CONTENTO HEALTH

Report Contento Health Assessment: Your responses to chronic pain, sleep, concentration, physical conditions, anxiety and depression questions

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If you feel at risk of harm or hurting yourself please contact Lifeline at 1-800-273-8255 or proceed to the closest emergency room.

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The following research and guidance are for you to review when considering cannabis-based products containing either CBD or THC or both. As cannabis research evolves, Contento Health is committed to continually updating guidance using new evidence-based reports. Your participation is so important as we build understanding of major known cannabis-based phytochemicals, having unbiased data from consumers. This report is provided as educational information and not for use as medical information.

The cited studies should be used as a starting point to learn more about connections between cannabis, cannabinoids, and conditions or symptoms. The numbers are PubMed IDs; enter into a search engine the number and "PubMed" to find the cited reference, or go to pubmed.gov and enter the number there. Do not rely solely on this information to make decisions. We strongly recommend discussing your situation with your personal physician before using cannabis products for any condition or symptom.

Sleep

Conditions	Condition-Cannabis Relationships
Sleep format [PMID - 21749363, 12587690, 28349316, 21307846, NBK423845, 26151582, 30152161] - Example Strains: Cannatonic, Bubba Kush, LA Confidential, Larry OG, Afgoo, Tahoe OG - Cannabinoids: THC, CBN, CBD - Terpenes: delta-3-Carene, alpha-humulene, linalool, beta-myrcene, phytol, nerolidol, beta- pinene, pulegone, terpineol, terpinolene	

Pain

Conditions	Condition-Cannabis Relationships
PAIN [PMID - 21749363, 29797104, 30152161, 19896326, 1091664, NBK423845, 31034956, 17893834] - Example Strains: OG Kush, OG Shark, Candyland, Girl Scout Cookies, Original Glue - Cannabinoids: THC, THC/CBD, CBG, THCV - Terpenes: beta-caryophyllene, alpha-humulene (alpha-caryophyllene), cineole/eucalyptol, beta-myrcene, borneol, delta-3-carene, alpha-bisabolol, alpha-pinene, camphene, limonene, linalool	

* Terms of Use: This is a guide to you get started. Each plant's cannabinoid and terpene make-up and concentrations vary widely depending on numerous genetic factors and variables related to growing, processing, and storage conditions. Ask to see the "COA" or certificate of analysis results from your dispensary to best understand its composition, as strain names can have highly variable