Hi, we are NETA. Our goal is to bring better health to the people of Massachusetts and beyond by providing lab-tested, cutting-edge cannabis therapies in an inviting, safe environment.
INCREDIBLE PRODUCT VARIETY

APEX REMPEN
Long Lasting Distillate Vapes

REMPEN
Affordable, Potent, Vape Solution

RUBI
The Premium Vape Experience

Gems
Sweet Lozenges

BELGIAN CHOCOLATE
Fruit Flavored Gummies

CHEWS
Sour Fruit Chews

Bite-sized Caramels

CONCENTRATES
Distillate, Kief, Shatter, Wax and more

WISHINGWELL
Oral Tincture Extracts

VIEW OUR LIVE INTERACTIVE MENUS AT netacare.org

Many products are available in Sativa, Indica, Hybrid, CBD and 1:1 THC/CBD
THC & CBD

THC is the cannabinoid in cannabis typically attributed to the plant’s psychoactive effects.

CBD is the minimally psychoactive cannabinoid in cannabis that may relieve anxiety, inflammation, and more.

THC & CBD are the two main compounds found in the cannabis plant. These compounds are called cannabinoids. There are over 85 cannabinoids in cannabis, but THC and CBD are the most abundant and researched.
WHAT PRODUCTS ARE RIGHT FOR ME?

At NETA, we know that the effects of different cannabis products can vary greatly depending on the individual. Each person metabolizes, processes and experiences marijuana differently. Different therapies work well to deliver your desired effect. Plus, there are individual preferences around the length of impact, day vs. nighttime relief, method of use and type of effects experienced, among others.

Finding the right product for you will depend on the following factors:

METHOD
NTA offers a variety of flower, topicals, edibles, vaporizer products, and concentrates.

DOSAGE
Most products come in a variety of strengths and dosages. It is best to start with a low dosage and wait a few hours to realize the full effects. Or as we like to say: Start low and slow.

TYPE
The two main types of marijuana are Sativa and Indica. There are also several Hybrid strains that combine varying elements of both. Cannabinoid profiles are also important. NETA offers products in different THC and CBD combinations.

Method, dosage, type and other factors will be explained in detail over the following pages. When you visit our dispensaries, our Patient Service Associates (PSAs) will be ready to offer guidance and answer questions. Not all products/varieties featured are guaranteed to be available at all times. Menu is subject to availability.

At NETACARE.ORG, you can:

View our online menus updated every day.

Reserve ahead & pick-up in store 20 minutes later.

Learn about the benefits of becoming a patient at netacare.org/become-a-patient.
## WHAT METHOD OF USE IS RIGHT FOR ME?

<table>
<thead>
<tr>
<th>METHOD</th>
<th>START WITH</th>
<th>PRODUCTS</th>
<th>ATTRIBUTES</th>
<th>LIMITATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>One Inhalation</td>
<td>Flower</td>
<td>Most traditional method. Effects felt almost immediately. Smoking devices generally are inexpensive, easy to clean and accessible. Maintains flavor.</td>
<td>Burning at high temperatures may compromise the efficacy of some cannabinoids. Can be limiting for individuals with lung/respiratory issues. Distinct, strong aroma.</td>
</tr>
<tr>
<td>Vaporizing</td>
<td>One Inhalation</td>
<td>Flower, RemPen, Apex*, Rubi*, Wax*, Shatter*, Kief*, Distillate*</td>
<td>Effects felt immediately. Easy dosing with some devices. Keeps most cannabinoids intact. Can be compact and discreet. Little cannabis aroma; no burning smell.</td>
<td>Cartridge vaporizers (like the RemPen) require little to no maintenance. Flower and other concentrate vaporizers require some light maintenance and can be more expensive.</td>
</tr>
<tr>
<td>Edibles</td>
<td>5mg or less</td>
<td>Gems, Nuggets, Chews, Lumens, Bar</td>
<td>Long-lasting effects. Ideal for individuals with lung/respiratory issues. Discreet. Tastes delicious.</td>
<td>Delayed onset. May require more trial and error.</td>
</tr>
<tr>
<td>Capsules</td>
<td>One Capsule</td>
<td>Upside, Mi Capsules</td>
<td>Long-lasting effects. Ideal for individuals with lung/respiratory issues. Discreet. No taste or smell. Quick and easy to consume.</td>
<td>Delayed onset. May require more trial and error.</td>
</tr>
<tr>
<td>Tinctures</td>
<td>5mg Serving or less</td>
<td>Wishing Well Tinctures</td>
<td>Quicker onset if absorbed under tongue. Steady lasting effects. No smell. Discreet. Easy dosing.</td>
<td>Delayed onset if swallowed.</td>
</tr>
<tr>
<td>Topicals</td>
<td>1 or 2 pumps</td>
<td>Allay Lotion</td>
<td>Little to no “high.” Easy application. Discreet. Long-lasting effects.</td>
<td>Skin must be clean, dry and intact. Not recommended for sensitive skin or open wounds/sores.</td>
</tr>
</tbody>
</table>

* Concentrates such as wax, shatter and distillate have a high THC content. This may result in stronger, more pronounced, and longer-lasting effects. Consume responsibly.
SATIVA

Sativas are reported to have the following therapeutic effects:
- Mood elevation
- Increased energy
- Increased sense of well-being
- Increased focus

Individual experiences will vary, so it is important to experiment with different strains to achieve desired results. Sativas are often recommended for daytime use.

INDICA

Indicas are reported to have the following therapeutic effects:
- Relaxation & stress relief
- Relaxes muscles
- Reduces spasms
- Reduces pain
- Reduces inflammation
- Promotes sleep

For some individuals, indicas may result in tiredness and unclear thinking. Indicas are often recommended for evening use.

HYBRID

Hybrid strains are produced when two or more different strains are cross-bred. Strains are often tailored through cross-breeding, with one variety typically dominant, to create the desired therapeutic effects.

CBD DOMINANT

CBD strains are reported to be helpful in treating a number of medical conditions and symptoms, while producing little to no psychoactive effects (or “high”). It has also been reported to be useful in treating seizure disorders.

- Antiepileptic
- Reduces anxiety
- Reduces pain
- Reduces inflammation

CBD:THC 1:1

A one-to-one ratio of CBD and THC. These products offer a balance between the psychoactive and non psychoactive effects of cannabis that some individuals report to be helpful.

- Antiepileptic
- Reduces anxiety
- Reduces pain
- Reduces inflammation

THC-A

Another potential option for individuals looking to avoid a psychoactive effect is THC-A. THC-A is the main non-psychoactive cannabinoid constituent in raw cannabis. It converts to THC when burned, vaporized, or heated. NETA offers THC-A edible formulations that have been reported to have the following properties.

- Reduces pain
- Reduces anxiety
- Reduces inflammation
**DOSING GUIDE**

Products will vary in potency (strength of effect on body and mind) and cannabinoid profile. Strain specific details and ingredients are clearly labeled on all of our products after they are tested by accredited third-party labs. It is important that anyone using marijuana is careful in finding the appropriate dose for their desired therapeutic effects. Each person is unique, and may experience marijuana quite differently.

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**GET COMFY**

Eat a snack. Get cozy. Be sure to re-read the testing label.

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**START LOW**

Start with a low dose.

Follow directions on the labels for all products.

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**GO SLOW**

Wait the recommended amount of time between dosages.

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**ENJOY**

Remember to note the time you consume an edible and keep track of the onset and duration.

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**EDIBLES**

Start with **5MG OR LESS**.

Wait at least 2 hours before eating more.

<table>
<thead>
<tr>
<th>ONSET</th>
<th>EFFECTS FELT</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 min. to 2 hours</td>
<td>4 to 8 hours or more</td>
</tr>
</tbody>
</table>

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**FLOWER/VAPE**

Start with **1 INHALATION**.

Wait 15-20 minutes before taking another inhalation.

<table>
<thead>
<tr>
<th>ONSET</th>
<th>EFFECTS FELT</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 min. to 15 minutes</td>
<td>2 to 6 hours or more</td>
</tr>
</tbody>
</table>

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**SUBLINGUAL UNDER TONGUE**

Start with **5MG OR LESS**.

Wait 30-60 minutes before taking additional dose.

<table>
<thead>
<tr>
<th>ONSET</th>
<th>EFFECTS FELT</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 min. to 30 minutes</td>
<td>2 to 4 hours or more</td>
</tr>
</tbody>
</table>
THINGS YOU NEED TO KNOW

ALCOHOL
Do not mix marijuana and alcohol.

DRIVING & MACHINERY
Never drive or operate machinery under the influence of marijuana.

EATING
Do not eat MIPS (Marijuana Infused Products) on an empty stomach. Eating a full meal before consuming MIPs is recommended as it helps in lowering the intensity of effects.

TOO MUCH?
Anxiety and paranoia may accompany accidental over-ingestion. In this event, it is best to stay calm and remain in a comfortable, safe place. With time, these unwanted effects will pass.

PREGNANCY
There may be additional health risks associated with consumption of cannabis for women who are pregnant, breastfeeding or planning on becoming pregnant. Please consult your doctor.
TOLERANCE, DEPENDENCE & WITHDRAWAL

SIGNS AND SYMPTOMS OF DRUG ABUSE AND DRUG ADDICTION

Although different drugs have different physical effects, the symptoms of addiction are similar. If you recognize the signs and symptoms of substance abuse, consider talking to someone about your drug use. Some examples of signs and symptoms of substance abuse are:

- Neglecting responsibilities at school, work, or home because of drug use.
- Using drugs under dangerous conditions or taking risks while high.
- Built up a drug tolerance.
- Take drugs to avoid or relieve withdrawal symptoms. Symptoms may include nausea, sweating, shakiness, and extreme anxiety.
- Causing problems in relationships.
- Abandoning enjoyed activities.
- Continue using drugs, despite knowing it’s hurting you.
- Losing control over drug use, may want to stop using, but feel powerless.

For more information on mental & emotional health, including drug abuse and addiction, please visit HELPGUIDE.ORG - TOPIC: ADDICTIONS.

WHERE CAN I SMOKE?

- In a private space where smoking and/or vaping are allowed.
- Not in or around NETA’s dispensaries.
- Sorry, smoking in public is prohibited by state and local laws.

CAN I TRAVEL WITH MY CANNABIS?

- Never drive under the influence.
- Keep your cannabis in a secure area of your vehicle, out of reach of the driver and passengers.
- Stay in Massachusetts - do not cross state lines with marijuana.

HOW MUCH CANNABIS CAN I PURCHASE?

- Up to 1 ounce of marijuana flower or up to 5 grams of marijuana concentrate.
- Possessing more than the legal limit (1 oz.) outside your home may be penalized by up to 6 months imprisonment / $500 fine.

STORAGE OF MY CANNABIS?

- Always keep your cannabis locked and secure in your home away from children and pets! To keep your cannabis fresh, store it in a dark, dry and cool place.

CAN I SHARE MY CANNABIS?

- In Massachusetts you can share or gift up to 1 ounce of cannabis, or 5 grams of cannabis concentrate, with adults ages 21 and over, without any form of compensation.
- Selling marijuana to others is illegal and a first time offense (under 50 lbs) may be punishable by up to 2 years imprisonment / $5,000 fine. Subsequent offenses may be punishable by up to 2.5 years imprisonment / $10,000 fine.
BROWSE anywhere

RESERVE anywhere

PICKUP in store

Reserve your order before you arrive at NETA for a quick in-and-out experience.

Orders ready same day, typically in 15 to 20 minutes

We’ll email you when it is ready.

RESERVE AHEAD AT
NETACARE.ORG/RESERVEAHEAD
THE

Benefits
OF BEING A
Patient

Subsidized Cost Of Becoming A Patient
(*Up to $200 in store credit vouchers available annually)

Lower Prices (No 20% tax!)

Wider Range of Edible Dosing

Expanded Purchase Limits

Greater Product Variety

NETACARE.ORG/BECOME-A-PATIENT

* Credit redemption limit: $150 per visit. Vouchers are not transferable, have no cash value and may not be combined with the “refer a friend” credit. Voucher must be presented to receive credit. Program subject to change.
Use this log to document your experience using cannabis strains and products.

**EXAMPLE**

1. **DATE**: 7/1/18  
   **PRODUCT**: Flower  
   **STRAIN/TYPE**: Facewreck (Sativa)  
   **METHOD OF USE**: Vaporized  
   **DOSAGE**: 3 puffs  
   **EFFECTS & SYMPTOM RELIEF**: Eased pain  
   **ONSET/DURATION**: Instant/5 hours  
   **NOTES**: Really liked this strain. Helped with pain but also created feeling of general happiness. Effects lasted about 2.5 hours.

2. **DATE**:  
   **PRODUCT**:  
   **STRAIN/TYPE**:  
   **METHOD OF USE**:  
   **DOSAGE**:  
   **EFFECTS & SYMPTOM RELIEF**:  
   **ONSET/DURATION**:  
   **NOTES**:

3. **DATE**:  
   **PRODUCT**:  
   **STRAIN/TYPE**:  
   **METHOD OF USE**:  
   **DOSAGE**:  
   **EFFECTS & SYMPTOM RELIEF**:  
   **ONSET/DURATION**:  
   **NOTES**:

4. **DATE**:  
   **PRODUCT**:  
   **STRAIN/TYPE**:  
   **METHOD OF USE**:  
   **DOSAGE**:  
   **EFFECTS & SYMPTOM RELIEF**:  
   **ONSET/DURATION**:  
   **NOTES**:

5. **DATE**:  
   **PRODUCT**:  
   **STRAIN/TYPE**:  
   **METHOD OF USE**:  
   **DOSAGE**:  
   **EFFECTS & SYMPTOM RELIEF**:  
   **ONSET/DURATION**:  
   **NOTES**:

6. **DATE**:  
   **PRODUCT**:  
   **STRAIN/TYPE**:  
   **METHOD OF USE**:  
   **DOSAGE**:  
   **EFFECTS & SYMPTOM RELIEF**:  
   **ONSET/DURATION**:  
   **NOTES**:

7. **DATE**:  
   **PRODUCT**:  
   **STRAIN/TYPE**:  
   **METHOD OF USE**:  
   **DOSAGE**:  
   **EFFECTS & SYMPTOM RELIEF**:  
   **ONSET/DURATION**:  
   **NOTES**:

8. **DATE**:  
   **PRODUCT**:  
   **STRAIN/TYPE**:  
   **METHOD OF USE**:  
   **DOSAGE**:  
   **EFFECTS & SYMPTOM RELIEF**:  
   **ONSET/DURATION**:  
   **NOTES**:

9. **DATE**:  
   **PRODUCT**:  
   **STRAIN/TYPE**:  
   **METHOD OF USE**:  
   **DOSAGE**:  
   **EFFECTS & SYMPTOM RELIEF**:  
   **ONSET/DURATION**:  
   **NOTES**:

10. **DATE**:  
    **PRODUCT**:  
    **STRAIN/TYPE**:  
    **METHOD OF USE**:  
    **DOSAGE**:  
    **EFFECTS & SYMPTOM RELIEF**:  
    **ONSET/DURATION**:  
    **NOTES**:

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**NETA NORTHAMPTON**

- **118 Conz Street**
  - Just Off Route 91
  - Northampton, MA
  - (413) 727-8415
  - contact@netacare.org
  - Hours:
    - 8am - 10pm daily
  - Public transport available via Pioneer Valley Transit Authority (PVTA) bus routes

**NETA BROOKLINE**

- **160 Washington**
  - At the intersection of Route 9 and Washington St.
  - Brookline Village
  - Brookline, MA
  - (617) 841-7250
  - contact@netacare.org
  - Monday-Saturday:
    - 10am-6:45pm
  - Sunday:
    - 12pm-4:45pm
  - Subject to extension under local law.
  - “T” accessible:
    - Green Line “D” Branch,
    - Brookline Village stop
  - Call 617-841-7250 for updated hours of operation.
Warning: Marijuana has not been analyzed, studied, or approved by the FDA, there is limited information on side effects, there may be health risks associated with using marijuana, and it should be kept away from children. Driving under the influence of marijuana is prohibited and machinery should not be operated.