

Kind Sativa Smalls™

20:1 Flower

Kind Sativa Smalls is available in a 30 gram pouch and contains small sized buds of cannabis flower. It is a sativa dominant hybrid from the Electric Grapefruit cultivar with 20% THC and <1% CBD.



Product Introduction

Kind Sativa Smalls contains a THC-dominant medicinal cannabis flower with high concentrations of THC (delta-9-tetrahydrocannabinol) and low levels of CBD (cannabidiol). All medicinal cannabis products that contain THC are psychoactive and may lead to temporary impairment.

Kind Sativa Smalls is available as a dried medicinal cannabis flower and is 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. We recommend patients work closely with their doctor as dosing schedules are highly individual.

Contact your Kind Medical representative for batch-specific information and COAs.

Key Information

Warning: Medications containing THC may impair the ability to perform tasks that require mental alertness and fine motor skills; such activities should be avoided.

Storage: Store below 25°C, away from direct sunlight in a cool and dry place. Always keep your medicine in the original packaging with the prescription label attached. Keep it out of the reach of children.

Contact Information

1800 KIND HI (1800 546 344)
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Altum Oceania Pty Ltd trading as Kind Medical®

Product Details

Name	Dosage Form
Kind Sativa Smalls™	Dried Cannabis Flower
THC	CBD
20% w/w	<1% w/w
Product Size	TGA Classification
30g	Schedule 8 / Category 5

Medicine Name:
Kind Medical High THC Sativa Smalls (Clara 20:1) (Flower 30g)

Cannabinoid Content By Flower Weight¹

Flower (g)	0.1	0.2	0.3	0.4	0.5
THC (mg)	20	40	60	80	100
CBD (mg)	<10	<10	<10	<10	<10

Kind Product Spectrum



Terpene Profile¹

Terpinolene	0.478%
Trans-Caryophyllene	0.272%
Beta-Myrcene	0.198%
Farnesene	0.113%
Alpha-Humulene	0.095%
Beta-Pinene	0.059%
Alpha-Pinene	0.048%
(R)-(+)-Limonene	0.047%
Alpha-Phellandrene	0.04%
Alpha-Terpineol	0.027%

TOTAL TERPENE VALUE
1.52%

Indicative contents based on testing, may vary by batch based on growing conditions

1. Kind Medical uses representative terpene profiles that have been derived by analysing COAs across multiple batches. For batch specific information, please review our COA.

Dosing & Titration

Patients and prescribers should work together to determine the optimal dosing schedule where the medical benefit is maximised. We recommend the “start low, go slow” approach, where patients start with a low dose and slowly increase (or titrate) until the optimal therapeutic benefit is achieved.

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 of medicinal cannabis flower can be challenging. This may be due to inconsistency in the amount of medicine administered, variance in cannabinoid profiles, discrepancies in temperature during vaporisation and length and depth of inhalation breath.

For reliable and repeatable dosing of medicinal cannabis, patients should pay close attention to the administration conditions and aim to replicate them consistently.

When starting the titration process, patients and doctors should maintain a consistent dosing schedule and adjust dose timing if needed. New medicinal cannabis patients should wait up to 30 minutes after the initial dose to assess the effects before having another dose.²

Administration Through Inhalation

Inhalation is one of the most efficient ways to take medicinal cannabis. It offers a rapid onset time (typically providing relief in 5 to 10 minutes), with an expected duration of 2 to 4 hours. This is significantly faster than oral and sublingual ingestion which have an onset period of 1 to 3 hours.³

Inhalation through combustion (smoking paraphernalia) is not recommended due to the risk that smoking poses to patients, including potential contribution to chronic obstructive pulmonary disease (COPD).

Patients should use a TGA-approved vaporiser to heat the dried medicinal cannabis flower below the point of combustion to create smoke-free vapour. It is important to note that vaporiser temperature settings can impact medicinal cannabis, as every cannabinoid, terpenoid and flavonoid contains a different boiling point.

There are three general temperature bands:



LOW: 163°C - 177°C **MEDIUM: 177°C - 204°C** **HIGH: 204°C - 221°C**

- Cooler vapour temperature, less harsh on the throat
- Potentially milder or subdued psychoactive effects
- Recommended starting temperature
- Strongest psychoactive effects with maximum cannabinoid extraction

Safety Information

Contraindications

Do not use Kind Sativa Smalls if you

- are allergic to THC (delta-9-tetrahydrocannabinol), CBD (cannabidiol) or other minor phytocannabinoids; always check the ingredients to make sure you can use this medicine
- have a family history of schizophrenia
- have a diagnosed history of psychosis and / or active mood disorders.
- have 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)
- are pregnant, planning to become pregnant or breastfeeding
- are less than 18 years of age

Side Effects

Like other medicines, Kind Sativa Smalls may produce unwanted side effects in some people. Most side effects are minor and temporary, though some side effects may need medical attention.

Less serious side effects

- 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 less serious side effects for a prolonged period (i.e. greater than 24 hours) or if severe, immediately stop taking Kind Sativa Smalls and speak with your doctor or pharmacist or seek immediate medical attention.

Serious side effects

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

If you experience any of the above serious side effects, you should immediately stop taking Kind Sativa Smalls and speak to your doctor or pharmacist or go to a hospital.

This does not serve as a complete list of potential adverse effects. If you experience any unexpected severe adverse effects not listed, stop using Kind Sativa Smalls immediately and speak to your doctor or pharmacist or go to a hospital.

Reporting Adverse Events

After you have received medical advice for the side effects, you can report them to Kind Medical by calling 1800 KIND HI (1800 546 344) or emailing hi@kind.com.au. You can also report to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

2. Health Canada. (2018). Information for Health Care Professionals- Cannabis (marihuana, marijuana) and the cannabinoids. Available from: <https://www.canada.ca/content/dam/hc-sc/documents/services/drugs-medication/cannabis/information-medical-practitioners/information-health-care-professionals-cannabis-cannabinoids-eng.pdf> [accessed 19 August 2021]
3. MacCallum, C., Russo, E. (2018). Practical Considerations in Medical Cannabis Administration and Dosing. European Journal of Internal Medicine [online]. Available from: <https://pubmed.ncbi.nlm.nih.gov/29307505/> [accessed 19 August 2021]