

# CBD Critical Mass by Canna Farms

CBD Critical Mass by Canna Farms is a CBD-dominant strain (dried flower) which is an excellent choice for both new and experienced cannabis users. It contains only 5-6% THC (the intoxicating ingredient) and 8-10% CBD (non-intoxicating), both of which are believed to respond to areas of the brain which regulate mood. This product also contains dominant terpenes myrcene and pinene. Both terpenes have anti-inflammatory properties which are also believed to impact certain areas of the brain related to motivation and anxiety, making them a good combination for treating negative mood states. Furthermore, pinene, found in pine needles, has an uplifting scent and is effective for increasing focus and energy.

Patients have identified that CBD Critical Mass provides more effective relief than other flower products for anxiety, depression, and irritability. Specifically, it is reported to reduce anxiety and irritability by 57% compared to reported efficacy of 48% and 49%, which is the average efficacy of other strains. For depression, reported efficacy is 54% for this strain, which is much higher than the average strain at 41%. Efficacy is also higher when the product is vaped, rather than smoked, however both methods of ingestion provide significant relief.

This strain can be used both during the day and at night since patients rarely report feeling tired from it. Furthermore, negative effects are extremely rare and are reported only 2% (at most) of the time it's used. When treating these mood states, the most commonly reported 'side effects' are feeling relaxed, comfortable, happy and thirsty, making this product appropriate for treating negative mood states.

## Product Profile

Type	CBD Dominant Hybrid		
THC	5-6%	CBD	8-10%

## Dominant Terpenes

Note: Terpenes and THC may vary.

Myrcene	0.2%
Alpha Pinene	0.15%

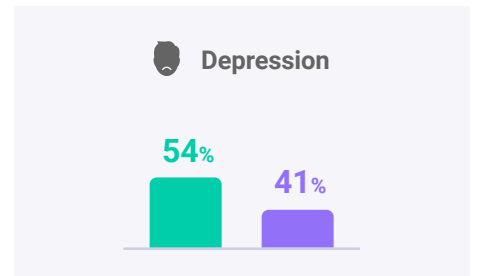
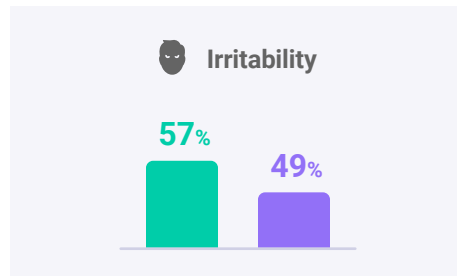
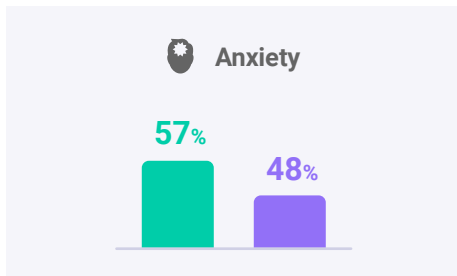
Note: All patients react differently to cannabis. It is common for patients to experience dry mouth, hunger, and red eyes which are common side effects of cannabis.

All data was gathered on the Strainprint App from March 2017 to April 2021

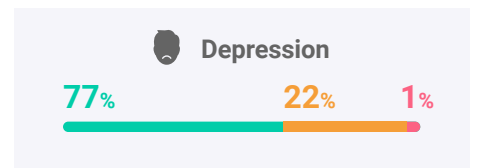
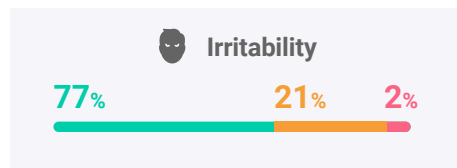
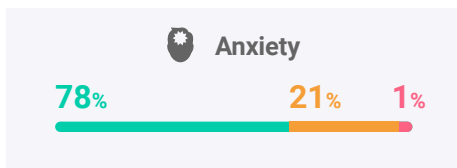
Base Size: Critical Mass Users (n=293), Electronic Patient Reported Outcomes or "ePROs" (n=7,719)

## Average Reported Efficacy

Symptoms where CBD Critical Mass is Higher than Average: ● CBD Critical Mass ● Average of other flower products



## Summary of Emotive Effects ● Positive ● Neutral ● Negative



**Positive Effects:** Aroused, Comfortable, Creative, Dreamy, Energized, Euphoric, Focused, Giggly, Happy, Light, Motivated, Pain Free, Positive, Refreshed, Relaxed, Talkative, Upbeat, Less Aware of Pain. **Neutral Effects:** Couch Locked, Foggy, Forgetful, Hungry, Lethargic, Red Eyes, Restless, Sleepy, Thirsty, Tired, Zoned Out. **Negative Effects:** Anxious, Dizzy, Headache, Nauseous, Paranoid, Racing Heart.

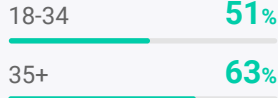
**Disclaimer:** The purpose of this symptom sheet is to share data on subjective patient experiences, NOT to provide diagnosis or treatment recommendations. This symptom sheet will NOT provide you with information related to the specific health risks of individuals, nor is it designed or intended to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

## Anxiety

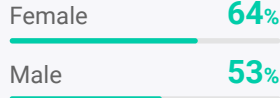
### Recommended Dose\*

Novice users: 3–4 inhalations • Experienced users: 8–9 inhalations • Efficacy is highest when used 1–2 times per day

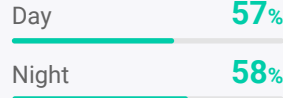
#### Age Avg Efficacy



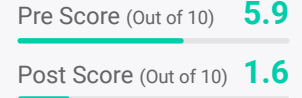
#### Gender Avg Efficacy



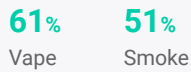
#### Time of Day Avg Efficacy



#### Avg. Pre & Post Score



#### Ingestion Method Avg Efficacy



### Top Reported Emotive Effects



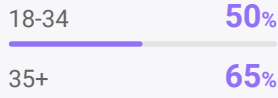
Feeling "relaxed" was mentioned in 17% of ePROs reported by patients using CBD Critical Mass for anxiety.

## Irritability

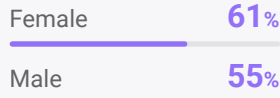
### Recommended Dose\*

4 – 6 inhalations • Efficacy is highest when used 2 times per day

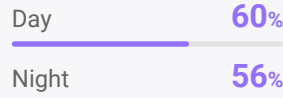
#### Age Avg Efficacy



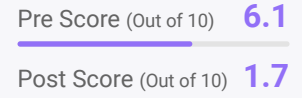
#### Gender Avg Efficacy



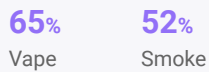
#### Time of Day Avg Efficacy



#### Avg. Pre & Post Score



#### Ingestion Method Avg Efficacy



### Top Reported Emotive Effects



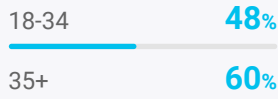
Feeling "relaxed" was mentioned in 20% of ePROs reported by patients using CBD Critical Mass for irritability.

## Depression

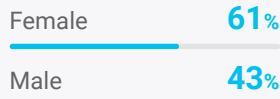
### Recommended Dose\*

Novice users: 5–6 inhalations • Experienced users: 9–10 inhalations • Efficacy is highest when used 2 times per day

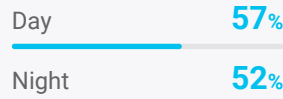
#### Age Avg Efficacy



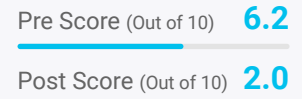
#### Gender Avg Efficacy



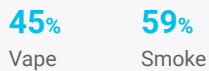
#### Time of Day Avg Efficacy



#### Avg. Pre & Post Score



#### Ingestion Method Avg Efficacy



### Top Reported Emotive Effects



Feeling "relaxed" was mentioned in 20% of ePROs reported by patients using CBD Critical Mass for depression.

\*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.

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