Symptom Sheet
Muscle Pain 💪

Canna Farms produces several products that are reported to provide **relief from muscle pain, with minimal negative side effects.** In fact, the top Canna Farms products are reported to provide a **significantly higher reduction in pain** on average vs. non-Canna Farms products (52% vs 38% reduction in pain or "efficacy"). Canna Farms products are also reported to have lower negative side effects on average than non-Canna Farms products. Specifically, only 1.3% of side effects from Canna Farms products are reported as uncomfortable or distressing vs. an average of 1.7% among non-Canna Farms products.

The most efficacious Canna Farms products for pain are **Shake, Purple Kush, Cheese Quake** and **Cannatonic.** These products perform better for **more severe pain** and among men. They are also reported to have 'sleepy' side effects, making them more suitable for nighttime use. Except for Cannatonic, these are THC dominant strains with an average of 13%-15% THC and little to no CBD. NOTE: THC is the chemical ingredient that is known to give a euphoric 'high' feeling, while CBD is a chemical ingredient that is known to be non-intoxicating. **Cannatonic**, on the other hand, is known as a **"1:2 THC:CBD** ratioed product," with 5% THC and 9% CBD. It performs better amongst women and is reported to have energizing effects. Because it is also lower in THC, it results in **less intoxication** and is therefore more suitable for **daytime use.**

The top Canna Farms products provide strong efficacy from both smoking and vaping, but **results tend to be higher for vaping. Recommended dosing** for these products, based on reported outcomes, is as follows:

- **Cannatonic** is recommended to be vaped 6 times a day for maximum benefit. This is more frequent than other products, due to its lower THC:CBD ratio that causes less drowsiness and intoxication.
- **Purple Kush** is recommended to be smoked up to twice a day for the more severe pain (data shows that this product is smoked most often).
- **Shake** is recommended to be dosed twice per day, but the product may be inconsistent since it is a combination of several strains.
- **Cheese Quake** is more suited for nighttime use at 3 doses a day.

All strains are reported to provide **optimal efficacy at 7-12 inhalations.** So, a conservative guide would be to start at 7 inhalations and titrate up as necessary.

Strainprint Terminology

Positive Effects

- Aroused
- Comfortable
- Creative
- Dreamy 🌙
- Energized ☀️
- Euphoric
- Focused ☀️
- Giggly
- Happy
- Light
- Motivated ☀️
- Pain Free
- Positive
- Refreshed ☀️
- Relaxed
- Talkative
- Upbeat ☀️
- Less Aware of Pain

Neutral Effects

- Couch Locked 🌙
- Foggy 🌙
- Forgetful
- Hungry
- Lethargic 🌙
- Red Eyes
- Restless
- Sleepy 🌙
- Thirsty
- Tired 🌙
- Zoned Out 🌙

Negative Effects

- Anxious
- Dizzy
- Headache
- Nauseous
- Paranoid
- Racing Heart

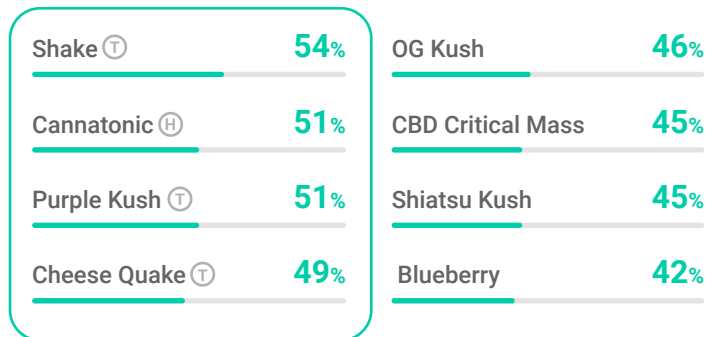## Efficacy of Top Canna Farms Products

52%

On average, the top 4 Canna Farms Products are reported to provide 52% efficacy (a 52% reduction in muscle pain).

38%

On average, non-Canna Farms products are reported to provide 38% efficacy (a 38% reduction in muscle pain)

Best Canna Farms Strains % efficacy

Strain	%	Strain	%
Shake Ⓣ	**54**%	OG Kush	**46**%
Cannatonic Ⓗ	**51**%	CBD Critical Mass	**45**%
Purple Kush Ⓣ	**51**%	Shiatsu Kush	**45**%
Cheese Quake Ⓣ	**49**%	Blueberry	**42**%

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Strain Composition

Shake Ⓣ
Product Type	THC
THC Content	12.8%
CBD Content	0.05%

Cannatonic Ⓗ
Product Type	Hybrid 1:2
THC Content	5.1%
CBD Content	8.9%

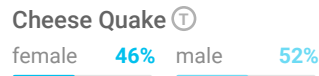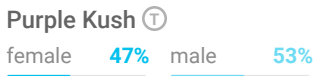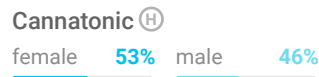### Purple Kush Ⓣ
Product Type	THC
THC Content	13.9%
CBD Content	0%

Cheese Quake Ⓣ
Product Type	THC
THC Content	14.9%
CBD Content	0.05%

Usage & Efficacy by Gender % efficacy

Shake Ⓣ
female 46%   male 61%

Cannatonic Ⓗ
female 53%   male 46%

Purple Kush Ⓣ
female 47%   male 53%

Cheese Quake Ⓣ
female 46%   male 52%

Overall Usage
female 52%   male 48%

Pre & Post Medication Scores

Shake Ⓣ
pre 6.0   post 1.9

Cannatonic Ⓗ
pre 5.4   post 1.8

Purple Kush Ⓣ
pre 6.7   post 2.4

Cheese Quake Ⓣ
pre 6.0   post 2.1
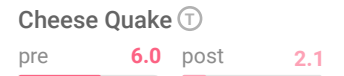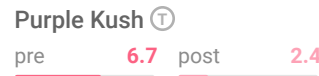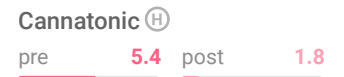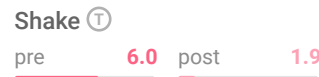
Emotive Effects

● positive   ● neutral   ● negative

Negative Effects
Canna Farms' products 1.3%   all other products 1.7%

Shake Ⓣ
78%   21%   0%

Cannatonic Ⓗ
83%   17%   0.2%

Purple Kush Ⓣ
68%   29%   2%

Cheese Quake Ⓣ
76%   24%   0.5%
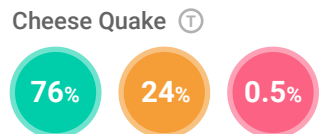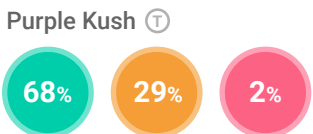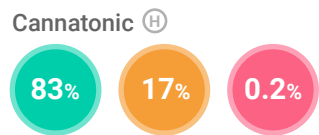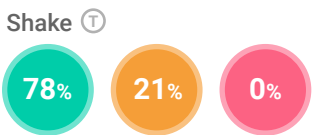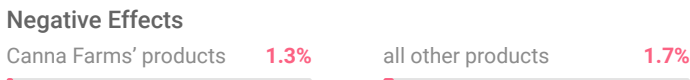
Smoke vs Vape: Efficacy, Usage, & Dose

OPTIMAL DOSE IS 7 - 12 INHALATIONS

	EFFICACY (%)		USAGE (%)	
Shake Ⓣ	smoke 52%	vape 67%	smoke 52%	vape 48%
Cannatonic Ⓗ	smoke 43%	vape 55%	smoke 9%	vape 91%
Purple Kush Ⓣ	smoke 49%	vape *	smoke 72%	vape 28%
Cheese Quake Ⓣ	smoke 46%	vape 47%	smoke 41%	vape 59%

*denotes no data due to small sample size

Efficacy & Frequency

efficacy (%) vs No. of sessions per day

OPTIMAL EFFICACY

● **Shake** Ⓣ
up to 2 sessions

● **Cannatonic** Ⓗ
up to 6 sessions

● **Purple Kush** Ⓣ
up to 2 sessions

● **Cheese Quake** Ⓣ
up to 3 sessions
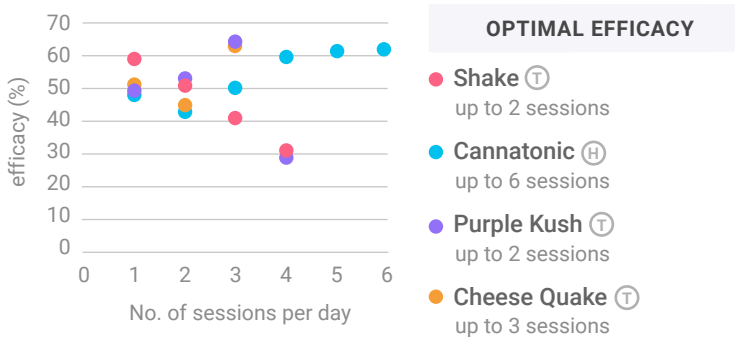
Day vs Night Usage & Effects

☀ day   🌙 night

Shake Ⓣ
44% 🌙 56%
Higher % of Daytime Effects Reported

Cannatonic Ⓗ
52% ☀ 48%
Higher % of Nighttime Effects Reported

Purple Kush Ⓣ
50% ☀🌙 50%
Higher % of Daytime Effects Reported

Cheese Quake Ⓣ
26% 🌙 74%
Higher % of Nighttime Effects Reported