

AKOS BIO[®]

Understanding Medicinal Cannabis: A Health & Wellness Practitioners Guidebook

to understanding the use of prescribed medicinal cannabis treatment



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Why **AKOS Bio**?

At **AKOS Bio**, we are committed to providing pharmaceutical-grade medicinal cannabis products that prioritize patient safety and efficacy. Our products undergo rigorous testing to ensure they are free from contaminants such as moulds, heavy metals, and pesticides. By adhering to the highest standards of quality control, we ensure that healthcare professionals can trust the products they prescribe to patients.

AKOS Bio focuses on delivering consistent, high-quality medicinal cannabis solutions to improve patient outcomes. Our team is dedicated to advancing clinical research in cannabinoid therapies and supporting health practitioners in offering the best care to their patients.

Acknowledgment

We would like to extend our gratitude to **GES Labs** for their valuable contributions and for sharing their knowledge and expertise, which has greatly supported the creation of this guidebook.

What is a Medicinal Cannabis Product, Cannabinoids, & Terpenoids?

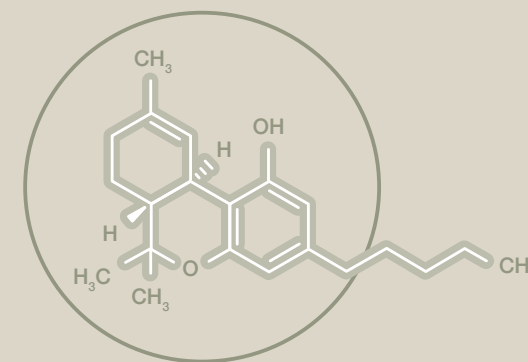
A **medicinal cannabis** product refers to the therapeutic use of **Cannabis sativa L.**-based products, primarily featuring **THC (Tetrahydrocannabinol)** and **CBD (Cannabidiol)** as active components. These products help alleviate symptoms associated with certain medical conditions.

The medicinal value of **cannabis** has gained recognition globally due to rigorous clinical research, leading to the availability of pharmaceutical-grade cannabis products. The bioactive components, including cannabinoids and terpenes, are produced in the **trichomes** of the female cannabis plant and are responsible for its therapeutic effects.

Cannabinoids

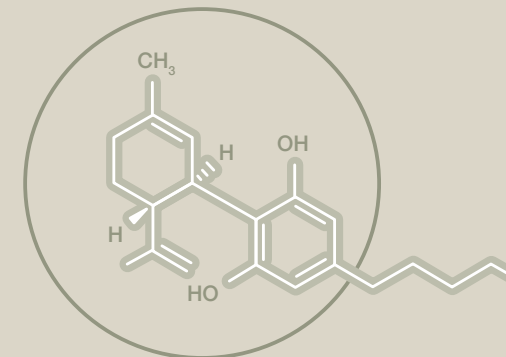
THC

Known for its psychoactive effects, THC has been shown to assist with conditions such as chronic pain, nausea, and appetite stimulation.



CBD

Non-psychoactive, CBD provides therapeutic benefits for anxiety, inflammation, and seizure disorders.



Our Endocannabinoid System (ECS)

The Endocannabinoid System (ECS) plays a vital role in maintaining homeostasis in the human body. It consists of cannabinoid receptors (CB1 and CB2) found throughout the body, including the brain, immune system, and gastrointestinal tract.

Phyto cannabinoids, such as THC and CBD, interact with these receptors to help regulate various physiological processes such as:

- **Pain management**
- **Mood regulation**
- **Appetite control**
- **Immune response**

CB1 & CB2 receptors



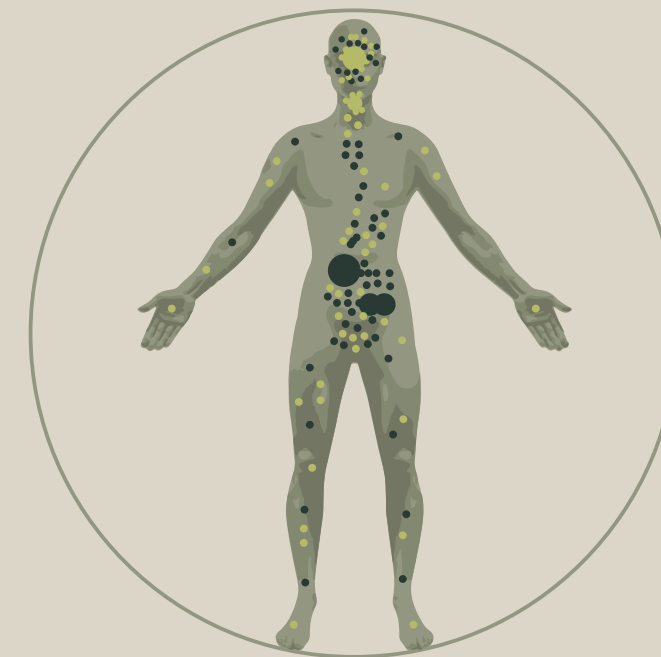
CB1 receptors

Primarily located in the brain and central nervous system, affecting cognitive function and motor skills.



CB2 receptors

Found mainly in immune cells, influencing inflammation and immune response.



Dosage Formats & Methods of Administration

Medicinal cannabis can be administered through various formats to meet patient needs, including:

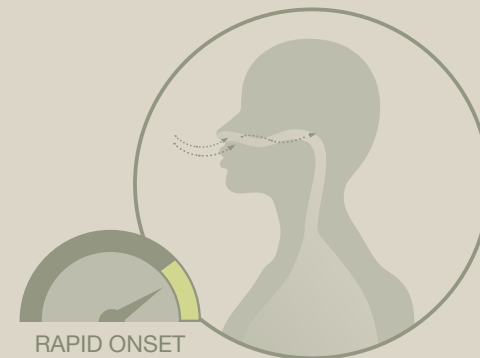
Inhalation

Fast-acting effects by absorbing cannabinoids through the lungs (e.g., vaporizers).

Oral (Ingested)

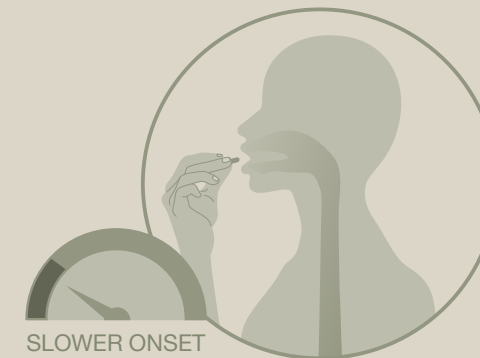
Slower onset but longer-lasting effects by absorbing cannabinoids through the gastrointestinal system (e.g., oils, capsules).

Each method of administration offers unique advantages



Inhalation

Rapid onset, short duration of action. Ideal for patients needing immediate relief.



Oral

Slower onset, longer duration. Best for sustained therapeutic effect over time.

Sativa vs. Indica Debate

The terms **Sativa** and **Indica** are widely used to describe different types of cannabis, but there is ongoing debate about their significance. Traditionally, **Sativa strains** are associated with **energizing, uplifting** effects and are often recommended for **daytime** use, while **Indica strains** are considered **sedative** and are used more for **relaxation** and **night-time**.

However, scientific evidence suggests that the effects of cannabis are more closely related to the **cannabinoid** and **terpene content** rather than whether it is classified as Sativa or Indica. The majority of modern strains are **hybrids**, meaning they have characteristics of both types.

Despite this debate, the terms still help in guiding patients to choose a strain that matches their desired effects.



Sativa-dominant strains

Commonly associated with **focus, creativity, and energy.**



Indica-dominant strains

Generally promote **relaxation, sleep, and pain relief.**

While the debate continues, it is essential for practitioners to understand the strain-specific effects and help patients make informed decisions based on the **cannabinoid and terpene profile** of the product rather than just its classification.

Comparison of Oils, Edibles, Vaporizers & Dried Flowers

The pharmacokinetics of THC and CBD can vary significantly based on the route of administration:

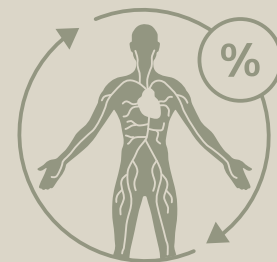
Inhalation (Vaporization & Dried Flower)

Results in rapid absorption and quicker onset (within minutes).

Ingestion (Oils & Edibles)

Delayed onset (30 to 90 minutes), but longer-lasting effects. Useful for patients requiring long-term management.

When determining the best method, consider:



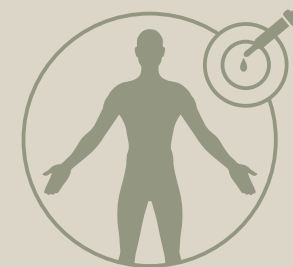
Bioavailability

The percentage of the active ingredient that enters the bloodstream.



Onset of Action

How quickly the patient feels the effects.



Accuracy of Dosing

Precision in determining the right dose for optimal therapeutic effects.

Informed Preparation & Patient Safety Tips

Starting Low and Titrating Up

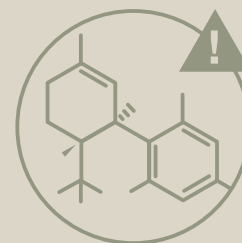
For any patient new to medicinal cannabis, the “start low, go slow” approach is recommended. Start with a low dose and gradually increase it until the desired therapeutic effect is achieved.

THC dosing

Begin with 2.5mg and increase in 2.5mg increments.

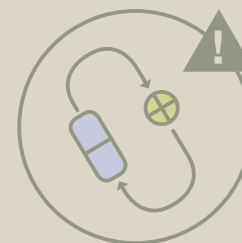
CBD dosing

Start with 10mg and gradually increase.



Avoiding Overdose

Excessive intake of THC may cause intoxication, disorientation, or anxiety. If this happens, advise the patient to rest in a calm environment and seek support.



Medicine Interactions

Always consider possible interactions between cannabinoids and other prescription medications. Cannabinoids can enhance the effects of sedatives and interact with heart and blood pressure medications.



Safe Storage

Store all medicinal cannabis products away from children and pets, and ensure that they are clearly labelled and in child-resistant containers.



Avoid Driving

Advise patients not to drive or operate heavy machinery after consuming cannabis, as it may impair motor function and cognitive abilities.

AKOS BIO[®]

Connor Davis | Director



+27 71 871 2845



connor@akos-bio.com



www.akos-bio.com

