

Read this insert carefully before you start taking this medicine.

- This medicine is only intended for use by the qualified patient. It is illegal to transfer this product to another person.
- Keep this medicine out of the reach of children and pets. If consumed, contact a healthcare professional or poison control center immediately.
- If you have any questions or if you experience any adverse reactions, contact your physician.

Clinical Pharmacology

GrowHealthy products primarily consist of a plant-based cannabinoid compound named Δ -9-tetrahydrocannabinol (THC). THC is known for its “psychoactive” effects that sometimes lead to the “high.” The onset, intensity, and duration of these effects are related to the route from which it is administered in the body. Each patient should start at a low dose and increase the dosage slowly, under a physician’s guidance. It is advised to start or adjust the dosage of the medication under the observation of a responsible person.

Indications and Use

GrowHealthy products can potentially assist in the treatment of the following:

- AIDS
- Parkinson’s Disease
- ALS
- PTSD
- Cancer
- Diagnosed Terminal Condition
- Crohn’s Disease
- Medical conditions of the same kind or class as or comparable to those listed
- Epilepsy
- Chronic nonmalignant pain caused by a qualifying medical condition or that originates from a qualifying medical condition and persists beyond the usual course of that qualifying medical condition
- Glaucoma
- HIV
- Multiple Sclerosis

Besides these conditions, a Qualified Physician may issue recommendations for other medical uses where medical cannabis would likely outweigh the potential health risks for a patient.

General Information

This insert is an educational aid; it does not cover all possible uses, precautions, side-effects, or interactions of this medicine and is not intended as medical advice for individual conditions. Seek immediate medical attention if you think you are or may be suffering from any medical condition. Never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information you find here or provided to you by us. None of the information contained herein is intended to be a suitable medical diagnosis or construed as medical advice or recommended treatment. If you are considering making any changes to your lifestyle, diet, or nutrition, you should first consult your doctor or healthcare provider. Neither GrowHealthy nor its representatives are providing medical advice in this insert.

The FDA has not evaluated these claims. GrowHealthy products are not intended to diagnose, treat, cure, or prevent any disease.

Adverse Reactions

Like all medicines, THC may produce side effects, including but not limited to behavioral and physiological effects. Behavioral effects include the feeling of altered time perception, lack of concentration, impaired coordination, memory, and mood changes such as panic or paranoia. In some cases, it may induce hallucinations and delusions when taken in higher doses. Physiological effects include rapid changes in heart rate, irregular heart rate, alteration in blood pressure, conjunctival suffusion (redness), dry mouth and throat, increased appetite, vasodilatation (dilating blood vessels), and decreased respiratory rate. Other adverse effects, though uncommon, include appetite alteration, sleepiness, headache, gastrointestinal disturbances, diarrhea, dry mouth, nausea, fatigue, and hypotension. Stop medication immediately and contact your physician if any adverse reaction occurs.

Contraindications

Patients should not use cannabis products if they are allergic to cannabis or are allergic to any non-cannabis ingredients present in the products. Consult label prior to use. For cardiac patients, cannabis may cause a fast heartbeat, irregular heartbeat, and/or high blood pressure that may increase the risk of heart attacks. Certain chemicals in cannabis may also weaken your immune system. Consult your physician prior to use.

Warnings and Precautions

- This medicine may impair driving or similar tasks, so it is advisable not to drive or conduct motor/muscle coordination tasks that require judgment after consumption or until you know how this product affects you and are sure to perform safely.
- Regular, long-term use can lead to Cannabinoid Hyperemesis Syndrome, which involves severe nausea, vomiting, and dehydration. If you develop these symptoms, stop using the medicine and consult your doctor.
- It increases appetite that may also promote weight gain, which could increase the risk of individual developing diabetes.
- Tell your physician if you are using any other medications or if you have a history of drug and/or alcohol abuse.
- Avoid consuming alcohol while using GrowHealthy products. Mixing cannabinoids with alcohol may impair judgment and increase dizziness and drowsiness.
- Using products that contain THC may worsen psychotic symptoms in patients with schizophrenia and may increase the risk of developing schizophrenia in people who are genetically vulnerable to the disease.
- It may be illegal to possess the product outside of the state of Florida.
- This product should not be used during pregnancy and breastfeeding, and it may affect the fetus’s/child’s brain growth.
- Avoid eating or drinking for at least 15 minutes after consuming MPX™ Live Rosin for the best results.
- Store product at room temperature away from direct sunlight in an upright position.
- For optimal results, store MPX® Live Rosin at a chilled temperature.
- Keep out of the reach of children and pets. Do not administer to either.

Dosage Administration, Forms and Strengths

Dosage will vary. It is advised to start with a small dose and slowly increase to determine the dosage that best fits your needs. The starting dose for most conditions ranges from 5 mg to 10 mg per day. Dosage for non-naive patients, who have taken medical cannabis products safely for at least six months or more, may and usually range up to 100 mg to 300 mg per day. Use as recommended by your physician.



Cartridges

When using GrowHealthy cartridges, screw the cartridge onto a GrowHealthy battery. While drawing on the mouthpiece of the cartridge, a 3-second inhale will yield a dose of approximately 5 mg of cannabinoids. Inhalation usually quickens effect time and takes only 5-10 minutes before you start feeling the effects, with effects lasting for 2-4 hours.



Distillate Syringes

Place the syringe in warm water for at least 30 seconds. Squeeze the metal plunger down to dispense an amount of distillate that is approximately the size of a grain of rice (0.05 mg). If consuming *sublingually*, administer the distillate under the tongue and let sit for at least 30 seconds before swallowing. If consuming *orally*, administer the distillate inside the mouth and swallow. If consuming via *inhalation*, dispense the distillate into an empty GrowHealthy cartridge. Unscrew the mouthpiece off the cartridge and carefully press the plunger down to release the distillate into the cartridge chamber. Screw the mouthpiece back onto the cartridge and leave the cartridge upright for about 6-8 hours so the distillate can adequately absorb into the atomizer within the cartridge. When ready for use, attach the cartridge to a GrowHealthy battery and draw on the mouthpiece. A 3-second inhale yields a dose of approximately 5 mg of cannabinoids. To apply *topically*, administer the distillate onto the skin, avoiding all open wounds. Repeat as frequently as needed for pain.



Flower

For ungrounded flower, place whole flower buds into a flower grinder by removing the top lid of the grinder. Evenly distribute the flower onto the grinder's teeth and use your fingers to gently break up bigger buds if necessary. For consistency, avoid placing flower in the direct center or edges of the grinding bowl. Replace the top lid of the grinder and rotate it 5 to 10 times or until the flower is grounded consistently. Open the grinder and place the ground material into your preferred apparatus for smoking or vaping. If consuming via traditional combustion smoking methods, light the flower and inhale. If utilizing a cannabis bowl or similar device, light the flower while inhaling. If using a vaporizer, activate the heating element and inhale as the user manual directs. Inhalation usually quickens effect time and takes only 5-10 minutes before you start feeling the effects, with effects lasting for 2-4 hours.



MPX™ Live Rosin (Cold-Cured)

If *dabbing*, use an oil/dab rig. If *smoking*, add product to shredded flower and roll it up like a joint. MPX™ Live Rosin can also be heated until liquified and applied around the outside of the joint. If ingesting with food, apply directly onto food while cooking or infuse into butter, oil, or tea. If *vaping*, fill up the vaporizer's container with the product and close the vaporizer to allow electric coils to heat it. Follow device instructions when utilizing this consumption method. Repeat as frequently as needed for pain and any other indications.



Tinctures

Shake the bottle well before use. Squeeze and release the rubber bulb with the tip of the dropper submerged in bottle. If consuming *sublingually*, administer under the tongue and let sit for at least 30-90 seconds before swallowing. It takes approximately 15-30 minutes to show its effect and lasts for up to 4-5 hours. If consuming *orally*, administer inside the mouth and swallow. Effects will be felt within approximately 1-2 hours can last 4-6 hours or longer. To apply *topically*, administer onto the skin, avoiding all open wounds. To monitor effects and manage your existing medical condition, begin with a dose of 0.5 mL (e.g., half of the dropper). Increase the dosage in 0.5 mL succession each day until you find the volume that is most effective.



Topicals

Before application, wash affected area with soapy water. For best results, massage approximately 0.5 mL cream directly to the washed area. Repeat as frequently as needed for pain, swelling, and any other indications. It is advised to wait at least one hour after initial application to ensure no allergic reactions materialize before applying additional applications. Not for oral consumption. See topical ingredients below:

Crème - 50 mL (100 mg CBD | 100 mg THC)
Ingredients: Lotion Base, Yuzu, Natures Oil Lemon Fragrance), and CO₂. Extracted Dehydrated Crude.

Balm - 5 mL (100 mg CBD | 100 mg THC)
Ingredients: Beeswax, Cocoa Butter, Shea Butter, Coconut Oil, Avocado Oil, Soy Lecithin, Vitamin E, Rosemary Essential Oil, Lemon Fragrance, and CO₂. Extracted Dehydrated Crude.

Salve - 30 mL (250 mg CBD | 250 mg THC)
Ingredients: Beeswax, Cocoa Butter, Shea Butter, Coconut Oil, Avocado Oil, Soy, Lecithin, Vitamin E, Rosemary Essential Oil, Lemon Fragrance, and CO₂ Extracted Dehydrated Crude.



RSO CO₂ Full-Extract Cannabis Oil (F.E.C.O.)

Syringes

Place the syringe in warm water for at least 30 seconds. Squeeze the metal plunger down to dispense an amount of approximately the size of a grain of rice (0.05 mg). If consuming *orally*, administer the medicine inside the mouth and swallow or squeeze onto food, such as bread or fruit, for better ingestion. To consume *sublingually*, administer medicine under the tongue and let sit for at least 30 seconds. For both oral and sublingual administration, it is recommended to eat something. Patients who consume RSO on an empty stomach may not experience the full effects. To apply *topically*, administer onto the skin, avoiding all open wounds, and cover with a bandage.



For more information,
visit [GrowHealthy.com](https://www.growhealthy.com)