

PREGNANCY : If you are pregnant or breastfeeding, or plan to become pregnant soon, leading doctors' organizations recommend that you do not use marijuana. Smoking marijuana or consuming edible cannabis products can expose your baby to potentially harmful substances.

MARIJUANA & DRIVING: Driving under the influence of marijuana or marijuana-infused products is a crime. (M.G.L. c. 90, 24) Marijuana can impair your driving skills by slowing your reaction time, coordination, and concentration and may increase your risk of getting into a car crash.

Remember, if you feel different, you drive differently.

TOLERANCE DEPENDENCE

& WITHDRAWAL: Some people who use marijuana long term and are trying to quit report mild withdrawal symptoms that make quitting difficult. Some people may also experience addiction and show the signs and symptoms of drug abuse:

- Neglecting responsibilities at work, school, or home due to drug use
- Using drugs under dangerous conditions or taking risks while high
- Building up a drug tolerance
- Causing problems in relationships
- Taking drugs to avoid or relieve withdrawal symptoms
- Abandoning enjoyed activities
- Losing control over drug use, feeling powerless to stop

If you or someone you know needs help with substance abuse, help is available. Please visit: <https://helplinema.org> or see NIH Drug Facts Resources for more information. For confidential free help, you can call the Massachusetts Substance Use Helpline at 1-800-662-4357.

To learn more, please visit:
<https://www.mass.gov/info-details/responsible-use-of-marijuana>

IMPORTANT REGULATIONS

You may not sell marijuana to any other individual. For first offenders, possessing over 1 ounce of marijuana with the intent to manufacture, distribute, dispense are punishable by a fine of \$500-\$5,000 and/or imprisonment of up to 2 years.

RULES OF CONSUMPTION

You can consume marijuana and/or marijuana infused products in a private space where smoking and/or vaping are allowed. Smoking in public is prohibited by state and local laws.

RULES OF SHARING

In Massachusetts you can share or gift up to 1 ounce of cannabis, or 5 grams of cannabis concentrate, with adults ages 21 and over, without any form of compensation.

RULES OF TRAVELING

Never drive under the influence. Keep your cannabis in a secure area of your vehicle, out of reach of the driver and passengers. Stay in Massachusetts - do not cross state lines with marijuana.

PURCHASE LIMITS

Consumers 21+ can purchase up to 1 ounce of marijuana flower or up to 5 grams of marijuana concentrate. • Possessing more than the legal limit (1 oz.) outside your home you may be penalized by up to 6 months imprisonment / \$500 fine.

INFO@HIGHHAWKFARM.COM

WWW.HIGHHAWKFARM.COM

80 MAIN STREET, RUTLAND MA, 01543

This product has not been analyzed or approved by the FDA. There is limited information on the side effects of using this product, and there may be associated health risks. Marijuana use during pregnancy and breast-feeding may pose potential harms. Pursuant to M.G.L. c. 90, § 24 it is against the law to drive or operate a vehicle under the influence of Marijuana and machinery should not be operated when under the influence of Marijuana. KEEP THIS PRODUCT AWAY FROM CHILDREN. There may be health risks associated with consumption of this product. Marijuana can impair concentration, coordination, and judgment. The intoxicating effects of edible products may be delayed by two hours or more. In case of accidental ingestion, contact poison control hotline 1-800-222-1222. This product may be illegal outside of MA.



CONSUMER EDUCATION

INFO@HIGHHAWKFARM.COM

WWW.HIGHHAWKFARM.COM

80 MAIN STREET, RUTLAND MA, 01543

WHAT IS THC & CBD?

THC and CBD are the two main compounds found in the cannabis plant. These compounds are called cannabinoids. There are over 85 cannabinoids in cannabis, but THC and CBD are the most abundantly researched.

THC

Is the cannabinoid typically attributed to the plant's psychoactive effects.

CBD

Is a minimally psychoactive cannabinoid that may relieve anxiety, inflammation, and more

DOSING & DURATION

Start Low & Go Slow

Proper dosing of cannabis will vary by consumer. Consumers with limited cannabis experience should *begin with no more than 5 mg of THC per serving* and adhere to these general consumption guidelines before consuming more:

MODE OF ADMINISTRATION	TIMING OF ONSET & EFFECTS	TIME OF PEAK EFFECTS	DURATION OF EFFECTS
Vaporization or Smoking	90 seconds	15-30 minutes	2-3 hours
Edibles (Oral Administration)	90 minutes	2-6 hours	4-12 hours

Note: There is considerable individual variability from individual to individual.

Tracking Product Usage

As a Consumer, it is important to track your strain and consumption usage. Tracking Products and Product usage can help to detect patterns in your marijuana usage and provides a handy list of what you liked and didn't concerning specific flower or products.

STRAIN/USAGE DIARY

Product Name and Brand:

Type of Consumption: (Smoke, Vape, Edible, Topical)

Dose/Amount:

Duration of Time: (Hours)

Effects:

Relaxed/Sedated/Focused/Energized/Happy/Creative/Euphoric/Spacey/Aroused/Dizzy/Focused

Feelings:

Hungry/Headache/Dry Mouth/Heavy Body/Anxious/Paranoid/Extroverted/Introverted

Other important information:



ALCOHOL: Do not mix marijuana and/or marijuana-infused products with alcohol.

EATING: Do not consume marijuana or marijuana-infused products on an empty stomach. Consuming marijuana or marijuana-infused products on a full stomach can help to reduce the risk of unwanted intoxicating effects from accidental over-indulgence.

ANXIETY & PARANOIA: Anxiety and paranoia may accompany over-ingestion. If you are experiencing any feelings of anxiety and paranoia, stay calm and remain in a comfortable, safe environment. The effects will pass with time.

CHILDREN & PETS: Never use cannabis around children. Always store all cannabis products in a locked area that is out of sight and reach of children and pets. Keep cannabis in the child-resistant packaging from our store. Secondhand cannabis smoke contains THC and other chemicals that can affect the health of children.

If you think a child may have ingested cannabis, call the local Poison Control Center at 800-222-1222. If you think a child needs immediate medical help, call 911.