

Symptom Sheet

Insomnia

Canna Farms produces three products that are reported to reduce insomnia with **minimal negative side effects**. The top Canna Farms products are reported to provide a **significantly higher reduction in insomnia** on average vs. non-Canna Farms products (55% vs 44% better sleep or "efficacy"). Canna Farms products are also reported to have lower negative side effects on average than non-Canna Farms products. Specifically, only 1.1% of side effects from Canna Farms products are reported as uncomfortable or distressing vs. an average of 1.7% among non-Canna Farms products.

The most efficacious Canna Farms **dried flower strains** for insomnia are **Blue Widow, Hindu Kush and Pink Kush**, while the most efficacious **oil** product is **Canna Oil 20-0**. All of these products are **THC dominant** with THC in the range of 15% - 20%. NOTE: THC is the chemical ingredient that is known to give a euphoric 'high' feeling. The Top Canna Farms products are reported to provide the nighttime effects of feeling **relaxed, sleepy and dreamy**. Blue Widow and Hindu Kush are also reported to offer higher efficacy when smoked, as opposed to vaping. Pink Kush is reported to provide comparable effects regardless of the method of administration.

It is recommended that these products be **used before bed**. For Blue Widow, Hindu Kush and Pink Kush, a novice user is advised to **consume 5 - 7 inhalations** for optimal efficacy, while a more **experienced** user is recommended to consume **12 - 14 inhalations**.

Canna Oil 20-0 is recommended to be dosed at **1 mL** for a novice user and up to **2 mL** for an experienced user to provide the optimal effect.

All data was gathered on the Strainprint App. from March 2017 to April 2020
 Base Sizes: All Insomnia ePRO Records excluding Canna Farms: Users (n=3311), ePRO's (n=47691)
 All Insomnia Records for Canna Farms: Users (n=1017), ePRO's (n=12792)
 Canna Farms Hindu Kush: Users (n=57), ePRO's (n=251); Canna Farms Blue Widow: Users (n=211), ePRO's (n=1364)
 Canna Farms Pink Kush: Users (n=326), ePRO's (n=2320); Canna Farms Canna Oil 20-0: Users (n=69), ePRO's (n=999)

Strainprint Terminology

Positive Effects	Neutral Effects	Negative 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 ☾ 	<ul style="list-style-type: none"> • Anxious • Dizzy • Headache • Nauseous • Paranoid • Racing Heart

Efficacy of Top Canna Farms Products

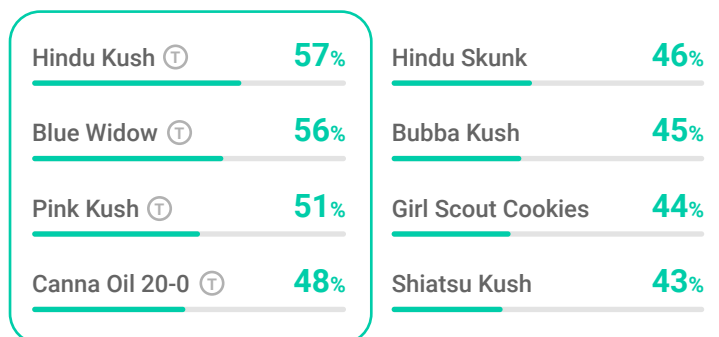


On average, the top 3 Canna Farms Products are reported to provide 55% efficacy (a 55% reduction in insomnia).



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

Best Canna Farms Strains % efficacy



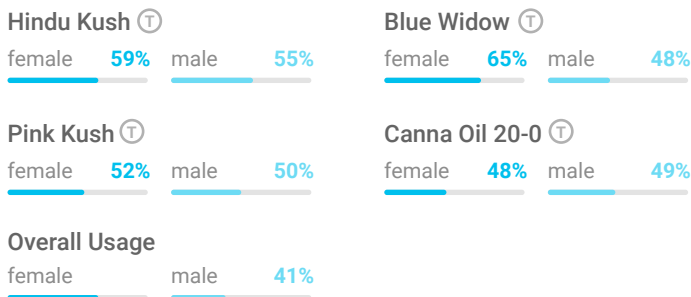
Disclaimer: The purpose of this symptom sheet is to share data on subjective patient experiences, NOT to provide diagnosis or treatment recommendations. This symptom sheet will NOT provide you with information related to the specific health risks of individuals, nor is it designed or intended to be a 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

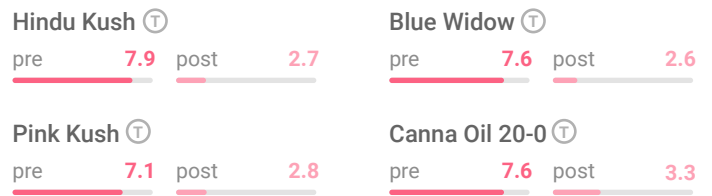
thc

Hindu Kush		Blue Widow		Pink Kush		Canna Oil 20-0	
Product Format	Flower	Product Format	Flower	Product Format	Flower	Product Format	Oil
THC Content	15.2%	THC Content	18.2%	THC Content	20.2%	THC Content	20.1%
CBD Content	0%	CBD Content	0%	CBD Content	0%	CBD Content	0.4%

Usage & Efficacy by Gender % efficacy

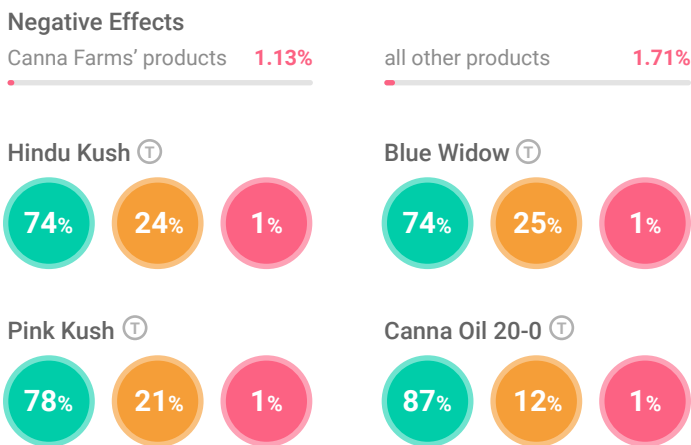


Pre & Post Medication Scores

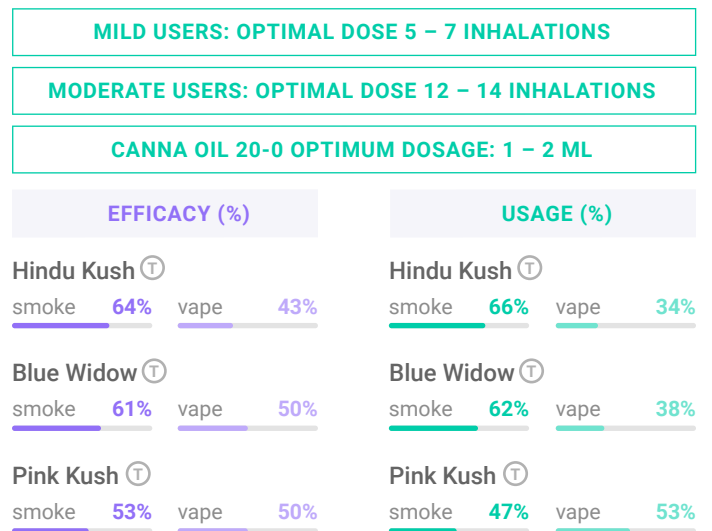


Emotive Effects

● positive ● neutral ● negative



Smoke vs Vape: Efficacy, Usage, & Dose



Nighttime Effects % reported

