

# Kind Sol™

## 1:16 Flower

### Consumer Medicines Information

#### 1. Why am I using Kind Sol™?

##### Name of the medicine

Kind Sol™ 1:16 | Dried Medicinal Cannabis Flower

Kind Sol™ 1:16 is a CBD-dominant medicinal cannabis flower with low concentrations of THC. It is an indica dominant hybrid and each gram of dried flower contains <1% (w/w) THC (delta-9-tetrahydrocannabinol) and 16% (w/w) CBD (cannabidiol).

##### Active and inactive ingredients:

- THC (delta-9-tetrahydrocannabinol), CBD (cannabidiol), other minor phytocannabinoids.

##### Therapeutic Class

Cannabis is a controlled drug. Possession without authority is illegal. Poison Schedule: Schedule 8.

#### 2. What should I know before I use Kind Sol™?

##### Warnings

Do not use Kind Sol™ if

- You are allergic to THC (delta-9-tetrahydrocannabinol), CBD (cannabidiol), other minor phytocannabinoids.
- Always check the ingredients to make sure you can use this medicine.

During treatment you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6.

##### Pregnancy and breastfeeding

Kind Sol™ is contra-indicated if you are pregnant or intend to become pregnant.

Kind Sol™ is contra-indicated if you are breastfeeding or intend to breastfeed.

##### Other contraindications

Kind Sol™ 1:16 has been contraindicated in the following conditions:

- Patients with a familial history of schizophrenia.
- Patients with a diagnosed history of psychosis and/or active mood disorders.
- Patients with cardio-pulmonary disease (consult with your doctor).
- Patients with liver or kidney dysfunction (consult with your doctor).
- Patients with a history of serious psychiatric disorders including but not limited to schizophrenia or psychosis, unless specifically prescribed by a qualified healthcare professional with a knowledge of your psychiatric history.

There may be other contraindications not yet known due to limited scientific information.

#### 3. What if I am taking other medicines?

##### Drug or Food Interactions

Consult with your doctor or pharmacist if you are currently using or have recently used any other medications or if you have any food intolerances. Kind Sol™ 1:16 may interact with other drugs or some foods. Any interactions should be managed by your doctor.

#### 4. How do I use Kind Sol™?

##### Dosing and Administration

Kind Sol™ 1:16 is available as dried medicinal cannabis flower and designed for inhalation using a TGA-approved vaporiser. It can be taken on a metered dosage schedule or as needed (PRN) as determined by prescribers. Always use this medicine as instructed by your doctor or pharmacist.

Vaporisation provides one of the most efficient administration methods for medicinal cannabis, providing rapid onset times for patients. Unlike combustion, vaporisation heats the medicinal cannabis below its burning point to create a rich cannabinoid filled vapour. Use the vaporiser in accordance with the manufacturer instructions which accompany it.

Do not use Kind Sol™ 1:16 via combustion (smoking or smoking paraphernalia) as this may pose a risk to your health, including the potential to contribute to chronic obstructive pulmonary disease (COPD).

##### Titration

Titration is the process of gradually increasing a dose until the desired result is achieved. In line with TGA guidance, we recommend following the “start low, go slow” approach whereby patients start with a low dose and slowly increase it until the optimal therapeutic benefit is achieved.

Dosing is highly individual, so patients and doctors should work

together to determine the optimal dosing schedule where the medical benefit is maximised for the individual patient's circumstances.

Below is an example of a titration schedule:

Days	1-2	3-4	5-6	7-8	9-10	11-12
Morning (g)	0	0.1	0.1	0.1	0.1	0.1
Midday (g)	0	0	0	0.1	0.1	0.1
Evening (g)	0.1	0.1	0.1	0.1	0.15	0.15

Accurate dosing and titration can be challenging with medical cannabis flower due to several factors. These include inconsistency in the amount of medicine administered, variance in cannabinoid profiles, discrepancies in temperature during vaporisation, and length and depth of breath when inhaled.

For reliable and repeatable dosing of medical cannabis, we recommend patients pay close attention to the conditions in which they administer medical cannabis and aim to replicate this consistently.

When starting the titration process, patients and doctors should maintain a consistent dosing schedule and adjust dose timing if needed. New medical cannabis patients should wait up to 30 minutes between their initial dose before their next inhalation.

## 5. What should I know while using Kind Sol™?

### Safety Information

Always consult with your doctor prior to administration of medicinal cannabis products. Remind any doctor, dentist or pharmacist you visit that you are using Kind Sol™.

Kind Sol™ 1:16 is a medicinal cannabis product that contains THC (delta-9-tetrahydrocannabinol), is psychoactive and may lead to temporary cognitive impairment. Patients are advised not to drive or operate complex machinery for 24 hours after administering medicines containing THC.

Do not consume alcohol while you are taking Kind Sol™.

### Overdose

In line with TGA recommendations of "start low, go slow" there may be a potential for patients to ingest more medicinal cannabis than is suitable for them, which may lead to discomfort. Adverse effects associated with ingesting too much medicinal cannabis are generally temporary and self-resolving upon cessation of medicinal cannabis.

### Children & Adolescents

Kind Sol™ 1:16 should not be used by children or adolescents under the age of 18 years old.

### Product Storage

Store away from direct sunlight in a cool and dry place. Store below 25°C.

Kind Sol™ 1:16 pouches are resealable to preserve shelf-life. Please refer to the back of the packaging for detailed opening and resealing instructions. Use within six (6) months from the date of manufacture as printed on the back.

Keep out of reach of children.

## 6. Side Effects

Like other medicines, Kind Sol™ 1:16 may produce unwanted side effects in some people. With all medicinal cannabis products there are potential adverse effects that may affect only some people. Rare side effects that warrant immediate cessation of Kind Sol™ 1:16 are:

- Hallucinations (auditory / visual)
- Paranoia
- Difficulty breathing
- Seizures or convulsions
- Depression or suicidal thoughts
- Fainting, lightheadedness and dizziness associated with low blood-pressure

Should you experience one or more of the above side effects, immediately stop taking Kind Sol™ 1:16 and speak to your doctor, pharmacist or go to a hospital.

There are more common side effects that are associated with taking medicinal cannabis products for the first time or from increasing usual dosing. These may be of a mild and transient nature:

- Drowsiness
- Anxiety
- Increased heart rate or palpitations
- Nausea
- Dry mouth
- Blurred vision
- Coughing or phlegm
- Confusion or problems concentrating
- Euphoria or other cognitive effects
- Occasional or brief paranoid thoughts

If you experience any of the above side effects for a prolonged period of time (i.e. greater than 24 hours) or if severe, immediately stop taking Kind Sol™ and speak with your doctor, pharmacist or seek immediate medical attention.

This does not serve as a complete list of potential adverse effects. If you experience any unexpected severe adverse effects not listed, stop using the product immediately and contact your doctor or seek immediate medical attention.

### Reporting Adverse Events

If you experience any adverse events, including listed rare side effects or common side effects for a prolonged period, please contact your doctor or pharmacist immediately. This also includes any other severe side effects not listed in this leaflet. Reporting adverse effects assists us to provide more information on the safety of this product.

## 7. Product Details

The medicine name is Kind Sol™ 1:16 and is only available with a doctor's prescription.

### What Kind Sol™ 1:16 contains

Active and inactive ingredients:

- THC (delta-9-tetrahydrocannabinol), CBD (cannabidiol), other minor phytocannabinoids.

Do not take this medicine if you are allergic to any of the above ingredients

## 8. Contact Information

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Altum Oceania Pty Ltd trading as Kind Medical®

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