgetful • Hungry • Lethargic ☾ • Red Eyes • Restless • Sleepy ☾ • Thirsty • Tired ☾ • Zoned Out ☾
	Negative Effects
	<ul style="list-style-type: none"> • Anxious • Dizzy • Headache • Nauseous • Paranoid • Racing Heart

Best Canna Farms Strains % efficacy



Disclaimer: The purpose of this symptom sheet is to share data on subjective patient experiences, NOT to provide diagnosis or treatment recommendations. This symptom sheet will NOT provide you with information related to the specific health risks of individuals, nor is it designed or intended to be a substitute for advice from a medical or healthcare practitioner. No information contained in this symptom sheet or in any Strainprint software or on any Strainprint website is provided with the intention of giving medical advice or instructions on the accurate use of cannabis. Strainprint does not recommend or endorse any specific products, brands, treatment plans, consumption methods, procedures, opinions or other information that may be mentioned within this symptom sheet. You should always consult a healthcare professional for medical advice before using cannabis.

Strain Composition

H hybrid 1:2 T thec

CBD Critical Mass H

Product Type Hybrid 1:2

THC Content **5.4%**

CBD Content **9.2%**

CBD Skunk Haze H

Product Type Hybrid 1:2

THC Content **5.6%**

CBD Content **8.7%**

CBD Kush H

Product Type Hybrid 1:2

THC Content **6.4%**

CBD Content **8.8%**

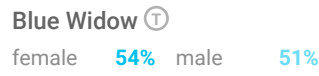
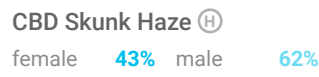
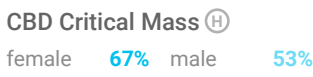
Blue Widow T

Product Type THC

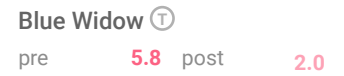
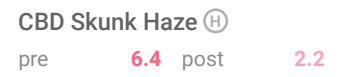
THC Content **18.7%**

CBD Content **0%**

Usage & Efficacy by Gender % efficacy

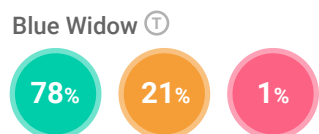
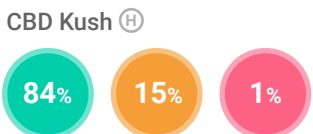
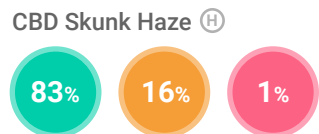
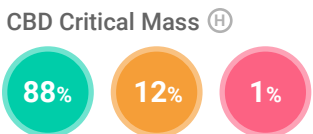
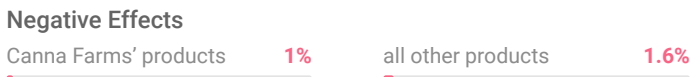


Pre & Post Medication Scores



Emotive Effects

● positive ● neutral ● negative

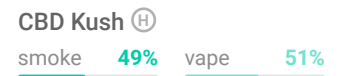
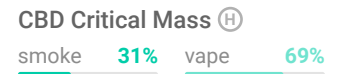
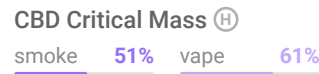


Smoke vs Vape: Efficacy, Usage, & Dose

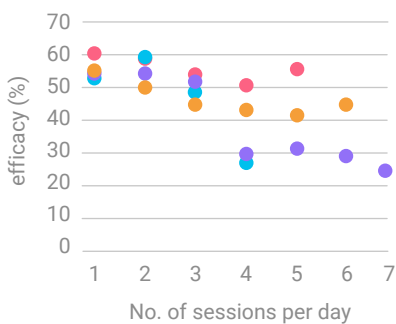
OPTIMAL DOSE IS 8 - 10 INHALATIONS

EFFICACY (%)

USAGE (%)



Efficacy & Frequency



OPTIMAL EFFICACY

- **CBD Critical Mass** H up to 2 sessions
- **CBD Skunk Haze** H up to 2 sessions
- **CBD Kush** H up to 3 sessions
- **Blue Widow** T up to 2 sessions

Day vs Night Usage & Effects

☀ day 🌙 night

