

Cure Oahu Health & Wellness Guide



Our mission is wellness
Our process is uncompromising

CureOahu.com

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Monday-Sunday 10 a.m.-7:00 p.m.

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Welcome

Each person's path to health and wellness is different. At Cure Oahu, our medical cannabis specialists work individually with you to discover the right steps for your journey.

Our focus has always been on elevating the health and wellness of our patients through the therapeutic effects of medical cannabis. It is our goal to support your healing and be a resource for you.

Our beginning

Medical cannabis was legalized in Hawaii in 2000, when Gov. Ben Cayetano signed into law Act 228, allowing medical cannabis cardholders to grow their own cannabis or appoint a caretaker to do so.

Further advances in the Program include:

In 2015, the Medical Cannabis Dispensary Program was created to allow registered 329 medical patients to source safe and tested cannabis from state regulated medical cannabis dispensaries: health.hawaii.gov.

In 2016, Gov. David Ige created a pilot program allowing the Hawaii Department of Agriculture to oversee the cultivation of industrial hemp for agricultural or academic research.

In 2018, Gov. David Ige signed an amendment into law to legalize the use of safe pulmonary administration (SPA) products that function as inhalers or nebulizers.

Cure Oahu opened in Hawaii in 2018. Our 2,400-square-foot location on Kapahulu Avenue in Honolulu was specially designed to offer a modern, comfortable and safe place for patients to learn about medical cannabis and select the right products for their health and wellness.

Purchasing from a licensed medical cannabis dispensary provides you with confidence that your medical cannabis and all product ingredients are lab tested and quality assured. Each dispensary may only sell products that it grows and manufactures at its certified facility in Hawaii, under controlled conditions routinely monitored and inspected by the Department of Health.

We only sell the highest-quality products grown at The Meadow, our indoor grow facility on Oahu where our specialists nurture each plant and make every product with aloha.



CureOahu.com



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We understand



Medical cannabis can be confusing. Each state has its own rules and regulations, and each dispensary offers a different selection of products. Where do you start? If you are already a medical cannabis patient, how can you be sure which products are right for you?

This health and wellness guide has been developed by our experienced team of medical cannabis professionals as an easy-to-use introduction to medical cannabis, how it is legally dispensed in Hawaii, and what we offer at Cure Oahu.

You've already taken the first step. We're glad you're here, and we look forward to supporting you on your health and wellness journey.

Visit CureOahu.com to get started, view helpful videos, and browse our array of products.

Your first step



There is no one-size-fits-all approach to health and wellness. While some patients make lifestyle changes on their journey, others may also use prescription medications, as well as conventional or alternative treatments and therapies. Recently legalized for medical use in Hawaii, cannabis has long been used globally to address a variety of health conditions. Today there are tens of thousands of medical cannabis patients in Hawaii.

In Hawaii, the Department of Health has defined the qualifying conditions. Each patient's diagnosis must be certified and overseen by a physician with a Hawaii Medical License and a Hawaii Controlled Substance License, or an Advance Practice Registered Nurse (APRN) who has prescriptive authority. A list of physicians and APRNs is available at CureOahu.com.

329 Registration Card

Access to State-licensed medical cannabis dispensaries in Hawaii is limited to holders of a 329 Registration Card (329 refers to Hawaii Revised Statute Chapter 329 - Uniform Controlled Substances Act). There are several steps to determining eligibility. The registration process is designed to be efficient and easy to navigate, and is typically completed in just a few days online.

In-state patients and caregivers may start by visiting the Department of Health website at health.hawaii.gov/medicalcannabis, where you will find defined health conditions, application forms and required documents, as well as legal use guidelines.

In 2019, access to Hawaii medical cannabis dispensaries was expanded to out-of-state U.S. patients who hold a government-issued medical cannabis registration card in their home state, and who obtain a 329 Registration Card from the State of Hawaii Department of Health. The application process is available online, and patients may apply for up to two 60-day terms in a calendar year. Hawaii does not allow international visitors to obtain a 329 Registration Card.

There are special considerations and requirements for minor children and their caregivers.



Your first visit



On your visits to Cure Oahu, you'll bring your electronic 329 Registration Card (in-state patients) or your printed 329 Registration Card (out-of-state patients), as well as your government-issued picture ID. Our staff will be ready to assist you. Please feel free to take your time, ask questions, and use our individual tablet menus to browse our full selection of high-quality products.

Every step of the process has been designed for your convenience – from our complimentary dedicated parking to payment options (cash, debit CanPay or credit card). We also offer online shopping and ordering at CureOahu.com/Shop, with in-store pickup, as well as services on Weedmaps and Leafly.

“

“I’m a mother of a 2-year-old, and my severe pain wasn’t allowing me to do the things that I needed to do for her. Even with the opioids and the opioid treatment that I was getting, it wasn’t getting me to the point that I felt better physically enough to be able to do things for her.

I discovered Cure Oahu on the Weedmaps app. I chose Cure Oahu because of their wide variety of products. The experience when I went to the dispensary was wonderful. Everybody was so professional. It was a very open, bright light place to be filled with positivity.”

Anna Duval, Oahu
Cure Oahu medical cannabis patient

”

Hawaii Cannabis Concierge

We are here to help. Cure Oahu offers a complimentary Hawaii Cannabis Concierge program that provides assistance throughout your medical cannabis journey.

Visit concierge.cureoahu.com or call us at 808.208.8770.

Cannabis overview

Cannabis is a genus of flowering annual plants thought to have originated in Southern and Central Asia. It is part of the Cannabaceae family, which includes hops, and has a wide variety of uses.

Cannabis plants are valued for their cannabinoids, and are often characterized by the amount of tetrahydrocannabinol (THC) and cannabidiol (CBD) produced. The amount of these natural compounds present in each plant is determined genetically and can be influenced by environmental factors. Cannabis plants with lower THC levels (generally characterized as containing no more than 0.3% THC) are often used for producing hemp fibers, seeds and oils, as well as CBD products.

In recent years the focus of cannabis research has shifted. Many new studies suggest natural terpenes in the plant provide additional health benefits. Terpenes are an organic compound that produce scent and aid in flavor, often extracted from a plant to create essential oils. Common terpenes are limonene (lemon), linalool (lavender) and beta-caryophyllene (pepper). Studies show these terpene compounds assist in blood flow, encourage relaxation and relieve muscle tension.

THC is responsible for the psychoactive (high) effect experienced by patients when using cannabis. The intensity of the effect is dependent on each patient's metabolism of cannabinoids and terpenes. CBD is often marketed as a supplement and does not produce a psychoactive effect. It can be used for health issues, including chronic pain.

OUR PROCESS



NUTRIENT SALTS

We fertilize our soil with an organic blend of Nitrogen for leaf growth, Phosphorous for root formation and fruiting, and Potassium for flowering and plant immunity.



SMART LED LIGHTS

Our lights simulate the natural cycle of the sun and can easily meet the specific needs of various strains, giving our plants enhanced quality and flavor.



COCONUT HUSK-BASED MEDIA

Our plants are grown in eco-friendly coconut husk, which is 100% recyclable.

THE END RESULT IS CURE



It's premium, sustainable and always grown to highlight the best characteristics in each strain.



Each product available at Cure Oahu is grown and created by our experienced cannabis specialists on Oahu at our indoor facility. Our staff also has professional experience in cultivation, production and processing in traditional industries that allow them to adopt processes for cannabis and raise the bar on quality and potency.



We take care to sell only the highest-quality products, starting with our growing media and including everything from smart, environmentally sustainable technologies to premium packaging. As a State-licensed medical cannabis provider, our growing and dispensing facilities are routinely inspected by the State of Hawaii Department of Health.

Our team is dedicated to the research and development of new genetics and products.

Our production methods

Cultivation



The goal of cultivation is to provide quality flower for use and extraction. Terpene, THC, CBD and the cannabinoid profile of each strain is considered in totality when selecting strains for propagation and cultivation.

We take pride in our strains because they have been selected through many harvests, thriving in our process, and are the best quality available. Cure Oahu often considers customer feedback in the selection process when evaluating focused strains that address qualifying conditions. Average potencies across our strains is in the low to mid-20%s, and terpene profiles range from fruity to skunky.

All of Cure Oahu's finished products are made from clones harvested at The Meadow, our production center. Clones come from mothers grown in-house at our vertically integrated and pesticide-free indoor growing system, which is required by the State of Hawaii.

Extraction

We use CO2 extraction to remove the active compounds from plant material. CO2 works well for this application because it acts as a tunable solvent that can be adjusted to obtain the desired plant extract. By manipulating pressure and temperature in a closed-loop system, we are able to dissolve and capture the cannabinoids and terpenes desired to create our line of concentrates, ingestibles, and topicals, leaving no trace of CO2, resulting in a pure, clean extraction.

Concentrated material collected from CO2 extraction can further be purified to reduce the amount of undesirable plant contents such as waxes, chlorophyll and other pigments. The process of extraction and purification increase the potency of cannabinoids significantly. Flower is typically 15-30% THC range and can be concentrated to 50-90%+ using the above mentioned methods.

The concentrated substance obtained is used to manufacture our full line of concentrates, ingestibles/sublinguals and topicals. We use the finest ingredients in our line of ingestibles/sublinguals and topicals, and we do not enhance or dilute our oils and concentrates destined for safe pulmonary administration.



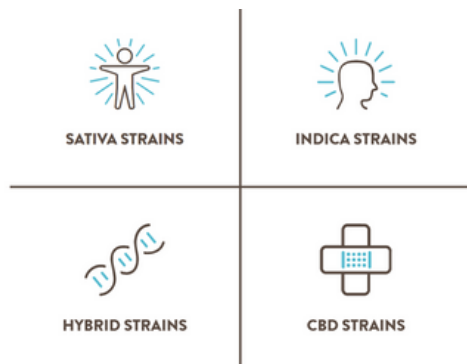
Our offerings

Flower



Flower or bud is the flower the Cannabis plant produces. The flowers contain the highest concentration of cannabinoids and terpenes. There are countless different strains of flower, each differing in not only the visual appearance but also the cannabinoid and terpene profile. The main categories of strains are listed to the right.

Cure Oahu offers strains that provide a variety of therapeutic effects, including motivating, euphoric, and soothing, in various ratios of THC and CBD to fit your medical needs.



Note: We have included a “Best suited for” guide to help assist you based on anecdotal patient feedback. These are not intended to be clinical representations.

Best suited for

Sativa (uplifting and motivating)

Sativa plants can typically provide flower that offers more uplifting, cerebral effects that pair well with physical activity, social events and creativity. The plants themselves are taller in stature, have more narrow leaves, longer flowering cycles, and are better suited for warm climates with long grow seasons.

Commonly used for: *fatigue, depression, migraines, appetite stimulation*

Indica (relaxing and soothing)

Indica plants tend to offer flower, or buds, that are physically calming and relaxing and are great for suppressing pain. Indica plants grow shorter in stature, have broader leaves, shorter flowering cycles, and are more adaptable to cooler climates with shorter grow seasons.

Commonly used for: *chronic pain, insomnia, anxiety*

Hybrid (calming and euphoric)

Hybrid types blend the genetics of both sativa and indica plants, adopting the traits and benefits of both parent strains. The properties of hybrid plants are dependent on lineage and can provide a pleasant balance for patients.

Commonly used for: *anxiety, pain, depression*

CBD

Cannabis strains that are rich in CBD tend to treat inflammation and anxiety while also providing analgesic properties. These plants tend to be more challenging to grow and prefer temperate environments with ample light and nutrient-rich growing media. Medicating with a combination of CBD and THC helps create an experience called the “entourage effect.” THC acts as a catalyst for CBD, and even in small doses, the medicinal benefits of CBD can be increased with the addition of THC. Recent studies have found CBD may change drug interactions by altering the way medications are metabolized in the body. It is important to check with your physician if you are on prescribed medication.

Commonly used for: *muscle spasms, chronic pain, inflammation, epilepsy*

Concentrates

Inhalation

Cure Oahu's carbon dioxide (Co2) derived cannabis concentrates are offered in more than a dozen therapeutic varieties and are considered safer than hydrocarbon extracted oils (butane, propane) because they eliminate the need to use toxic solvents during processing.

Concentrate:

Rosin is a solventless extract obtained by using heat and pressure to press and naturally extract the beneficial compounds and oils from the cannabis plant. Think of it like squeezing the juice from grapes or oil from olives, with the end result being similar to butane hash oil (BHO), but without the harmful chemicals. Cure Oahu's Kosher Wine Rosin helps ease muscle tension, stress and seizures, with a pleasant sweet and fruity taste.



Oil Distillates:

Cure Oahu's distillates are highly purified cannabis oil made from our Co2 derived cannabis concentrates. The result of distillation is an oil that typically has a higher cannabinoid potency than other products. This concentrated THC/CBD oil containing terpenes is semi-fluid in consistency and ideal for use with a safe pulmonary administrative device.



Sub-linguals and Edibles

Sub-linguals and ingestibles refer to products that are administered orally, generally under the tongue. Although cannabinoids are able to be incorporated into many foods and drinks in other states, the current regulations in the State of Hawaii place limitations on what can be produced and sold.

Cure Oahu offers several options for patients seeking sub-lingual/ingestible or non-inhaled cannabis options. Our capsules and tablets allow for a simple and smokeless delivery with full-bodied relief from muscle tension, physical pain, anxiety and insomnia. Our low-dose lozenges are infused with our own extracts and are offered in lemon, ginger, peppermint, pineapple and lilikoi flavors. Sub-linguals/ingestibles are discreet and allow for easier and more consistent dosage compared to inhalation methods.

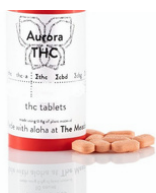


Chocolats: Infuses with active cannabinoids

Tinctures: A liquid carrier oil infused with active cannabinoids and enhanced with natural flavorings

Gummies: Slow-dissolving tablets made of sugar, cannabinoids and natural flavoring

Capsules & Tablets: Designed for swallowing



Topicals

Lotion:

Infused lotions are blends of moisturizing compounds along with active cannabinoids that can be spread over large or small areas of the body. Available with a variety of fragrances and formulated to cool and relieve topical pain and stress.



Salve:

Concentrated oil-based balm available with and without fragrance. Optimal for targeted pain.



Bath Bomb:

Effervescent tablets designed to bubble and dissolve in warm baths.

Each of the described products above are labeled according to Hawaii State regulations. The information on each label is important because it tells you what amount of CBD and other cannabinoids, like THC, you are consuming. Because each product is composed of different materials and consumed differently, it can be difficult to understand what all the numbers mean. Below is a sample label with typical product data that can help you get acquainted with the information.



Da Glue

CUREOAHU

Made with aloha at
The Meadow

License A06 MC

0000 0010 6000 2296

Use by 12.22.2019

Packaged on 8.22.2019

Harvested on 8.09.2019

thc thc-a Σ thc Σ cdb Σ cbg Σ cbn

%	0.3	27.1	27.4	0	0	0
mg/g	3.1	270.9	274.0	0	0	0

flower

1g

For medical use only
Not for sale or transfer
to another person
For instructions
visit cureoahu.com

- 1** Strain Name
- 2** Product Type
- 3** Product Weight
- 4** Cannabinoid Profile
- 5** Production Facility
- 6** State Issued License Number
- 7** Harvest / Manufacturing Dates
- 8** Medicinal Warning

Storage methods

Generally, store cannabis in a cool, dark and sealed place. Proper cannabis storage requires several steps to protect your products from light, air and moisture:

- Keep cannabis products in an opaque, air-tight container.
- Maintain a humidity level of between 59-63%. This can be done by adding a boost pack to the container.
- Keep the temperature below 78 degrees to reduce the risk of mold.
- Cannabis-infused products (such as lozenges, salves and lotions) will generally last longer in a refrigerator, but flower should not be stored in a refrigerator.
- If possible, keep infused products in their original containers, and if you must transfer them, make sure products are well labeled, with expiration date intact. Always opt to store your products in glass as plastic containers or bags may compromise cannabis-infused products over a period of time.
- Keep oil cartridges in an upright position in a cool, dry place. A hot environment will cause the oil to evaporate. Unscrew the cartridge from the pen.

Consumption methods

The method of consumption may play a role in the effects felt. Each patient is different, so it is important to learn the way your body will feel after the use of cannabis plant or infused products, and to keep a journal detailing your products and dosage.

No two strains are alike. Each strain has its own healing properties, and every patient prefers something different, whether it is calming or motivating, soothing or rejuvenating. As you start your Cure Oahu journey, you will want to keep track of the strains and products you have tried and how they make you feel. Documenting your journey will allow you to compare effects, methods of consumption, dosage and longevity of effects. We always recommend that when trying a new product to start low and go slow.

Inhalation allows for cannabinoids to be absorbed into the bloodstream from the lining of the lungs. For many, this method allows for the fastest results. Ingestion and sub-lingual absorption through the gastrointestinal tract allows for cannabinoids to enter the bloodstream via the digestive system.



Smoking

Smoking is the process of heating material to the combustion point and inhaling the smoke. This was the most common method of cannabis consumption in years past, and is still widely used, although many have shifted toward other methods to eliminate the exposure to combustion by-products.

Products that can be smoked: flower/bud, concentrates



Vaporizing

Vaporizing is the process of gently heating the material to the point of vaporization. This differs from smoking because the heat is applied in a more controlled manner, eliminating the overheating that produces potentially harmful by-products. Vaporizing can be accomplished with a handheld device or with larger tabletop devices. Terpenes are preserved with vaporization more so than with smoking, providing a smoother experience.

Products that can be vaporized: flower/bud, concentrates



Ingestion

Ingestion is the process of eating or drinking a substance. When a material is ingested, it enters the gastrointestinal tract. The body then digests the material and the active ingredients can enter the bloodstream. The process of digestion takes longer than smoking or vaporizing.

Products that can be ingested: tinctures, lozenges, capsules, tablets

Consumption methods



Sublingual absorption

Sublingual absorption is the process of holding a material under the tongue for absorption through the mucous membranes in the mouth. Mucous membranes allow passage of cannabinoids into the bloodstream. Although the medicine is taken orally, like ingestion, the effects can often be felt faster than ingestion.

Products that can be absorbed sublingually: tinctures and lozenges can both be administered sublingually if held orally and not immediately swallowed.



Topical application

Topical application is the process of administering a product on the outer skin membrane. Topical products work on the cannabinoid receptors in the skin and are not absorbed into the bloodstream. Because of this, the psychoactive effects are not experienced when using topical products. Effects that are felt on the outer skin/membranes are felt within minutes.

Products that can be applied topically: lotion, salve, bath bombs



Microdosing

Microdosing is used to treat some conditions, and there are anecdotal reports of improving symptoms. Microdosing is the practice of taking very small doses of THC and CBD which can lessen the severity of noticeable psychoactive effects but may help in relieving unwanted symptoms from various conditions.

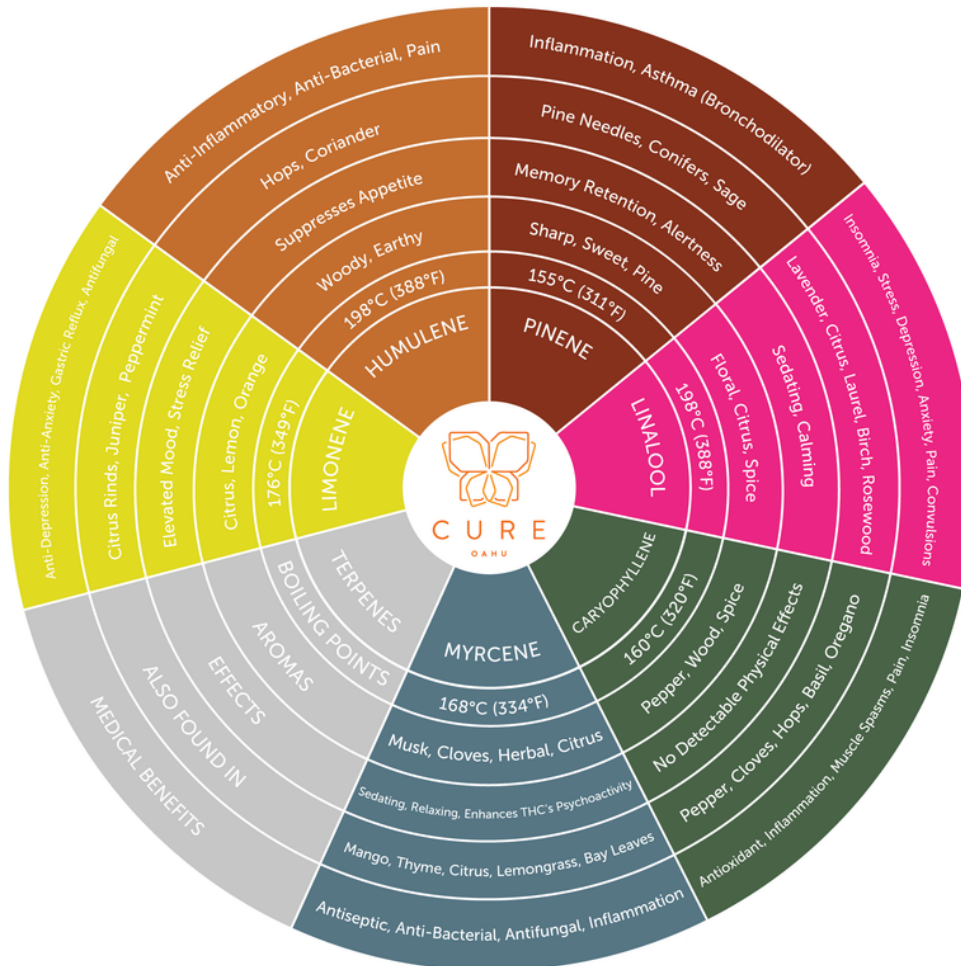
There are many ways to microdose, and it can be done using a variety of products. Our product specialists can help.

About cannabinoids and terpenoids

Terpenes

Terpenes are a class of naturally occurring chemicals that make up the essential oils in plants. Researchers have identified more than 140 terpenoids in cannabis that include terpenes and their variations, called diterpenes and sesquiterpenes. Of those 140 terpenoids, 17 have been found to be the most common in cannabis strains.

The terpene and terpenoids are what you smell and taste when experiencing the cannabis plant. These molecules contribute to the overall effect of the plant.



Our guidelines

Cure Oahu Code of Conduct:

We are excited to bring the best products and experiences to you! We also recognize we need your help to be at our best. Please observe the following requirements. Violation may result in removal or expulsion from dispensary.

Hawaii state regulations require:

- Government issued photo ID and Hawaii medical cannabis card presented at door.
- 18 years of age for entry of qualifying customers. Qualifying customers under the age of 18 must be accompanied by caregiver over 21.
- No video recording or photographing in dispensary.
- No open container or consumption of medical cannabis on premise or in public spaces, such as our parking lot or the surrounding neighborhood.

House rules are:

- Be respectful. Treat others the way you want to be treated.
- No weapons on premise at any time.
- No outside food or drinks allowed.
- No pets, service animals only.

Product Disclaimers:

- Cannabis may be unlawful outside the State of Hawaii and is unlawful to possess or use under federal law.
- Cannabis has intoxicating effects and may be habit forming.
- Smoking is hazardous to your health.
- There may be health risks associated with consumption of cannabis.
- Cannabis is not recommended for use by women who are pregnant or breastfeeding.
- Cannabis can impair concentration, coordination and judgment.
- Do not operate a vehicle or machinery under the influence of cannabis. When eating or swallowing, the effects of cannabis may be delayed by two or more hours.



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