

# Girl Scout Cookies by Canna Farms

Girl Scout Cookies (GSC) by Canna Farms is a THC dominant strain with 18% THC, the intoxicating chemical, containing uplifting terpenes limonene, pinene, and beta caryophyllene, which are thought to have anti-inflammatory effects.




Patients have identified that GSC provides more effective relief than other products for several symptoms, some of which are widely treated. For example, GSC is reported to reduce insomnia by 51% compared to 45% for other strains. Reported efficacy is highest among 18 - 24 year-olds, but declines with age. Reported emotive effects demonstrate GSC's ability to aid with sleep and next day freshness. GSC is also widely used for joint pain and stiffness and shows strong efficacy in reducing both of these symptoms. GSC is reported to reduce joint pain by 48%, compared to a 38% decrease for other products. Likewise, GSC is reported to reduce joint stiffness 45%, compared to a 41% decrease from other products. GSC also reduces anxiety and depression more effectively than other strains. Anxiety is reported to be reduced by 49%, compared to an average of 45% when using other strains. GSC treats depression well, and is reported to decrease the feelings of depression by 46%, which is higher than other products which provide a 39% decrease. Emotive effects from GSC illustrate a focus on comfort and relaxation, making GSC suitable for either day or night use

All data was gathered on the Strainprint App. from March 2017 to April 2020  
Base Size: Girl Scout Cookies Users (n=1194), ePRO's (n=36523)









## Profile

Type	Hybrid		
Format	Flower		
THC	18-26%	CBD	0.07%

## Dominant Terpenes

 Limonene	0.48%
 Caryophyllene	0.2%
 Pinene	0.15%

















## Top Reported Uses

-  Anxiety
-  Muscle Pain
-  Joint Pain
-  Insomnia
-  Irritability
-  Stress
-  Headache
-  Depression

## Top Reported Effects

-  Refreshed
-  Relaxed
-  Comfortable
-  Aroused
-  Giggly
-  Happy
-  Talkative
-  Hungry

## Girl Scout Cookies Highest Reported Efficacy

<b>1. Lack of Appetite 63%</b> 59%  when smoked    67%  when vaped 53% when using other products	<b>5. PTSD Flashbacks 48%</b> 42%  when smoked    65%  when vaped 42% when using other products
<b>2. Nausea 53%</b> 49%  when smoked    57%  when vaped 52% when using other products	<b>6. Joint Pain 48%</b> 44%  when smoked    54%  when vaped 38% when using other products
<b>3. Insomnia 51%</b> 51%  when smoked    50%  when vaped 45% when using other products	<b>7. Depression 46%</b> 46%  when smoked    47%  when vaped 39% when using other products
<b>4. Anxiety 49%</b> 47%  when smoked    51%  when vaped 45% when using other products	<b>8. Joint Stiffness 45%</b> 43%  when smoked    49%  when vaped 41% when using other products

**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.


## Insomnia


### Age Avg Efficacy

18-34 **60%**

35+ **55%**

### Gender Avg Efficacy

Female  **41%**

Male  **48%**

### Recommended Dose\*

For novice users:  
**4 – 6 inhalations**

More experienced users:  
**11 – 12 inhalations**

### Top Reported Emotive Effects

1. Refreshed
2. Relaxed
3. Comfortable
4. Aroused
5. Sleepy
6. Restless


## Anxiety


### Age Avg Efficacy

18-34 **45%**


35+ **64%**


### Gender Avg Efficacy

Female  **51%**

Male  **49%**

### Time of Day Avg Efficacy

Day  **50%**

Night  **49%**

### Recommended Dose\*

For novice users:  
**4 – 5 inhalations**

More experienced users:  
**11 – 12 inhalations**

### Top Reported Emotive Effects

1. Relaxed
2. Happy
3. Light
4. Comfortable
5. Focused
6. Hungry


## Joint Pain & Joint Stiffness


### Age Avg Efficacy

18-34 **50%**


35+ **52%**


### Gender Avg Efficacy

Female  **38%**

Male  **55%**

### Time of Day Avg Efficacy

Day  **53%**

Night  **49%**

### Recommended Dose\*

**6 – 9 inhalations** for  
smoke or vape.

### Top Reported Emotive Effects

1. Refreshed
2. Relaxed
3. Aroused
4. Comfortable
5. Happy
6. Pain Free


## Depression


### Age Avg Efficacy

18-34 **47%**


35+ **45%**


### Gender Avg Efficacy

Female  **46%**

Male  **46%**

### Time of Day Avg Efficacy

Day  **48%**

Night  **45%**

### Recommended Dose\*

**11 – 12 inhalations** for  
smoke or vape.

### Top Reported Emotive Effects

1. Relaxed
2. Comfortable
3. Happy
4. Light
5. Thirsty
6. Dreamy

\*Strainprint's recommended dose is achieved by calculating the average number of inhalations reported to achieve the highest reported efficacy. As always it is recommended to "start low, and go slow" when titrating to the recommended dose.