



## State Mandates

- ☼ **Patients can only be seen by appointment. No walk-ins will be accepted.**
- ☼ **To enter the dispensary patients must have their valid Vermont Marijuana Registry (VMR) Card with them and have “Grassroots Vermont” designated as their dispensary.**
- ☼ **Only valid Patients and/or Caregivers will be allowed in. There are no exceptions.**

## Allotment

- ☼ **Vermont Marijuana Registry (VMR) patients are allowed to possess up to 56.7 grams of usable Cannabis at one time.**
- ☼ **As a VMR Patient, one is allowed to purchase 56.7 grams of Cannabis within a 30 day period.**
- ☼ **As a VMR Patient you are allowed to purchase 7 clones within a 30 day period.**

## Appointment Policy

- ☼ **Dispensing appointments are scheduled in 15 minute blocks.**  
*Please arrive 5-10 mins early and have your VMR card ready. If you are more than 10 minutes late, we may not be able to accommodate you that day.*
- ☼ **Intake appointments are scheduled in 30 minute blocks.**  
*Please arrive 15 mins early to complete paperwork.*
- ☼ **If you require more time, or have questions, let us know and we will schedule a 30 minute Consultation Appointment.**
- ☼ **We accept Cash, Check, and CanPay.**
- ☼ **GRVT will not tolerate any abusive behavior towards our staff.**
- ☼ **We reserve the right to refuse services at any time.**
- ☼ **We are unable to accept returns, call us if there is a defect or a problem and we will do our best to make it right.**

To schedule an appointment please visit: [grassrootsvermont.com](https://grassrootsvermont.com) or call 802-465-8081



Grassroots Vermont offers state-wide delivery services to all of our qualified patients.

## Delivery Services

- ☯ **To be eligible you must have selected the box on the Vermont Marijuana Registry (VMR) application allowing us to receive your address.** *(This can be the Patient or the Caregiver's address) any changes must be made through the Vermont Marijuana Registry 802-241-5115*
- ☯ **The Patient or Caregiver must be present to receive an order.**
- ☯ **The Patient or Caregiver must have a current valid VMR card in-hand to receive an order.**
- ☯ **Changes / cancellations must be finalized by 12:00pm the business day prior to the scheduled delivery** *(or you may be subject to an additional \$20 fee)*

## Scheduling

MILES*	FEE
0 - 20	\$5.00
20 - 30	\$10.00
30 - 50	\$15.00
50+	\$20.00

\*Distance from GRVT

- ☯ Delivery is scheduled on a **first-come first-served basis.**
- ☯ Routes fill quickly, please plan to schedule at least a week in advance.
- ☯ **A minimum purchase of \$50(+delivery fee)\* is required.**
- ☯ We accept Cash, Check, and CanPay.

*\*please note, the delivery fee does not count towards your minimum purchase or special promotions*

## Safety

- ☯ GRVT Delivery services operates during regular business hours using an inconspicuous vehicle.
- ☯ Please have VMR card as well as payment ready when the Agent arrives.
- ☯ Please keep dogs and other animals away from the Delivery Agent at all times.
- ☯ Please let us know if you live in an area with limited cell service.
- ☯ Please let us know if you live in an area that is challenging to get to.
- ☯ Please no home tours.
- ☯ GRVT will not tolerate any abusive behavior towards our staff.
- ☯ We reserve the right to refuse services at any time.



## Cannabis

Cannabis is an annual, deciduous, flowering plant. Different varieties of Cannabis are called "strains". Strains are differentiated in three ways - **Cannabis sativa**, **Cannabis indica**, and a genetic combination of the two is considered a Cannabis **hybrid** - and exhibits characteristics of both.

### Cannabis sativa

Known for its cerebral high, which some prefer for **daytime use**.

Provides more invigorating, uplifting cerebral effects that pair well with physical activity, and creative projects

### Cannabis indica

Known for its physically sedating effects which some prefer for **nighttime use**.

Perfect for yoga, relaxing with a movie, or to assist with sleep.

## Cannabis Flower



When flowers from the Cannabis plant reach maturity, they are then harvested, dried, and cured. Flower can then be heated and inhaled through vaporization or smoking. Cannabis flower can be prepared into other forms including edibles, concentrates, and topicals.

## Forms of Cannabis



### Edibles & Extracts

Cannabis can be infused into **tincture, food, beverages, and capsules**.

**Dosage**  
5 - 20mg

**Time to onset**  
30 min - 2 hours  
to feel the full effect\*



### Concentrates

Different types include **kief, rosin, and CO2 oil**. Cannabinoid levels are increased.

**Dosage**  
.1mg

**Time to onset**  
5 - 15 min  
to feel the full effect\*



### Topicals

Cannabis infused **creams, lotions, balms, or oils** that are absorbed through the skin.

**Dosage**  
10 - 20mg

**Time to onset**  
5 - 45min  
to feel the full effect\*

\*start small - go slow - and be patient.

Cannabis ingested orally may take 1 - 3 hours to feel the effects.

**Please, give Cannabis time to act before consuming an additional dose.**



## Cannabinoids

**THC • THCA • CBD • CBDA • CBN • CBG • CBC • CBL • CBV  
THCv • CBDv • CBCv • CBGv • CBGM • CBE • CBT**

- 🌿 **THC • Delta9-Tetrahydrocannabinol** is the most known cannabinoid. It is the primary psychoactive cannabinoid found in Cannabis.
- 🌿 **CBD • Cannabidiol** is another notable cannabinoid. CBD has been known to help with anxiety, cognition, movement disorders, and pain. **Cannabidiol** is believed to be the major modulator component of Cannabis, lessening some of the negative, psychoactive effects of THC.
- 🌿 **Cannabinoids** are a class of diverse chemical compounds found in Cannabis. There are over 113 different cannabinoids found in Cannabis, in various levels. Cannabinoids work directly on our own endocannabinoid system. Every person's genetics differ, so does their endocannabinoid system. Our unique endocannabinoid system combined with unique and various strains, results in our personal experience with Cannabis.
- 🌿 **Endocannabinoids** and **Ecocannabinoids** are natural protein receptors.

## Cannabinoids is known to assist with..

- |                              |  |
|------------------------------|--|
| 🌿 Anxiety                    | 🌿 Reduces Risk of Artery Blockage      |
| 🌿 The Immune System          | 🌿 Inhibits Tumor Growth / Cancer Cells |
| 🌿 Blood Sugar Levels         | 🌿 Nervous System Protectant            |
| 🌿 Nausea                     | 🌿 Suppresses Muscle Spasms             |
| 🌿 Seizures / Convulsions     | 🌿 Relieves Pain                        |
| 🌿 Menstrual Pain / Menopause | 🌿 Suppresses Appetite / Weight Loss    |
| 🌿 Sleep                      | 🌿 Kills or Slows Bacteria Growth       |
| 🌿 Glaucoma                   | 🌿 Inflammation                         |



## Terpenes

- Terpenes are found in the aromatic essential oils of many types of flowers and plants, most notably - **Cannabis, Hops, Conifers, and flowers.**
- Terpenes have distinctive flavors and aromas like: **citrus, berry, mint, diesel, and pine.**
- In nature, a terpene's role is to repel predators and lure pollinators.
- Historically, terpenes have played a role in herbal medicine.
- Each individual terpene is associated with its own unique effects. Some may aid in stress relief, while others promote focus and acuity.
- Like cannabinoids, terpenes have an ability to act synergistically with other compounds in the plant.

### Myrcene

**aroma** earthy, herbal, clove  
**found in** Hops, Mango, Parsley

- anti-inflammatory • analgesic • sedative
- increases psychoactive effects of THC
- antimutagenic • oxidative cell damage

### Linalool

**aroma** floral, touch of spice  
**found in** Hops, Basil, Bay Leaf, Mugwort

- stress reducer • depression/anxiety
- sedative • anti-inflammatory
- anti-epileptic

### Humulene

**aroma** woody, earthy  
**found in** Hops, Pine, Sage, Ginger, Basil

- appetite suppressant
- anti-inflammatory • anti-tumor
- pharmacokinetic

### Limonene

**aroma** citrus  
**found in** Hops, Citrus, Rosemary

- mental focus • anti-fungal
- depression/anxiety aid • anti-bacterial
- heartburn • gastrointestinal • gallstones

### Pinene

**aroma** pine  
**found in** Hops, Pine, Cumin

- anti-inflammatory • energy boost
- anti-microbial • aids memory
- concentration • bronchodilator

### Caryophyllene

**aroma** spicy, woody, cloves  
**found in** Hops, Oregano, Black Pepper

- analgesic • depression/anxiety
- reduces craving for alcohol

## Flavonoids

- Flavonoids contribute to the flavor, aroma, and pigmentation of plants. Flavonoids found in Cannabis are called **cannaflavins.**



## Entourage Effect

- ☯ It has been suggested that the compounds present in Cannabis (**cannabinoids, terpenes, and cannaflavins**) work synergistically to provide an effect greater than an isolated cannabinoid or terpene alone.
- ☯ The Entourage Effect is considered to be a **Cannabinoid System Modulator**. Compounds that are considered to be non-psychoactive by themselves - modulate the overall psychoactive effects of Cannabis i.e., if one experiences feelings of paranoia or anxiety after consuming THC, the use of CBD could mitigate those effects.

## Potency

- ☯ Each strain possesses a different cannabinoid and terpene profile, so **the right strain for an individual may not be the one with "the highest THC content"**.
- ☯ Cannabinoid and terpene profiles can differentiate with each life cycle of the plant.
- ☯ Trying different strains is encouraged. Individuals can "get used to" or build a "tolerance" to a strain - Using various strains can help to reduce/slow tolerance development. It can also be beneficial to get a variety of different cannabinoid and terpene profiles.

## Possible adverse effects

- ☯ Patients who are new to Cannabis must exercise caution when consuming.
- ☯ Please talk to your doctor about possible interactions with all medication you are currently using, including herbal medications.
- ☯ Some patients may experience short term negative feelings such as: dry mouth, increased heartbeat, coughing (when smoking), panic, anxiety, confusion, and paranoia.
- ☯ One should never drive or operate heavy machinery when using Cannabis.

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