

CONDITION

Arthritis

Canna Farms produces several products that are reported to provide a reduction in the aches and pains associated with Arthritis, as well as the distressing mental state that often accompanies the physical symptoms.

Canna Farms products are reported to provide a greater reduction of joint pain, muscle pain, joint stiffness/inflammation and anxiety/irritability on average vs. non-Canna Farms products, with minimal negative side effects.

The chronic discomfort associated with Arthritis can be reduced with several effective products, which have a range of THC content making the suite of products accessible for patients with all levels of experience with cannabis. Many of the products also contain the terpene Beta-Caryophyllene, which is the only terpene to react directly with the body's CB2 receptors, reducing inflammation in the body when activated.¹

¹ Ceccarelli, I., Fiorenzani, P., Pessina, F., Pinassi, J., Aglianò, M., Miragliotta, V., & Aloisi, A. M. (1AD, January 1). The CB2 agonist β -caryophyllene in male and female rats exposed to a model of persistent inflammatory pain. *Frontiers*

Side Effects

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.

Emotive Effects

Positive: aroused, comfortable, creative, dreamy, energized, euphoric, focused, giggly, happy, light, motivated, pain free, positive, refreshed, relaxed, talkative, upbeat, less aware of pain

Neutral: couch locked, foggy, forgetful, hungry, lethargic, red eyes, restless, sleepy, thirsty, tired, zoned out

Negative: anxious, dizzy, headache, nauseous, paranoid, racing heart

How to Read Efficacy Scores

The % efficacy refers to the % decrease in the discomfort or severity of the symptom, as reported by the patient on the app.

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.

The Canna Farms products reported to provide the best relief from this pain are **Pink Kush**, **Girl Scout Cookies**, and **CBD Critical Mass**. They all show higher efficacy than non-Canna Farms products (48% on average vs. 36% on average for non-Canna Farms). **Pink Kush** and **Girl Scout Cookies** are THC dominant (the intoxicating ingredient), and contain higher levels of Limonene and Beta-Caryophyllene, which reduce inflammation and pain. Since both of these are high in THC (18-26%), they are recommended for experienced cannabis users. **Pink Kush** may produce the 'sleepiest' effects, making it appropriate for evenings. **CBD Critical Mass** is more suitable for daytime use and for new users since it contains less THC and a higher level of CBD (5% THC, 9% CBD). The CBD may also be helpful in reducing inflammation and associated pain. Adverse reactions resulting from the use of these products is very rare; at most only 2% of sessions report a negative side effect, comparable with non-Canna Farms products. All products perform well whether smoked or vaped.

Top Products

Pink Kush	
Type	THC Dominant Hybrid
THC	18-24%
CBD	<0.1%
Dominant Terpenes	Beta Caryophyllene Limonene Myrcene
ePROs	(n=874)
Users	(n=99)
Optimal Dose	4-6 inhalations
Ingestion Method	Vape, Smoke

Girl Scout Cookies	
Type	THC Dominant Hybrid
THC	18-26%
CBD	<0.1%
Dominant Terpenes	Limonene Beta Caryophyllene Pinene
ePROs	(n=1300)
Users	(n=141)
Optimal Dose	4-6 inhalations
Ingestion Method	Vape, Smoke

CBD Critical Mass	
Type	CBD Dominant Hybrid
THC	5%
CBD	9%
Dominant Terpenes	Myrcene Alpha Pinene
ePROs	(n=415)
Users	(n=43)
Optimal Dose	6-8 inhalations
Ingestion Method	Vape

Average Efficacy

Pink Kush	51%
Girl Scout Cookies	46%
CBD Critical Mass	48%
Non-Cana-Farms Product Average	36%

Efficacy by Gender

Pink Kush	female	50%	male	54%
Girl Scout Cookies	female	33%	male	50%
CBD Critical Mass	female	48%	male	48%

Efficacy by Age

Pink Kush	18-34	43%	35+	53%
Girl Scout Cookies	18-34	51%	35+	45%
CBD Critical Mass	18-34	57%	35+	44%

Efficacy by Method of Ingestion

Pink Kush	smoke	50%	vape	51%
Girl Scout Cookies	smoke	45%	vape	46%
CBD Critical Mass	smoke	50%	vape	47%

Pre and Post Medication Score

Pink Kush	pre	5.5	post	1.9
Girl Scout Cookies	pre	6.3	post	2.8
CBD Critical Mass	pre	6.4	post	2.7

Emotive Effect Sentiment

% of mentions:	positive	neutral	negative
Pink Kush	75%	24%	1%
Girl Scout Cookies	76%	23%	1%
CBD Critical Mass	74%	23%	3%
Non-Canna Farms Product Average			2%

Top Reported Effects

Pink Kush	Relaxed, comfortable, happy, thirsty, sleepy, light, dreamy, pain-free.
Girl Scout Cookies	Relaxed, comfortable, happy, pain-free, thirsty, focused, light
CBD Kush	Relaxed, comfortable, happy, pain free, thirsty, focused, light

Awake vs. Sleepy Effects

% of users who reported sleepy or awake effects:				
Pink Kush	sleepy	48%	awake	31%
Girl Scout Cookies	sleepy	37%	awake	43%
CBD Critical Mass	sleepy	33%	awake	40%

The Canna Farms products with above average efficacy for treating muscle pain are all THC dominant: **Girl Scout Cookies**, **Pink Kush** & **Tangerine Dream**. On average, these products reduce muscle pain by 48%, compared to non-Canna Farms products which reduce pain by 36%. All of these products contain either Limonene² or Beta Caryophyllene,³ which reduce inflammation. **Pink Kush** and **Tangerine Dream** also contain Myrcene,⁴ another anti-inflammatory terpene, which is also reported to reduce pain, especially when combined with THC. **Tangerine Dream** has the lowest THC content of the three, and is reported to provide more stimulating effects than sedative effects⁵ Both **Pink Kush** and **Girl Scout Cookies** are reported to make one feel tired and are better suited for nighttime. Adverse effects are only caused in 1% of reported interactions with the products, even lower than the 2% reported negative effects felt when consuming non-Canna Farms products. All products perform well whether smoked or vaped.

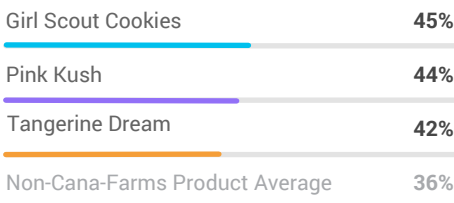
Top Products

Girl Scout Cookies			
Type	THC Dominant Hybrid		
THC	18-26%	CBD	<0.1%
Dominant Terpenes	Limonene 🍋 Beta Caryophyllene 🌿 Pinene 🌲		
ePROs	(n=605)	Users	(n=97)
Optimal Dose	6-7 inhalations		
Ingestion Method	Vape, Smoke		

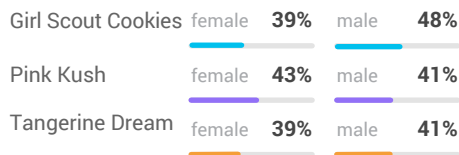
Pink Kush			
Type	THC Dominant Hybrid		
THC	18-24%	CBD	<0.1%
Dominant Terpenes	Beta Caryophyllene 🌿 Limonene 🍋 Myrcene 🌱		
ePROs	(n=681)	Users	(n=71)
Optimal Dose	6-7 inhalations		
Ingestion Method	Vape, Smoke		

Tangerine Dream			
Type	THC Dominant Hybrid		
THC	14-22%	CBD	<0.1%
Dominant Terpenes	Myrcene 🌱 Pinene 🌲 Beta Caryophyllene 🌿		
ePROs	(n=340)	Users	(n=50)
Optimal Dose	8-9 inhalations		
Ingestion Method	Vape, Smoke		

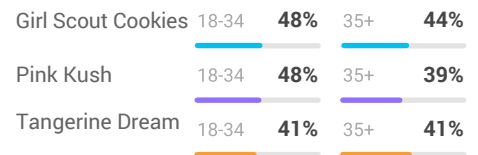
Average Efficacy



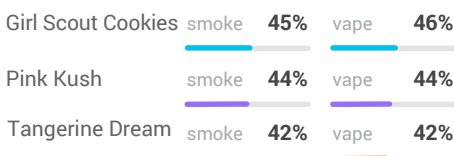
Efficacy by Gender



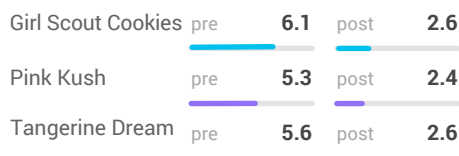
Efficacy by Age



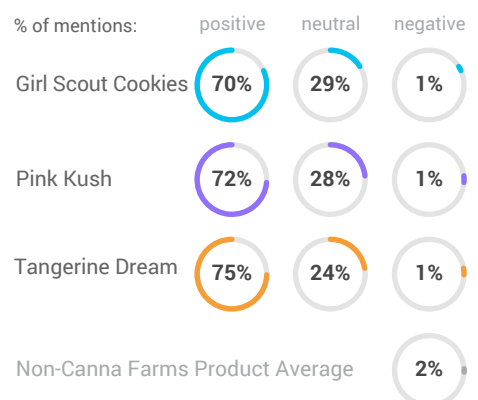
Efficacy by Method of Ingestion



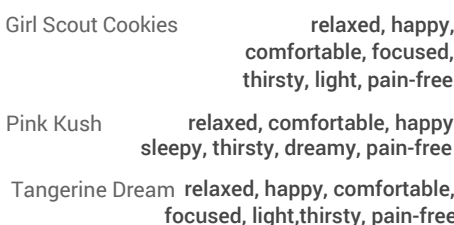
Pre and Post Medication Score



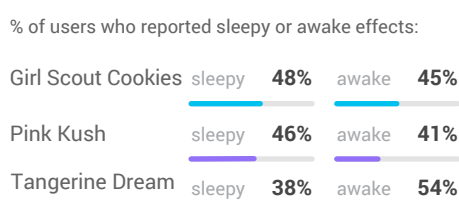
Emotive Effect Sentiment



Top Reported Effects



Awake vs. Sleepy Effects



2 de Cássia da Silveira E Sá, R., Lima, T. C., da Nóbrega, F. R., de Brito, A., & de Sousa, D. P. (2017). Analgesic-Like Activity of Essential Oil Constituents: An Update. International journal of molecular sciences, 18(12), 2392.

3 Scandiffio R, Geddo F, Cottone E, et al. Protective Effects of (E)-β-Caryophyllene (BCP) in Chronic Inflammation. Nutrients. 2020;12(11):3273. Published 2020 Oct 26. doi:10.3390/nu12113273

4 Surendran, S., Qassadi F., Surendran, G., Lilley, D., & Heinrich, M. (2021). Myrcene-What Are the Potential Health Benefits of This Flavouring and Aroma Agent?. Frontiers in nutrition, 8, 699666.

5 Zaid H. Maayah, Shingo Takahara, Mourad Ferdaoussi, Jason R.B. Dyck (2020). The molecular mechanisms that underpin the biological benefits of full-spectrum cannabis extract in the treatment of neuropathic pain and inflammation, Biochimica et Biophysica Acta (BBA) - Molecular Basis of Disease, Volume 1866(7), 165771

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All data was gathered on the Strainprint App from March 2017 to Feb 2022 and is self-reported by the Strainprint App user



SYMPTOM

Joint Stiffness & Inflammation

The Canna Farms products reported to provide higher efficacy than non-Canna Farms products (38%) from insomnia are **CBD Critical Mass** (48%), **Pink Kush** (46%) and **Girl Scout Cookies** (46%). **CBD Critical Mass** contains CBD and much less THC than the other two products, yet they are all high in anti-inflammatory terpenes such as Beta-Caryophyllene, Limonene and Myrcene. **CBD Critical Mass** has lower THC and a higher pinene content, which makes it more suitable for daytime as pinene is known to increase alertness.⁶ **Pink Kush** can be a good choice for use at night, as 55% of patients reported that they felt sleepy when they used it. Adverse effects are rare; only 1% of use occasions resulted in a negative reaction. **CBD Critical Mass** is most effective when smoked while **Pink Kush** and **Girl Scout Cookies** are reported to provide more effective symptomatic relief when vaporized.

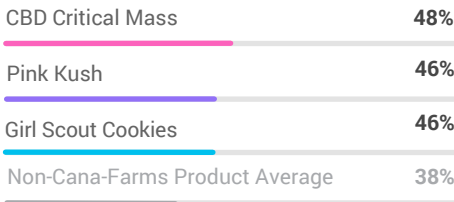
Top Products

CBD Critical Mass	
Type	CBD Dominant Hybrid
THC	5%
CBD	9%
Dominant Terpenes	Myrcene Alpha Pinene
ePROs	(n=680)
Users	(n=39)
Optimal Dose	6-8 inhalations
Ingestion Method	Smoke

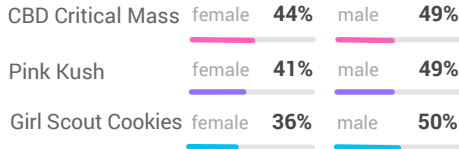
Pink Kush	
Type	THC Dominant Hybrid
THC	18-24%
CBD	<0.1%
Dominant Terpenes	Beta Caryophyllene Limonene Myrcene
ePROs	(n=976)
Users	(n=98)
Optimal Dose	6-7 inhalations
Ingestion Method	Vape

Girl Scout Cookies	
Type	THC Dominant Hybrid
THC	18-26%
CBD	<0.1%
Dominant Terpenes	Limonene Beta Caryophyllene Pinene
ePROs	(n=1200)
Users	(n=121)
Optimal Dose	6-7 inhalations
Ingestion Method	Vape

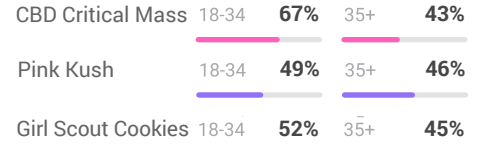
Average Efficacy



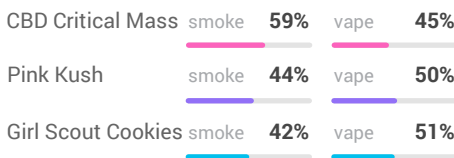
Efficacy by Gender



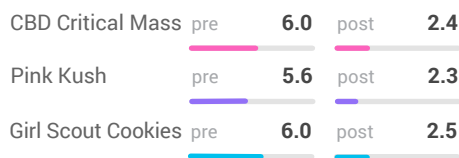
Efficacy by Age



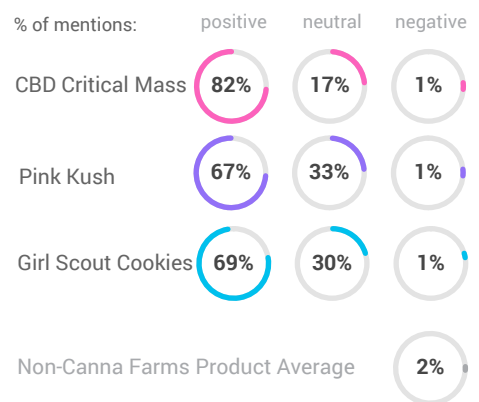
Efficacy by Method of Ingestion



Pre and Post Medication Score



Emotive Effect Sentiment



Top Reported Effects

CBD Critical Mass **relaxed, comfortable, happy, thirsty, focused, light**

Pink Kush **relaxed, comfortable, happy, thirsty, focused, dreamy**

Girl Scout Cookies **relaxed, comfortable, happy, thirsty, focused, light**

Awake vs. Sleepy Effects

% of users who reported sleepy or awake effects:

CBD Critical Mass	sleepy 28%	awake 49%
Pink Kush	sleepy 55%	awake 37%
Girl Scout Cookies	sleepy 36%	awake 40%

⁶ Lizarraga-Valderrama, LR. Effects of essential oils on central nervous system: Focus on mental health. Phytotherapy Research. 2021; 35: Pages 657– 679



SYMPTOM

Anxiety & Irritability

Many patients experience negative mood states when dealing with a painful chronic condition, such as Arthritis. The Canna Farms products reported to provide higher efficacy (52%) than non-Canna Farms products (47%) include **CBD Kush**, **Pink Kush** and **Girl Scout Cookies**, and these products range in THC content making them accessible to patients with varying levels of comfort with THC. **CBD Kush** shows a reduction in anxiety and irritability, and promote feeling calm, while the other two products, are high in Beta-Caryophyllene, also known to be helpful in the reduction in negative mood state,⁷ when it reacts with CB2 receptors in the body. **Girl Scout Cookies** and **Pink Kush** also contain higher levels of Limonene which is known to elevate mood.⁸ **CBD Kush** is more suitable for daytime; only one-in-four patients reported feeling sleepy. **Pink Kush** and **Girl Scout Cookies** are more likely to cause sleepiness. **CBD Kush** and **Pink Kush** are reported to provide equal relief whether smoked or vaped, while **Girl Scout Cookies** appears to be slightly more effective when vaped.

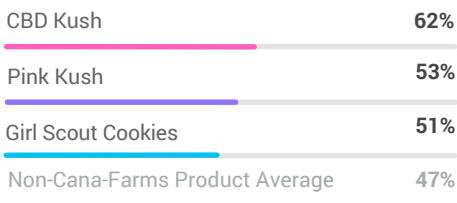
Top Products

CBD Kush C	
Type	CBD Dominant Hybrid
THC	5%
CBD	8%
Dominant Terpenes	Myrcene Alpha Pinene
ePROs	(n=290)
Users	(n=21)
Optimal Dose	8-10 inhalations
Ingestion Method	Vape, Smoke

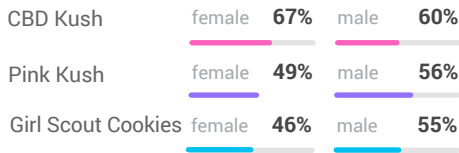
Pink Kush T	
Type	THC Dominant Hybrid
THC	18-24%
CBD	<0.1%
Dominant Terpenes	Beta Caryophyllene Limonene Myrcene
ePROs	(n=318)
Users	(n=69)
Optimal Dose	6-8 inhalations
Ingestion Method	Smoke, Vape

Girl Scout Cookies T	
Type	THC Dominant Hybrid
THC	18-26%
CBD	<0.1%
Dominant Terpenes	Limonene Beta Caryophyllene Pinene
ePROs	(n=653)
Users	(n=83)
Optimal Dose	4-5 inhalations
Ingestion Method	Vape

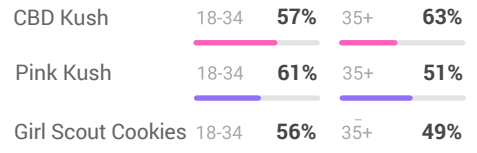
Average Efficacy



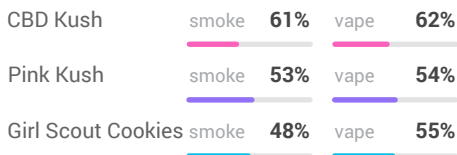
Efficacy by Gender



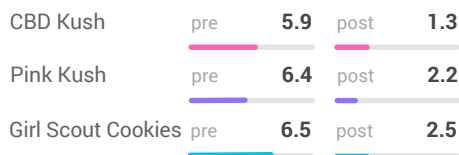
Efficacy by Age



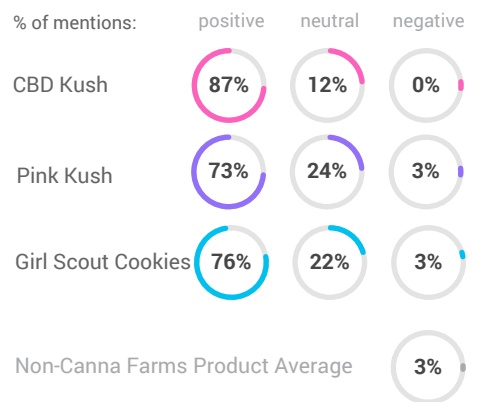
Efficacy by Method of Ingestion



Pre and Post Medication Score



Emotive Effect Sentiment



Top Reported Effects

CBD Kush relaxed, comfortable, happy, pain-free, focused, light

Pink Kush relaxed, comfortable, happy, thirsty, focused, dreamy, pain-free

Girl Scout Cookies relaxed, comfortable, happy, thirsty, focused, light, dreamy

Awake vs. Sleepy Effects

% of users who reported sleepy or awake effects:

CBD Kush	sleepy 24%	awake 43%
Pink Kush	sleepy 41%	awake 36%
Girl Scout Cookies	sleepy 37%	awake 41%

7 Hwang, E., Kim, H., Lee, S., Kim, M., Kim, K.J., Han, G., Han, S., Lee, E., Yoon, J., Kim, D., Maeng, S., & Park, J. (2020). Antidepressant-like effects of β-caryophyllene on restraint plus stress-induced depression. Behavioural Brain Research, 380. 8 Jaesuk Yun, Limonene inhibits methamphetamine-induced locomotor activity via regulation of 5-HT neuronal function and dopamine release. Phytomedicine, Volume 21, Issue 6, 2014, Pages 883-887