



SURTERRA

PREMIUM CANNABIS

PATIENT HANDBOOK | VOL 2

WE GOT YOU

We know the world of medical cannabis can be overwhelming. That's why our team is dedicated to helping you find the best, highest quality products at affordable everyday prices.

Visit any of our locations across Florida and talk to one of our knowledgeable guides. They're ready to answer all of your questions, suggest products, and make sure you have everything you need to start your cannabis journey.



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WHY CHOOSE SURTERRA?

Staff & Service

Our highly trained retail guides are here to help! They're ready to answer your questions and walk you through everything in a private, one-on-one consultation.

Convenience

Order ahead online to save time when you pick up your order, or place an order for delivery and get everything you need without leaving the house. Unlike other dispensaries, most in-store orders can be completed in under 15 minutes.

Locations

Visit any of our
45 locations
across the
state of Florida



Selection

From potent premium flower to low-THC tinctures and everything in between, whatever you're looking for, you'll find it here.

Ongoing Discounts

Take advantage of these everyday discounts, plus daily deals and incredible savings on almost every product in the store.

NEW CUSTOMER DISCOUNT*

- 60% off your first and second purchase

COMMUNITY DISCOUNTS*

15% off every purchase, every day for:
Veterans • Students • Seniors
Pediatrics • CannaBusiness

BIRTHDAY BONUS

Shop with us on your birthday for something special, just for you!

*discounts subject to change

Become a medical patient to access all of the products, pricing, and convenience we offer, plus the peace of mind knowing that every product you purchase has been rigorously tested to meet all safety & quality standards.

GET YOUR MED CARD

1 SCHEDULE AN APPOINTMENT

A licensed physician (M.D. or D.O.) must be certified in medical cannabis to recommend treatment. Check out our handy list of qualified doctors to find one near you!

Find a
certified
physician
near you



2 GET QUALIFIED

You must be a full-time or seasonal resident of Florida and be diagnosed with a qualifying condition to get your medical marijuana card.

Qualifying Conditions:

- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Post-traumatic stress disorder (PTSD)
- Amyotrophic lateral sclerosis (ALS)
- Crohn's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Medical conditions of the same kind or class as or comparable to those above
- A terminal condition diagnosed by a physician other than the qualified physician issuing the physician certification
- 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

3 APPLY FOR YOUR CARD

Once you get a recommendation from your physician, you can start the application process.

Register with the Florida Department of Health's Office of Medical Marijuana Use (OMMU).

As soon as you're registered with the OMMU, you can apply for a Medical Marijuana Use Registry Identification Card (MMUR ID). You will need to provide proof of Florida residency, a copy of your physician's recommendation, and a passport-style photo. There is a \$75 application fee.

Your application will be reviewed by the OMMU, and within 7-14 days you'll be notified that your registration is complete. Your MMUR ID card will be mailed to you, but you don't have to wait for it. **You can purchase medical cannabis products as soon as your registration is officially reviewed & completed.**

How to Renew Your Card

Once you're a registered patient, you'll need to renew your registration with the MMUR once a year. **You must submit your renewal application at least 45 days before your card expires.**

Find out
more about
the annual
renewal
process



How to Become a Caregiver

If you're caring for a qualified MMUR patient who is unable to purchase their own medication, you can apply to be a qualified caregiver. Florida law defines a caregiver as a resident of Florida who has agreed to assist with a qualified patient's medical use of marijuana, has a caregiver identification card and meets all requirements under Florida law.

Find out
more about
becoming a
caregiver



UNDERSTANDING THE OFFICE OF MEDICAL MARIJUANA USE (OMMU)

Navigating the system and regulations set by the OMMU can be confusing for new patients, but we got you! Here are answers to some of the most common questions we hear.

What’s the OMMU?

The Office of Medical Marijuana sets the rules and regulations for all medical cannabis in Florida. Every registered patient has an OMMU profile where you can access, view, and edit your personal details, change physicians, see past purchases, and keep track of your available dispensation by route of administration (ROA).

How long is my registration valid?

Your medical marijuana card is valid with the state for one year. When it comes time to renew, your profile section is where you will complete that process. Your physician’s recommendation is valid for up to seven months (the exact length of time is up to your doctor) while your card with the state is valid for one year. It’s important to remember that your physician’s recommendation and your state-issued card may expire at different times, but both need to be active in order to purchase medical cannabis.

Are there any limits to purchasing?

Different products have different rolling limits associated with them. The state sets overarching maximum limits for various products, however, this doesn’t mean everyone can purchase the maximum amount. Your physician provides a recommendation on how much medical cannabis you should have (and therefore can buy). Everyone’s treatment needs are different, so it’s ultimately up to the recommending physician to determine your personal limits. The OMMU sets the following rolling limits as a baseline for all patients:

SMOKING MARIJUANA			
Route(s) of Administration	Product Type(s)	Days	Oz / Mg
SMOKING	Flower	35 days	2.5 oz
MEDICAL MARIJUANA			
ORAL	Theragels	70 days	14,000 mg
EDIBLE	Gummies, Chocolates	70 days	4,200 mg
TOPICAL	Balms, Lotions, Patches	70 days	10,500 mg
SUBLINGUAL	Tinctures	70 days	13,300 mg
INHALATION	Vapes, Concentrates	70 days	24,500 mg
SUPPOSITORY	Suppositories	70 days	13,650 mg

According to the OMMU, an aggregate 70-day supply limit of marijuana, other than marijuana in a form for smoking, shall not exceed 24,500 mg of THC.

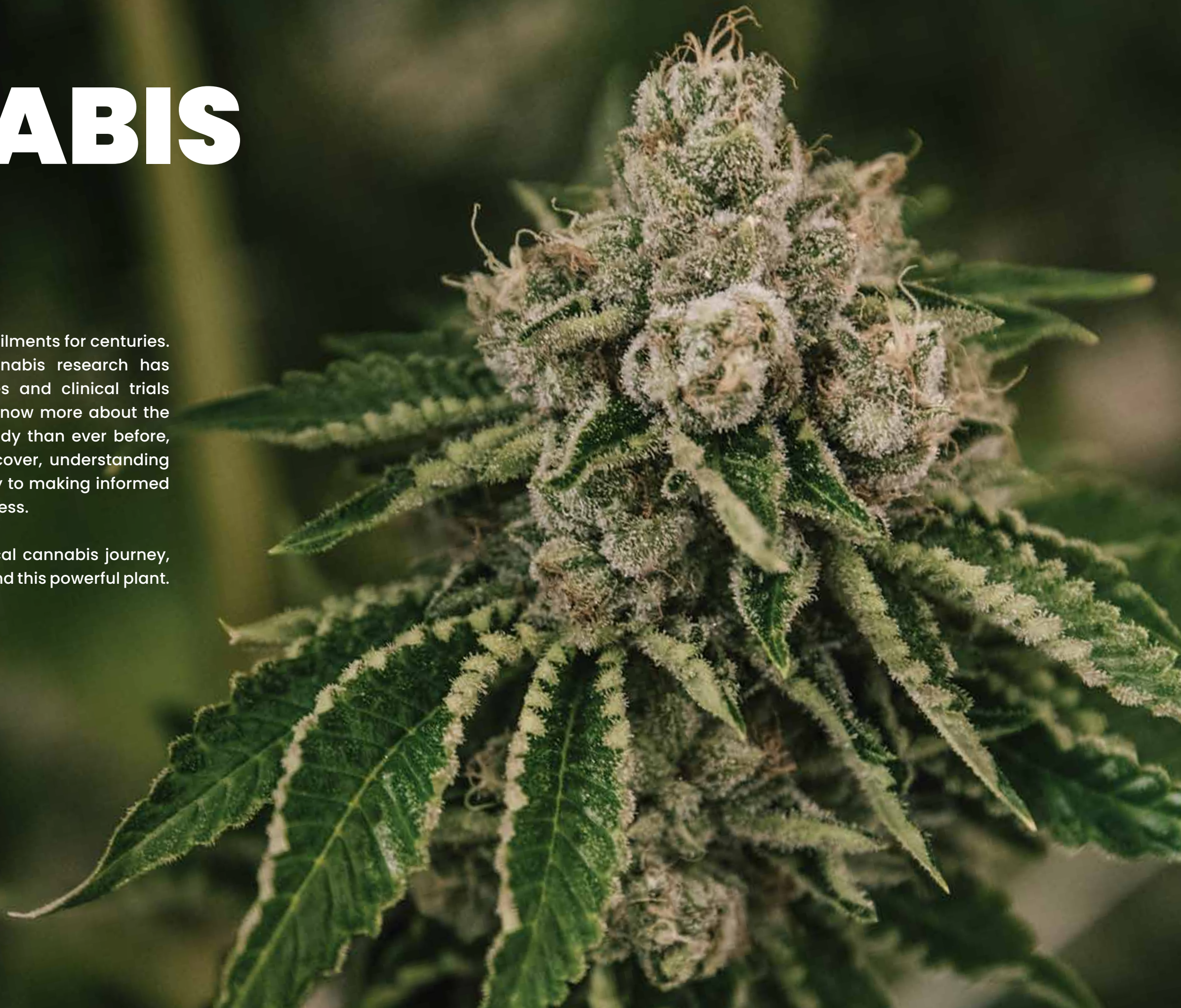
What if I need more than my doctor recommends?

In some cases, a patient’s condition may progress to the point that they need more medical cannabis than their physician initially recommended. If you feel like the amount recommended for you doesn’t adequately medicate your associated condition, you can file an exemption to increase your limits. The form can be found on the OMMU website, and will need to be approved by your physician in order to increase your limits with the state.

CANNABIS 101

Cannabis has been used to treat medical ailments for centuries. Over the last thirty years, medical cannabis research has expanded to include hundreds of studies and clinical trials showcasing its therapeutic qualities. We know more about the way cannabis works within the human body than ever before, and while there is still much more to discover, understanding the foundations of medical cannabis is key to making informed decisions about your own health and wellness.

Now that you're ready to start your medical cannabis journey, let's go over some of the basic science behind this powerful plant.



SHOP SMARTER

SURTERRA PRODUCTS VS DELTA-8, HEMP FLOWER & SYNTHETIC CANNABIS

As the legal cannabis market grows, retail shops, online sellers, and even convenience stores are selling delta-8, hemp flower, or synthetic cannabis as cheap alternatives to dispensary products. Although they may look legit, these products are not the same as products you'll find in Surterra stores. Let's break down the differences.

IS IT...	SURTERRA PRODUCTS	DELTA-8 THC	HEMP FLOWER	SYNTHETIC CANNABIS
Tested for quality & safety?	✓	✗	✗	✗
Regulated by state health department?	✓	✗	✗	✗
100% naturally occurring?	✓	✗	✓	✗
Free of synthetics?	✓	✗	✗	✗

What is Delta-8 THC?

Delta-8 THC is a molecular compound that occurs naturally in trace amounts in hemp plants. Although it is almost identical to Delta-9 THC, the compound found in medical cannabis products, Delta-8 THC is weaker and less efficient. Because of this natural weakness, the Delta-8 THC you may find in alternative products is often created synthetically using processes and filler ingredients that are widely unregulated and potentially dangerous.

What is Hemp Flower?

While cannabis plants and hemp plants are scientifically almost identical, the major difference is in THC content. Legal hemp flower is cannabis that contains less than 0.3% THC. You may see this product sold by unlicensed retailers as a high-CBD, low-THC alternative to medical cannabis. However, just like Delta-8, hemp flower products are untested, unregulated, and not held to any safety standards. If you're looking for a high-CBD, low-THC medical cannabis product, stick to licensed dispensaries like Surterra.

What is Synthetic Cannabis?

Synthetic cannabis is made by spraying synthetic chemicals onto dried plant material (often low-THC hemp flower) in an attempt to mimic the physical & mental effects of medical cannabis. These chemical compounds are often unsafe for human consumption. Ingesting can cause serious health complications that may be life-threatening. Basically, steer clear!

HOW DO I STAY SAFE?

DO

- Research treatment centers
- Check for a license in-store or on their website
- Stick to reputable brands and products

DON'T

- Trust unrealistically low prices
- Experiment with synthetics
- Be afraid to ask for lab results for a product

CBD & THC

What Are Cannabinoids?

Cannabinoids are naturally occurring compounds in the cannabis plant. When these compounds interact with a person's endocannabinoid system, the body experiences a range of therapeutic effects, which can help patients manage a variety of medical conditions. The two primary cannabinoids are CBD and THC, but each affects the body in their own unique way. Isolating these compounds can help target specific conditions and produce only the desired effect – so, what is the difference?

CBD stands for cannabidiol, and it is very similar to the endocannabinoids produced by our bodies. Clinical trials have suggested that CBD can help reduce anxiety, prevent inflammation, and control seizures. It may also aid in reducing blood pressure and cholesterol for improved heart health.

CBD does not activate the brain receptors which make people feel “high”. Therefore, CBD itself is not an intoxicating compound, and most users won't experience any kind of “high” from CBD products. Many patients describe feeling relaxed with a clear headspace, along with relief from physical and mental symptoms from a variety of ailments.

THC stands for tetrahydrocannabinol, and this compound does bind to the brain's CB1 receptor, providing the “high” sensation that most people associate with cannabis use. Typically described as a sense of euphoria or lightness, many find that this feeling can enhance the beneficial effects of cannabis.

Studies suggest that THC may be effective for relieving chronic pain, muscle spasms, and convulsions. It is believed that THC has eased the symptoms of nausea and appetite loss, and patients have also claimed to experience relief from PTSD and other mood disorders. Clinical trials suggest that THC may even help treat symptoms of neurological disorders such as Parkinson's, MS, and Tourette's syndrome.



TERPENES

Scents and Flavors of Cannabis

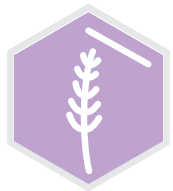
Terpenes exist in almost every plant species on earth. Fruits like oranges and mangos, herbs like basil and peppermint, and aromatic plants like pine and lavender, all owe their potent scents and flavors to terpenes. Cannabis plants have a high concentration of these compounds, giving each strain its own unique flavor and aroma. However, we now understand that terpenes may play a role in the therapeutic effects of cannabis as well. Here are a few of the most common terpenes and their presumed effects:



Myrcene: This terpene is known for its sweet, clove-like aroma. It may enhance sleep and relax the body, and could help to reduce stress and anxiety. It is also believed that Myrcene has shown anti-inflammatory and pain-relieving effects.



Beta-Caryophyllene: A spiced, peppery flavor, this terpene may have antibacterial and antioxidant abilities. Studies have also suggested that it could aid in fighting cancer, and may help treat osteoporosis.



Linalool: A terpene with a gently spiced, floral profile, linalool has shown potential calming effects that may help improve sleep, lower blood pressure, and reduce headaches. It has also demonstrated potential anticonvulsant properties which could help reduce seizures from conditions like epilepsy.



Limonene: This citrusy terpene has been suggested in studies to aid in managing symptoms of ADHD, depression, and anxiety. Experts are considering that limonene may also aid in healthy digestion.



α -Pinene: The clean, fresh, scent of pinene can be a mood enhancer, but it may also help patients with asthma or COPD. Pinene has also shown strong implications of aiding in memory retention, and its antibiotic properties may help reduce the spread of illnesses.



Geraniol: Crisp and floral, this terpene gives scent to blooming geraniums and roses, as well as spices like coriander and nutmeg. Geraniol is thought to enhance mood, relieve anxiety and insomnia, and lower stress levels.



Terpineol: This terpene has a clean and pure scent that has been used as a possible pain reliever. Lilacs and Lime blossoms are rich in terpineol, and studies suggest that restful sleep can be brought on by its crisp aroma.



Eucalyptol: Found in its namesake, the eucalyptus tree, this terpene has a minty scent supported with a subtle sweetness. Researchers have studied the potential anti-inflammatory and antioxidant benefits of eucalyptol, and have considered it may be effective in treating asthma and bronchitis.



Humulene: This woody, earthy terpene gives its aroma to both cannabis and hops, so you may recognize that characteristic scent in beer. Humulene may have antibacterial and anti-inflammatory properties, and research suggests it may help regulate appetite.

While these terpenes can be derived directly from the cannabis plant, it is often easier and more cost effective to isolate terpenes from other sources. Limonene, pinene, and linalool, for example may be extracted in large quantities from lemons, pine, or lavender respectively. These are commonly referred to as botanical terpenes and they are typically extracted through a steaming process. Studies have shown that there is no difference in the effectiveness between botanical and cannabis derived terpenes.

THE ENTOURAGE EFFECT

Teamwork Makes the Dream Work

THC & CBD may be the most dominant compounds in the cannabis plant, but they don't do all the work on their own. Other molecular compounds like terpenes, flavonoids, and rare cannabinoids are working in the background to create a synergistic spectacular known as the entourage effect.

Simply put, the entourage effect is all about teamwork. Cannabinoids, terpenes and flavonoids all have different ways of interacting with the endocannabinoid system. While each of these molecular components can be beneficial on their own, the entourage effect is what happens when they all work together.

This idea of full spectrum, or whole plant, treatment stems from the traditional healing practices of inhaling "whole plant" cannabis smoke. In the modern cannabis world, strains can be bred to have higher amounts of certain terpenes & flavonoids, thus enhancing the benefits of the strain's cannabinoids. As rare cannabinoids like CBN, THCa, and CBG are discovered, cannabis breeders and researchers alike are learning more about why certain strains work for specific needs.

The same concept is also put in practice creating certain cannabis concentrates or distillate blends. For full spectrum concentrates, advanced extraction techniques that preserve the plant's fragile terpene profile are used to maximize the benefits of the entourage effect. To create distillate blends with full spectrum effects, cannabis-derived terpenes are reintroduced to the distillate oil to enhance the oil's flavor and boost the entourage effect. If you're looking for full spectrum treatment but don't like to smoke flower, products like Full Spectrum Vapes or Full Spectrum Oil are great options to try.

SATIVA, INDICA, HYBRID

More Choices, More Potential

Cannabis plants primarily come in three varieties: sativa, indica, and hybrids. While each plant contains a combination of cannabinoids that can produce a "high" effect, knowing the differences among the three can help patients choose a strain that matches their tolerance and needs.

► Sativa

Cannabis sativa is a tall plant with long, thin leaves that typically grows in hot, dry climates. Sativa plants tend to have a higher concentration of THC compared to CBD. This means sativa usually provide more of a "mind high" with energizing, creative effects. Uplifting, euphoric, and cerebral, sativa is more typically used in the daytime due to its stimulating nature.

► Indica

Cannabis indica is a shorter, more bush-like plant which grows faster and more abundantly than sativa plants. With a higher CBD to THC ratio, indica is typically associated with more of a relaxing "body high" that is usually used at night. Relaxing and calming, indica is believed to help with relieving pain, reducing nausea, and aiding in sleep.

► Hybrid

As the name suggests, hybrid strains of cannabis are grown from a combination of parent plants. Each has its own unique ratio of THC to CBD, and growers can curate a more targeted list of perceived effects for users to choose from. Strains are typically listed as either more sativa or indica dominant, and therefore may be more suited for day or nighttime use.

Knowing how each type of cannabis affects you, as well as the ratio of CBD to THC and the various terpenes, can help you choose a strain that is targeted to your needs. The possibilities are endless, so stay informed and discover the right entourage for you!

CHOOSING THE RIGHT PRODUCTS

Everyone's experience with cannabis is different. How cannabis affects you depends on your unique metabolism, medical history, tolerance level, and current condition. As you become more experienced, you'll develop personal preferences for certain consumption methods and product types.

In other words, there is no overall right or wrong answer – it's all about finding the treatment that works best for you.

All medical cannabis products in Florida are categorized by consumption method, officially known as a route of administration (ROA). Your doctor will recommend one or more ROAs for you, as well as guidance on which products could benefit you most. We offer a wide variety of products that appeal to both new patients and seasoned consumers.



WHERE DO I START?

Ask us all the questions! Our Guides and Customer Care Team are always ready to help you decide what's right for you. Here are a few basic suggestions that could help you get started:

If you want to try a little bit of everything

- ★ 1/8th Oz Flower
- ★ 1 pack of Float Mini Pre-rolls
- ★ 1 tin of Heights Mints
- ★ 1 Float Full Spectrum Vape Cartridge
- ★ 1 tin of The Fix balm

If you're interested in edibles

- ★ 1 Heights Chocolate Bar
- ★ 1 Pack of Heights Chews
- ★ 1 tin of Heights Mints
- ★ 1 Bottle of Wana Chews

If you're looking for CBD-forward products

- ★ 1 pack of Surterra Wellness Lozenges
- ★ 1 Surterra Wellness All-In-One Vape Pen
- ★ 1 Bottle of Theragels
- ★ 1 Bottle of Surterra Wellness Tincture

If convenience is key

- ★ 5 pack of Float Pre-Rolls
- ★ 1 Galileo Live Rosin Cartridge
- ★ 1 Bottle of Wana Chews
- ★ 1 Zodiac All-In-One Vape Pen

Take this short quiz to find the perfect product for you!



SMOKABLES



Flower
Ground Flower
Pre-Rolls

INHALABLES



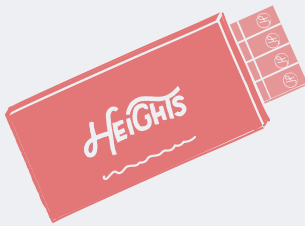
Vape Pens
Botanical and Full Spectrum Vape Cartridges
Shatter
Soft Wax
Crumble
Distillate
Live Rosin
Live Rosin Vapes

TOPICALS



Balm
Patches
Full Spectrum Oil
Lotion

EDIBLES



Chews
Chocolate
Mints
Lozenges

ORAL



Distillate
Theragels
Tinctures
Pure Reserve Oil
Full Spectrum Oil
Relief Drops

SUBLINGUAL



Distillate
Tinctures
Full Spectrum Oil

UNDERSTANDING YOUR DOSAGE

As your doctor determines the best products for you, keep these two factors in mind:

1 Your Tolerance

If you’re new to cannabis, or if it’s been a long time since your last experience, you probably have a low tolerance. If you’re more of a seasoned consumer, you might need a higher dose to feel the full effects.

2 Desired Effects

Some people are looking for products with a more psychoactive – or “high” – effect, others prefer more low-key products that typically don’t create any mental or euphoric effects. It’s up to you and your doctor to decide which is right for you.

Product Categories & Intake Methods

We offer a wide range of products that could work well for both new patients and experienced consumers alike. Your doctor will recommend specific routes of administration (ROA) for you along with the product types they think you’ll benefit from the most.

PRODUCT		Typical Onset Time	Average Duration	Suggested Starting Dose
	Flower (Smokable)	2 – 10 min	1 – 3 hrs	One inhalation
	Vapes (Inhalation)	2 – 10 min	1 – 4 hrs	One inhalation
	Concentrates (Inhalation)	2 – 10 min	1 – 3 hrs	One inhalation
	Edibles (Edible)	30 min – 2 hrs	6 – 8 hrs	5 mg or less
	Distillate (Inhalation, Oral & Sublingual)	<10 – 90 min	1 – 6 hrs	5 mg or less
	Tinctures (Oral & Sublingual)	30 – 60 min	6 – 8 hrs	5 mg or less
	Theragels (Oral)	30 – 60 min	6 – 8 hrs	One softgel
	Patches, Lotion & Balm (Topical)	5 – 15 min	4 – 6 hrs	One patch, or one thin layer of product applied to affected area

Specific results will vary by person and product.



WHAT DEVICE SHOULD I USE?

Cannabis consumption methods have come a long way in recent years. Choosing the right device is key to your overall experience. Here are the key facts about some of the most commonly seen cannabis consumption devices.

GLASS PIPES
"BOWLS"



Used For:
Dry flower

- **Great for beginners**
- Traditional, easy to use
- Available in a variety of shapes, sizes & colors

WATER PIPES
"BONGS"



Used For:
Dry flower

- Water-cooled smoke is often less harsh
- Traditional, easy to use
- Available in a variety of shapes, sizes & colors

DRY FLOWER VAPORIZERS



Used For:
Dry flower

- **Great for beginners**
- Creates inhalable vapor without using flame
- Less harsh than traditional "smoking" devices

ROLLING PAPERS & PRE-ROLLS
"JOINTS"



Used For:
Dry flower

- **Great for beginners**
- Traditional, easy to use
- Often inexpensive, great for trying new strains or blends

DAB RIGS
"GLASS RIG OR E-RIG"



Used For:
Concentrates

- Creates inhalable vapor using generated heat or flame
- Built-in water filtration for less harsh, more pure experience
- Available in traditional glass or flameless, rechargeable electronic styles

VAPE CARTRIDGES
"CARTS"



Used For:
Cannabis distillate, some concentrates

- Pre-filled glass chambers that attach to a rechargeable battery
- Commonly sized as "510 thread"
- Less harsh than traditional smoking

BATTERIES



Used For:
Cannabis distillate, some concentrates

- Reusable, rechargeable devices that attach to vape cartridges
- Most common size, 510 thread, works with most vape carts on the market
- Available in a wide variety of styles & colors

VAPE PENS
"ALL-IN-ONES"



Used For:
Cannabis distillate

- **Great for beginners**
- Rechargeable battery
- Pre-filled cartridge

UNDERSTANDING THE LABELS

Flower Labels

Product Brand

Product Name

Medical Marijuana Treatment Center

Weight

Legal Information & Important Warnings

float

FLOWER

MMTC: Surterra

Net Weight: 0.125 oz (3.5g)

THC

SURTERRA

PEEL

This substance contained herein complies with the United States Poison Control Act of 1970 (U.S.C. ss 1471) and meets the requirements of section 381.986(8)(e)11.d., Florida Statutes. It is illegal to transfer medical marijuana to another person. This product is distributed and manufactured by Surterra. Marijuana smoke contains carcinogens and may negatively affect health. Keep away from children.

Patient Labels

Product Name

Ratio of CBD to THC and Package Count

Prescribing Physician

Purchase Date

Recommended Dose and Timing

Percentage and Amount of THC and CBD

Patient:

Product:

Physician:

Date:

Batch:

Recommended Dose:

THC:

CBD:

MARY JANE SMITH

20mg Strawberry Lemonade Soft Chews (1:1 CBD:THC) 10ct

Bud Greene

2024 – 07 – 15

WN230615SLM1 – 0616

Take 5 – 10mg, then wait one hour before consuming more product.

0.20 % (90 mg)

0.20 % (90 mg)

Ounces to Grams Conversion

Cannabis is often sold to patients in grams or ounces. This handy conversion chart can help you understand the weight of your purchase.

OUNCES (oz)	GRAMS (g)
1/8	3.5
1/4	7
1/2	14
1	28
2	56

Edible Labels

Product Brand

Product Name

Ratio of Other Cannabinoids to THC

Amount of Each Cannabinoid Per Piece and Per Package

Onset Time & Duration

Important Warnings

Surterra Wellness

Watermelon Lozenges

Relief

1 CBD : 9 THC

Package Count: 20 Pieces

Approx. 0.5mg CBD / 4.5mg THC per piece. Approx. 10mg CBD / 90mg THC per package.

Typical Onset Time: 30 – 60 min. Average Duration: 6 – 8 hr.

Ingredients: Isomalt, Sucralose, Citric Acid, Natural Watermelon Flavor, Marijuana Oil.

Instructions: Start low, go slow. Eat one piece. Wait up to two hours for effect.

Store your edible product in its original sealed package in a cool, dry, and dark place away from children.

THIS PRODUCT CONTAINS ACTIVE, NATURALLY OCCURRING CANNABINOIDS INCLUDING TETRAHYDROCANNABINOL (THC). THC HAS BEEN KNOWN TO CAUSE MILD PSYCHOACTIVE OR ADVERSE RESPONSES. THE MARIJUANA OR LOW THC CANNABIS IN THIS PRODUCT MEETS THE REQUIREMENTS OF SECTION 381.986(8)(e)11.d., F.S. AND IS CULTIVATED, PROCESSED, TESTED, AND DISPENSED IN COMPLIANCE WITH ALL ASSOCIATED REGULATIONS REQUIRED BY THE FL. DEPT. OF HEALTH AND THE OFFICE OF MEDICAL MARIJUANA USE. THIS PRODUCT HAS NOT BEEN PRODUCED OR INSPECTED IN ACCORDANCE WITH FEDERAL FOOD SAFETY LAWS. USE ONLY AS DIRECTED. FOR PROPER USE, CONSULT A PHYSICIAN ON RECOMMENDED INTAKE. THE EFFECTS OF THIS PRODUCT MAY BE DELAYED FOR TWO OR MORE HOURS. IT IS UNLAWFUL TO USE LOW-THC CANNABIS PRODUCTS OR MARIJUANA UNLESS RECOMMENDED BY A CERTIFIED PHYSICIAN. IT IS UNLAWFUL TO REDISTRIBUTE OR RESELL. DO NOT USE WHILE PREGNANT OR BREASTFEEDING. DO NOT USE WHILE OPERATING HEAVY MACHINERY OR A MOTORIZED VEHICLE.

SURTERRA

KEEP OUT OF REACH OF CHILDREN AND PETS.

Manufactured and distributed by Surterra. Made in Florida.

THC

Label design may vary per product type. Additional warnings may be found on product packaging.

STUFF YOU SHOULD KNOW

It's important to always work with a qualified physician to make sure you're getting the best possible results from your cannabis treatment. Cannabis can be a powerful medicine when used correctly, and just like any other medication, there are some risks associated with it. Understanding correct use practices, dosing guidelines, and legal restrictions is crucial to your cannabis experience.



BEST PRACTICES

Alcohol

Never consume cannabis and alcohol together.

Driving & Machinery

Never drive or operate machinery under the influence of cannabis.

Eating

Do not eat cannabis-infused edibles on an empty stomach. Eating a full meal before consuming edibles is recommended as it helps moderate the intensity of effects.

Dosing

We recommend starting low and going slow, especially as you figure out your body's tolerance and comfort level. While it is physically impossible to overdose to the point of death on medical cannabis, it is possible to consume a dose larger than you need or want. You may experience anxiety, lethargy, nausea, or paranoia when you consume more cannabis than your body needs. In this event, it is best to stay calm and remain in a comfortable, safe place. With time, these unwanted and unpleasant effects will pass.

Pregnancy

There may be additional health risks associated with consumption of cannabis for people who are pregnant, breastfeeding, or planning on becoming pregnant. Please consult your doctor if any of these apply to you.





FREQUENTLY ASKED QUESTIONS

Where Can I Consume?

Florida regulations state that medical cannabis must be consumed in your own home or on private property where consumption is allowed. Always check the specific venue's policies before consuming. Cannabis consumption is not allowed in or around any Surterra locations.

Can I Share My Cannabis?

No. Just like any other prescription medication, your medical cannabis products are for you only. Never share your medical cannabis with anyone, even if they are a registered patient.

Can I Travel with My Cannabis?

As a registered Florida patient, you may travel anywhere within the state with your cannabis products. You may not cross state lines with it.

Because cannabis is still federally illegal, you may not carry or consume it in an airport or on a plane. All airports are governed by federal laws and forbid the possession of cannabis, regardless of registered medical patient status. These federal aviation laws apply even if you are flying between two locations in the state of Florida.

How Do I Store My Cannabis?

Always keep your medical cannabis products in their original packaging with the original patient label attached. Store your products in a secure place, far out of reach from children & pets. Do not store it anywhere that it could be mistaken for a non-cannabis product and accidentally consumed.

To keep your products fresh, store them in a cool, dry, dark place (such as a medicine cabinet). Never leave cannabis products unattended in your car or vehicle. Some products may last longer with refrigeration. Talk to your Guide to find out the best storage practices for specific products.

How Much Cannabis Can I Purchase?

Your doctor will determine how much cannabis you may purchase within a set time frame (typically 30-70 days), with specific amounts varying by person, condition, and product. Talk to your doctor to find out how much cannabis is right for you.



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