



PATIENT GUIDE



ILLINOIS
2020

HONOR YOUR RIGHT TO WELL-BEING WITH EXCEPTIONAL CARE AND GUIDANCE.

Rise is more than a dispensary with high quality, tested, cannabis products on our shelves. It's a destination where well-being is approached with a rounded perspective and a human touch. We provide a consultative approach to providing the right recommendations when it comes to identifying the specific products and formats that can fuel your mind, relieve your body, and inspire your life.



HOW CANNABIS WORKS

Nature gave us a remarkably versatile and beneficial flower in cannabis. The medicinal benefits are far-reaching and every day we're continuing to learn more. The cannabis plant contains compounds called cannabinoids and terpenes, which interact with receptors in the brain and body to create various effects.

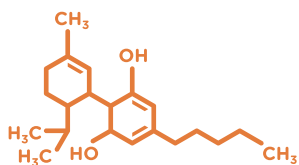
Cannabinoids are the secret ingredient that help many people feel better. Every cannabis product has a different cannabinoid and terpene composition.



CANNABINOIDS 101

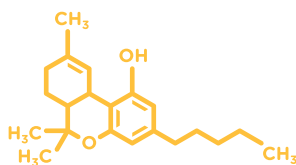
There are currently 100's of known cannabinoids and terpenes found in the cannabis plant. THC and CBD are the two main cannabinoids that are currently the most abundant and researched. **What's the difference?**

CBD



CBD is the cannabinoid in cannabis that produces many effects similar to THC, without the psychoactive effects.

THC



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

Selecting certain cannabis products will lead to different effects. For example, selecting a CBD-dominant cannabis product may support the reduction of inflammation, while a THC-dominant product may control pain, nausea, and vomiting.

TERPENES 101

Terpenes are organic compounds that give cannabis their unique flavor and aroma, and are also responsible for the feelings associated with each strain.



LINALOOL

Also found in:

Floral, Citrus, Lavender

Aroma:

Lavender with a hint of spice

Potential Benefits:

- Uplifting, promotes feelings of euphoria
- Promotes relaxation, may provide a sense of calm
- Mood elevating, relaxing
- Supports regular sleep patterns



HUMULENE

Also found in:

Hops, Ginseng, Basil

Aroma:

Hops, woody, earthy

Potential Benefits:

- May reduce inflammation
- Anti-proliferative



ALPHA-PINENE

Also found in:

Pine, Sage

Aroma:

Pine, citrus, herbal

Potential Benefits:

- Promotes the opening of airway, reduces pain sensation, calms the nerves and reduces stress
- Mood elevating, relaxing
- Promotes relaxation, may provide a sense of calm
- Reduces pain sensation



LIMONENE

Also found in:

Citrus

Aroma:

Citrus

Potential Benefits:

- Uplifting, promotes feelings of euphoria
- Gastric reflux
- Mood elevating, relaxing



MYRCENE

Also found in:

Mango, Fruity

Aroma:

Cloves, musky, cardamom, earthy

Potential Benefits:

- May reduce inflammation
- Analgesic
- Antibiotic
- Supports regular sleep patterns



BETA-CARYOPHYLLENE

Also found in:

Pepper, Pine

Aroma:

Cloves, pine, earthy, herbal

Potential Benefits:

- Uplifting, promotes feelings of euphoria
- Promotes relaxation, may provide a sense of calm



OTHER CANNABIS TYPES

Individual experiences will vary by person, consumption method, and amount. However, strains are generally broken down into the following categories:

CBD DOMINANT

While producing little to no psychoactive effects, many people feel temporary effects from CBD strains.

May promote reduction in:

- Anxiety
- Inflammation
- Pain

CBD:THC (1:1)

A one-to-one ratio of CBD and THC promotes a balanced endocannabinoid system.

May promote reduction in:

- Anxiety
- Inflammation
- Pain

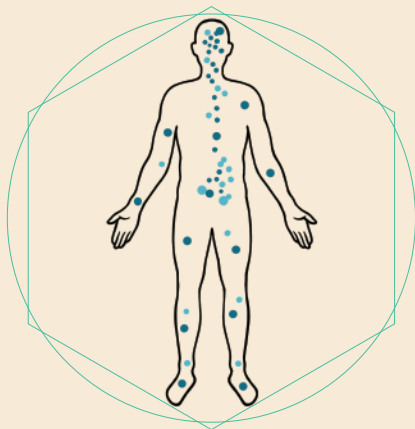
Endocannabinoid System

CB1

CB1 receptors are most commonly found in the brain, central nervous system and, to a lesser degree, other tissues.

CB2

CB2 receptors are primarily found in the peripheral organs, especially cells associated with the immune system.



SATIVA- DOMINANT



Many people feel temporary effects in the mind:

- Mood elevation
- Promotes creativity
- Increases energy
- Increases focus
- Increases appetite
- Often used during the daytime

INDICA- DOMINANT



Many people feel temporary effects in the body:

- Reduces anxiety, stress
- Supports and promotes relaxation
- Promotes muscle relaxation
- Reduces pain and inflammation
- Promotes sleep
- Reduces nausea
- Stimulates appetite
- Often used during the nighttime

HYBRIDS



Hybrid strains are produced by cross-breeding two or more different strains to create the desired therapeutic effects.

CONSUME RESPONSIBLY

Medicating with cannabis for The First Time? Start Low, Go Slow.

- First-time cannabis users should proceed with caution. It is recommended that you first try it in a safe, familiar environment.
- Start very slow. Wait at least two hours after medicating to determine the effects.
- Keeping a medication log is the best way to learn what optimal cannabis dosing regimen is best for you.

How do I store my cannabis?

- We recommend storing your cannabis in a dark, dry and cool place to keep it fresh.
- For safety, always keep your cannabis in a locked and secure location in your home away from children and pets.

Are you pregnant?

Congratulations! Please note there may be additional health risks associated with cannabis consumption for women who are pregnant, breastfeeding or planning on becoming pregnant. Please consult your doctor. Women should not consume this medication during pregnancy or breastfeeding except on the advice of the practitioner who issued the certification and, in the case of breastfeeding, the infant's pediatrician.

GETTING YOUR MEDICAL CARD

In the State of Illinois you will need to have a physician, APN, or PA fill out the Health Care Professional Written Certification Form based on a qualifying condition.

You can apply for a Medical Cannabis Card by heading to

<https://medicalcannabispatients.illinois.gov/>

Interested in Illinois' Opioid Alternative Pilot Program?

<https://etk.icts.illinois.gov/etk-icts-prod/login.request.do?service=/home.do>

If you require additional assistance, you can connect with our Outreach Team. You can find your store specific contact information at www.risecannabis.com

QUALIFYING CONDITIONS

- Autism
- Agitation of Alzheimer's disease
- HIV/AIDS
- Amyotrophic lateral sclerosis (ALS)
- Anorexia nervosa
- Arnold-Chiari malformation
- Cancer
- Cachexia/wasting syndrome
- Causalgia
- Chronic inflammatory demyelinating polyneuropathy
- Chronic pain
- Crohn's disease
- CRPS (complex regional pain syndrome Type II)
- Dystonia
- Ehlers-Danlos syndrome
- Fibrous Dysplasia
- Glaucoma
- Hepatitis C
- Hydrocephalus
- Hydromyelia
- Interstitial cystitis
- Irritable bowel syndrome
- Lupus
- Migraines
- Multiple Sclerosis
- Muscular Dystrophy
- Myasthenia Gravis
- Myoclonus
- Nail-patella syndrome
- Neuro-Bechet's autoimmune disease
- Neurofibromatosis
- Neuropathy
- Osteoarthritis
- Parkinson's disease
- Polycystic kidney disease (PKD)
- Post-Concussion Syndrome
- Post-Traumatic Stress Disorder (PTSD)
- Reflex sympathetic dystrophy
- Residual limb pain
- Rheumatoid arthritis
- Seizures (including those characteristic of Epilepsy)
- Severe fibromyalgia
- Sjogren's syndrome
- Spinal cord disease (including but not limited to arachnoiditis)
- Spinal cord injury is damage to the nervous tissue of the spinal cord with objective neurological indication of intractable spasticity
- Spinocerebellar ataxia
- Superior canal dehiscence syndrome
- Syringomyelia
- Tarlov cysts
- Tourette syndrome
- Traumatic brain injury
- Ulcerative colitis

STORE LOCATIONS

RISE CANTON

Medical and Recreational
3104 N Main Street,
Canton, IL 61520
309-647-9333
canton@risecannabis.com

RISE JOLIET

Recreational only
2903 Colorado Avenue,
Joliet, IL 60431
815-733-1167
joliet@risecannabis.com

RISE NAPERVILLE

Medical and Recreational
1700 Quincy Ave #103,
Naperville, IL 60540
630-369-4000
naperville@risecannabis.com

RISE QUINCY

Recreational only
2703 Broadway Street,
Quincy, IL 62301
217-214-7473
quincy@risecannabis.com

RISE EFFINGHAM

Medical and Recreational
1011 Ford Avenue, Suite C
Effingham, IL 62401
217-727-7715
effingham@risecannabis.com

RISE MUNDELEIN

Medical and Recreational
1325 Armour Boulevard,
Mundelein, IL 60060
847-616-8966
mundelein@risecannabis.com

RISE NILES

Recreational only
9621 N Milwaukee Avenue,
Niles, IL 60714
815-900-2227
niles@risecannabis.com

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