

CANNABIS FOOD CONCENTRATES & CANNANUTRIENTS

This document outlines all oils, edibles, vapes, teas and essences produced by Bell Ananda/Church of Ubuntu (Cannabis Food Concentrate Range) and by Natural Lore Wellness (CannaNutrient Range). All nutritional Cannabis concentrates are formulated using local and wildcrafted plants, ensuring they are free from pesticides and contaminants. The Cannabis plant contains hundreds of active compounds that work together to produce stronger therapeutic effects than they would on their own. This is known as the 'Entourage Effect' and it's why we will never, ever use isolated extracts. Our full spectrum extraction method preserves all the cannabinoids, terpenes, and flavonoids in the perfect balance, just as Mother Nature intended!

UNDERSTANDING OUR LABELS: Our product range includes a variety of whole plant formulas expressed as a ratio of CBD to THC in an X/X format. Formulas are categorised as Low, Mid or High Concentrate according to the amount of usable cannabinoids per millilitre.

* 1 drop High Concentrate = 2.5 to 3 drops Mid Concentrate = 6 to 7 drops Low Concentrate

HOW TO TAKE YOUR OIL: Each bottle of oil comes with its own dropper. Dosages are prescribed in drops and you count the number of drops using the supplied dropper. If you feel comfortable to do so, you may use the dropper to deposit the oil directly into your mouth, sublingually (under the tongue). Alternatively, you may count them on to a teaspoon first. When you take an oil formula, hold it under your tongue for at least 60 seconds before swallowing. Please be mindful not to get saliva on the dropper.

ENHANCE THE BENEFITS OF YOUR OILS: We highly recommend taking 1 tablespoon of pure virgin coconut oil 20 mins before ingestion of CFC products. This increases the ability of the body to process cannabinoids, allowing them to be more efficiently absorbed into the bloodstream. Coconut oil can be mixed in a hemp milk smoothie or taken with other food or beverages if preferred.

WHY SUBLINGUAL: When the oil is administered under the tongue, it bypasses the digestive tract and is absorbed more readily into the bloodstream providing symptom relief in as little as 15 minutes. If you add your Oil Formula to your food or drink, or put it in your capsule, it is delivered to your system as an edible would be, and onset of its effects will take much longer.

CARING FOR YOUR OILS: Please keep your cannabis oils in the fridge, or at the very least, away from heat and direct sunlight. This will ensure your products keep their potency and reach their minimum shelf-life.

IMPORTANT INFORMATION: Always take CFC oils with meals, or after eating, and **at least 2 hours apart from any current pharmaceuticals**. Ensure you request assistance from your GP in weaning of pharmaceuticals, if that is your desire.

Cannabis consumption is known to lower blood pressure naturally. If you are on high blood pressure medication, it is IMPERATIVE that you monitor your blood pressure and work alongside your GP.

The purpose of cannabis and hemp consumption is to stimulate your body's your body's natural ability to do what it knows how to do - to heal, balance what is out of balance and eliminate toxins from the body.

Please ensure you drink adequate toxin free water to assist with flushing and removal of toxins. You may experience detox symptoms known as 'Herxing'. If detox symptoms become too extreme, reduce cannabis and/or hemp consumption to a more comfortable dose and rest well. This will pass.

CBD DOMINANT FORMULAS

CBD 8/1 Mid Concentrate

25ml \$60 / 50ml \$120

A daytime formula extracted from a DPI approved CBD dominant Cannabis strain for those who wish to avoid exposure to THC. Our full spectrum extraction method preserves the many nutritional benefits of the plant, as CBD is even more effective when assisted by these cannabinoids and compounds.

Suggested for: Daytime

Composition: CBD + THCv + CBDV + CBG + CBC + Terpenes + Flavonoids

Strains: Jahs 11 (Sativa Dominant)

Process: DOD - Dried Oil Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Calm, Happy, Energetic, Uplifted, Focused

Applications: General Wellbeing, Nausea, Cancer, Muscle Spasms, Neuroprotection, Lung Conditions, Asthma, Psoriasis, Cardiovascular Health, Diabetes, Hypertension

Be Aware: May be cognitively over activating for ADHD / ASD.

Titration: Start by taking 3 drops with breakfast and lunch (not later than 3.30pm). Increase the dose by 1 drop each day, until you reach a feeling of wellbeing, relief from pain, or your tolerance level.

CBD 7/1 Mid Concentrate (+CBN)

25ml \$60 / 50ml \$120

A night-time formula for those sensitive to THC, and anyone else wishing to eliminate this psychoactive element from their regime. The presence of the cannabinoid CBN is what gives this formula its sedative effects and makes it useful in promoting sleep without the use of THC.

Suggested for: Sleep

Composition: CBD + CBN + CBDV + CBCV + Terpenes + Flavonoids

Strains: King Gee (CBD-X) (Indica Dominant)

Process: DOD - Dried Oil Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Relaxed, Sleepy, Happy, Peaceful

Applications: Sleep assistance without THC, Epilepsy. Helpful - MS, neurological issues, pain and inflammation, anti microbial

Be Aware: CBN is especially sedating in large doses. Titrate slowly.

Titration: Start by taking 3 drops around 8pm, or one hour prior to bed. Increase the dose by 1 drop each day, until you experience better sleep patterns.

CBD 6/1 Mid Concentrate

25ml \$60 / 50ml \$120

This formula is a blend of our 8/1 Oil with THCA from a Sativa variety grown by Army Veterans who use it to treat PTSD. The THCA makes it an even better anti-inflammatory than the 8/1 and its broader spectrum of cannabinoids and terpenes make it beneficial across a wide variety of conditions.

Suggested for: Daytime

Composition: CBD + THCA (non-psychoactive) + Terpenes + Flavonoids

Strains: Jahs 11 + DDF (Sativa Dominant)

Process: DOD - Dried Oil Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Uplifted, Calm, Happy, Energetic, Focused, Creative

Applications: Depression, Anxiety, PTSD, Nausea, Epilepsy, Inflammatory Disorders, Cancer, Muscle Spasms, Pain Management, Bladder Spasms, OCD, Neurological Conditions

Be Aware: For those *super* sensitive to THC, this may increase anxiety. If so, consider 8/1.

Titration: Start by taking 3 drops with breakfast and lunch (not later than 3.30pm). Increase the dose by 1 drop each day, until you reach a feeling of wellbeing, relief from pain, or your tolerance level.

5:1 Oil - BALANCE / FLOW / RELEASE

25ml \$60 / 100ml \$120

Our range of CBD dominant formulas are infused with botanicals that enhance the therapeutic benefits of the Cannabis plant. Saturating the blood with the full spectrum of cannabinoids, they promote cellular regeneration and assist with wellbeing, pain management, and maintaining focus throughout the day.

Suggested for: Daytime

Composition: CBD + THC + Terpenes + Flavonoids + Selected Botanicals

Strains: Jahs 11 + Natural Lore (Sativa Dominant)

Process: Dried Oil Decarboxylated

Carrier Oil: Olive Oil

Effects: Uplifted, Calm, Happy, Energetic, Focused, Creative

Herb & Applications:

- ∞ **BALANCE** - Pain & Inflammation, Fever, Calms Nerve Issues, Reduces Tension
Ingredients: White Willow Bark, Meadowsweet, Lemon Myrtle, Chrysanthemum, Catnip, Passionflower, Coriander Seeds
- ∞ **FLOW** - Digestive & Endocrine Support, Crohn's Disease, Detoxification
Ingredients: Blue Mallow, Paw Paw Leaf, Cinnamon, Peppermint, Tulsi Basil, Jiaogulan, Orange Peel, Cloves
- ∞ **RELEASE** - Metabolic Balancing, Sugar Cravings, Pancreatic Issues, Gut Health
Ingredients: Dandelion Leaf, Dandelion Root, Sage, Lemon Myrtle, Cats Claw, Liquorice Root, Brindle Berry, Blue Lotus

Be Aware: BALANCE formula is not recommended for patients on blood thinning medication.

Titration: Start with 2-3 drops under the tongue, then increase by 1 drop each day until you experience a noticeable improvement to your symptoms. This may be up to 15-20 drops each day.

1/1 PLUS Low Concentrate

25mls \$40 / 50ml \$120

Ingestion of this oil saturates the blood with the full spectrum of cannabinoids, promoting cellular

regeneration. CBG is known to increase overall feelings of wellbeing, fight inflammation, and may slow the proliferation of cancer cells.

Suggested for: Daily Maintenance

Composition: CBD + THC + CBG + CBGA + Other Cannabinoids + Terpenes + Flavonoids

Strains: Multiple Strain

Process: DOD

Carrier Oil: MCT Oil (Coconut)

Effects: Calm, Happy, Nourished, Balanced

Applications: Neurological Conditions, MS, Parkinsons, Huntington's Disease, Epilepsy, Autism, Pain, Anxiety, Inflammatory Bowel Disease, Crohn's Disease, Glaucoma, Cancer

Titration: Start by taking 3 drops per day with breakfast, increasing by 2 drops per day until you reach .

CBD/THC FORMULAS

1/1 Mid Concentrate

25ml \$60 / 50 \$120

Our 1/1 Oil is formulated with equal parts CBD and THC to maximise the entourage effect. Designed as a baseline activator, the purpose of this formula is to saturate the ECS with the full spectrum of cannabinoids, terpenes and flavonoids it needs to help restore the body to a state of homeostasis.

Suggested for: Afternoon / Daytime Pain

Composition: Balanced Ratio of CBD & THC + Other Cannabinoids + Terpenes + Flavonoids

Strains: 2-3 different strains with different cannabinoid structures blended together in a balanced ratio

Process: DOD - Dried Oil Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Uplifted, Creative, Inspired, Relaxed, Focused

Applications: ALL conditions. MS, Seizures, Inflammation, Cancer, Muscle Spasms, Anxiety, ADHD, Nausea, Neurological Conditions, Pain

Be Aware: May induce sleep for some, due to its relaxing & anti-anxiety properties.

Titration: Start by taking 3 drops with dinner (around 5.30pm). Increase the dose by 1 drop each day, until you reach a feeling of wellbeing, relief from pain, or your tolerance level.

CBD/THC 1/1 High Concentrate

25ml \$150 / 50ml \$290

Because CBD moderates the psychoactive effects of THC, a 1/1 formula allows us to deliver higher doses of THC to those requiring its therapeutic qualities, without the adverse effects sometimes associated with it. This high concentrate formula offers efficient delivery to those with specific activation requirements.

Suggested for: Afternoon / Daytime breakthrough pain

Composition: Balanced Ratio of CBD & THC + Other Cannabinoids + Terpenes + Flavonoids

Strains: DDF + HV (Sativa Dominant)

Process: DAD - Dried Alcohol Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Uplifted, Creative, Inspired, Relaxed, Focused, Energised

Applications: Chronic Pain, Advanced Cancer Protocols, Chronic Digestive Disorders

Be Aware: For chronic digestive disorders and digestive cancers, oils should be taken in capsule form.

Titration: Start by taking 1 drop with dinner (around 5.30pm). Increase the dose by 1 drop each day, until you reach a feeling of wellbeing, relief from pain, or your tolerance level.

THC DOMINANT FORMULAS

THC 1/3 Mid Concentrate

25ml \$60 / 50ml \$120

For those new to, or sensitive to, the psychoactive effects of THC, this gentle night-time formula induces sleep due its calming effect on the nervous system. By promoting deeper relaxation in the evenings, it prepares the body for rest and creates better sleep cycles.

Suggested for: Sleep / Afternoon / Daytime Breakthrough Pain Relief

Composition: THC + CBD + Terpenes + Flavonoids

Strains: Kritical Kush Leaf + Jahs 11 (Indica Dominant)

Process: DOD - Dried Oil Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Relaxed, Sleepy, Peaceful

Applications: Insomnia, Pain, Anxiety

Be Aware: Increase your dosage of THC slowly and mindfully to avoid uncomfortable effects.

Titration: Start by taking 3 drops around 8pm, or one hour prior to bed. Increase the dose by 1 drop each day, until you experience better sleep patterns.

THC 1/5 Mid Concentrate

25ml \$60 / 50ml \$120

This formula contains sufficient levels of CBD to offer people the pain-relieving qualities of THC without the sedating effect of a higher strength THC oil. Promotes physical activity and increased levels of awareness. Great for Cannabis users who enjoy the high but want to give up smoking.

Suggested for: Daytime Pain Relief

Composition: THC + CBD + Terpenes + Flavonoids

Strains: Mooie (Sativa Dominant)

Process: DOD + DAD + Decarboxylated 3x

Carrier Oil: MCT Oil (Coconut)

Effects: Uplifted, Focused, Creative, Energetic, Happy, Inspired, Sensual

Applications: Pain, May assist in giving up Cannabis & Tobacco Smoking, Migraines

Be Aware: THC may not be appropriate for those with a predisposition to mental illness.

Titration: Start by taking 3 drops with Breakfast and Lunch, or as required for pain relief during the day. Increase the dose by 1 drop each day, until you experience relief from pain or reach your tolerance level.

1:6 OIL – Balance

25ml \$60 / 100ml \$120

A nighttime THC dominant teacher plant formula infused with botanicals to assist with deeper relaxation in the evenings and promoting more nourishing sleep patterns. Herbs infused are: White Willow Bark, Meadowsweet, Passionflower, Catnip, Lemon Myrtle, Chrysanthemum flowers & Coriander Seeds

Suggested for: Night time / Sleep / Pain Relief

Composition: THC + CBD + Terpenes + Flavonoids + Selected Botanicals

Strains: Kush (Indica Dominant)

Process: Dried Oil Decarboxylated

Carrier Oil: Olive Oil

Effects: Relaxed, Sleepy, Happy

Applications: Pain & Inflammation, Fever, Calms Nerve Issues, Reduces Tension in the Body

Be Aware: Not recommended for patients on blood thinning medication.

Titration: Start with 1-2 drops approximately 1 hour before bed. Increase by 1 drop each night until you experience noticeable relaxation, and more nourishing sleep. This may be up to 15-20 drops each night.

THC 1/8 Mid Concentrate (+CBN)

25ml \$60 / 50ml \$120

This night-time oil is formulated by processing THC multiple times to produce CBN, a cannabinoid well known for its sedative effect on the body. We suggest using this oil in the evenings, prior to bed, to assist with sleep and pain management, and to facilitate the deeper healing properties that THC offers.

Suggested for: Night time / Sleep / Pain Relief

Composition: THC + CBN + CBE + CBD + Terpenes + Flavonoids

Strains: MMEC (Indica Dominant)

Process: DOD + DAD + Decarboxylated 3x

Carrier Oil: MCT Oil (Coconut)

Effects: Relaxed, Sleepy, Blissful

Applications: Insomnia, Cancer, Pain

Be Aware: THC may not be appropriate for those with a predisposition to mental illness.

Titration: Start by taking 3 drops around 8pm, or one hour prior to bed. Increase the dose by 1 drop each day, until you experience better sleep patterns.

THC 1/8 High Concentrate (+CBN)

25ml \$150 / 50ml \$290

Our high concentration oils deliver the active compounds of the Cannabis plant in a more potent formula. As fewer drops are required to induce a therapeutic response in the body, they offer an efficient delivery system for those with high tolerance, or specific activation requirements.

Suggested for: Sleep / Pain Relief

Composition: THC + CBN + Terpenes + Flavonoids

Strains: Nimbin Hash + Kritical Kush Leaf (Indica Dominant)

Process: DAD - Dried Alcohol Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Relaxed, Sleepy

Applications: Insomnia, Pain, Cancer

Be Aware: THC may not be appropriate for those with a predisposition to mental illness.

Titration: Start by taking 1 drop around 8pm, or one hour prior to bed. Increase the dose by 1 drop each day, until you experience better sleep patterns.

RED DOT High Concentrate

25ml \$150 / 50ml \$290

Red Dot is designed as a daytime oil for chronic pain sufferers. Created from multiple strains, its extensive cannabinoid structure saturates the ECS, offering specific symptom relief for some clients who have not been able to achieve it with other formulas. Its high THC content is likely to have a psychoactive effect.

Suggested for: Daytime Pain

Composition: THC + CBD + Other Cannabinoids + Terpenes + Flavonoids

Strains: 4 select herbs, 3 being THC dominant and 1 being CBD dominant (Sativa Dominant)

Process: Dried Alcohol Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Uplifted, High (very strong THC)

Applications: Chronic Pain, Cancer

Be Aware: VERY STRONG! THC may not be appropriate for those with a predisposition to mental illness.

Titration: Start by taking 1 drop with Breakfast and Lunch, or as required for pain relief during the day. Increase the dose by 1 drop each day, until you experience better sleep patterns.

THECa OIL - High Concentration

25ml \$150 / 50ml \$290

Originally developed to deliver the benefits of Cannabis to children, without the psychoactive effect, this formula uses a cold extraction process to retain the plant's raw cannabinoids. This provides antioxidant and neuro-protective qualities that are only activated through large doses of these cannabinoids.

Suggested for: Daytime / Children

Composition: THCA + CBDA + CBGA + THCV + CBDV + Terpenes + Flavonoids

Strains: Mooie (Sativa Dominant)

Process: Cold Extraction (un-decarboxylated)

Carrier Oil: MCT Oil (Coconut)

Effects: Nourished, Balanced, Cognitive, Aware, Blissful

Applications: Pain Relief, Digestive Disorders, Epilepsy, Anti-Inflammatory, Immunity, Bone Metabolism, Neural Function, Brain Tumour

Want to know more? Dr William Courtney & Dr Donald Abrams champion the benefits of raw Cannabis.

Titration: Start by taking 1 drop with breakfast and lunch (not later than 3.30pm). Increase the dose by 1 drop each day, until you reach a feeling of wellbeing, relief from pain, or your tolerance level.

FFAED High Concentrate

25ml \$150 / 50ml \$290

To make this formula, Cannabis undergoes a dual extraction method in order to preserve some of its nutritious raw cannabinoids, and to transform others into the powerful counterparts that are unlocked by exposure to heat. Because of this, FFAED has the broadest Cannabinoid spectrum of all our formulas.

Suggested for: Daytime

Composition: THCA + THC + CBDA + CBD + Other Cannabinoids + Terpenes + Flavonoids

Strains: King Gee + Mooie (Sativa Dominant)

Process: Frozen Fresh Alcohol Ethanol Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Nourished, Balanced, Cognitive, Aware, Blissful

Applications: Neurological Conditions, MS, Parkinsons, Epilepsy, Autism, Pain, Anxiety

Titration: Start by taking 1 drop with breakfast and lunch (not later than 3.30pm). Increase the dose by 1 drop each day, until you reach a feeling of wellbeing, relief from pain, or your tolerance level.

AGAPE - Full Extract Cannabis Oil \$100 per gram (different ratio bottles available SPECIAL ORDER)

Full Extract Cannabis Oil (also known as Rick Simpson Oil) has earned a reputation as one of the most potent, high quality and ultra-concentrated extracts of the Cannabis plant. It is touted as a whole plant formula, however because of its very high percentage of THC, many of the plant's other beneficial compounds are lost. For this reason, FECO must be supplemented with other Cannabis oils to ensure the body receives the full spectrum of cannabinoids, terpenes and flavonoids. It is also important to understand that our bodies can only absorb certain amounts of a FECO type oil, and the rest will be eliminated. For these reasons, *we generally prefer to work with our High Concentrates as they deliver all of the active compounds of the Cannabis plant in a formula the body can utilise.* We can however, make FECO for clients who have expressed interest in pursuing an advanced cancer protocol. They must be aware that this requires a minimum 3 month supervised regime, as well as a commitment to dietary and lifestyle changes. We require a 1 month lead time for production purposes, and pricing will be tailored based on the individual's requirements for both formulas and ongoing support from our Team.

GAIA 1/1 Low Concentrate (ANIMALS)

50ml \$50 / 100ml \$80 / 200ml \$130

A very low concentration oil, primarily used for animals, but also for people who are very susceptible to Cannabis. Cannabis works quickly in animals as they have more cannabinoid receptors in their brains, so a formula like Gaia allows for slow and gradual titration to find the optimum dose.

Suggested for: Daytime

Composition: Balanced Ratio of CBD & THC + Other Cannabinoids + Terpenes + Flavonoids

Strains: Predominantly formulated using a 1/1 strain / Occasionally a THC dominant strain with high CBD

Process: DOD - Dried Oil Decarboxylated

Carrier Oil: MCT Oil (Coconut)

Effects: Calm, Relaxed, Happy, Balanced, Peaceful

Applications: General Wellbeing, Pain Relief, Anxiety, Cancer, Seizures, Arthritis, Skin Conditions

Be Aware: Pets, particularly dogs, are sensitive to Cannabis. Start slowly and increase very gradually.

Dosage Guidelines: 2mls of Gaia per 7kg of body weight, twice per day.

RECAL 1/1 Low Concentrate (ANIMALS)

1L \$100 / 5L \$500

Just like us, our pets have their own Endocannabinoid System that regulates bodily functions including pain, inflammation, memory, mood, sleep and appetite. Recal is a mild, full-spectrum oil designed to saturate the ECS with a broad range of cannabinoids in order to bring their body back into balance and stimulate its natural capacity for healing.

HYDRO-MINERALISED INFUSIONS

Hydro-Mineralised Infusions (HMI) are saline based formulas infused with cannabis and selected botanicals that act as cannabinoid agonists, allowing cells to release toxins, assisting with nutrient uptake and activating the body's natural immune response. PLEASE KEEP REFRIGERATED.

HMI 8:1

25ml \$60 / 100ml \$120

A CBD dominant Hydro-Mineralised saltwater formula infused with botanicals assisting in the relief of pain, inflammation, and fever. This blend helps to reduce tension in the body and acts as a coolant calming active nerve issues. Not recommended for those taking blood thinning medication.

HMI 5:1 - RELEASE

25ml \$60 / 100ml \$120

Mineralised Metabolic Balance Blend

A CBD dominant Hydro Mineralised saltwater formula infused with botanicals assisting in balancing the digestive system, calming the nervous system, and benefiting the endocrine and hormonal systems. Not recommended for those taking blood thinning medication. **Ingredients:** *Dandelion Leaf, Dandelion Root, Sage, Lemon Myrtle, Cats Claw, Liquorice Root, Brindle Berry, Blue Lotus.*

HYDRO ATOMISER SOLUTIONS (Nasal Spray/Face Mist)

Hydro Atomiser Solutions are a unique emulsion of oil and water infused with cannabis and carefully selected botanicals. These cannabinoid formulas assist with cellular communication, detoxification, uptake of nutrients and balancing of the body's innate immune system. They may be used for migraines, seizures, brain inflammation, breathing difficulties and other conditions. PLEASE KEEP REFRIGERATED.

HYDRO ATOMISER 5:1 - VITALITY

50ml (with nasal spray dispenser) \$90

Regeneration and Systemic Support Blend

This CBD dominant formula is infused with botanicals traditionally used to support and heal blood and organ issues – particularly the brain and liver. High in antioxidants and great as an illness recovery blend. The perfect pre-cursor to detoxing and great for cognitive issues. Apply 1 spray directly into each nostril, twice daily, or as required for symptom breakthrough. If this is uncomfortable, spray as a face mist and breathe in deeply through the nostrils to activate the olfactory senses. **Ingredients:** *Dandelion Leaf, Ginkgo, Schisandra Berries, Suma, Rosemary, Milk Thistle, Turmeric and Black Pepper.*

HYDRO ATOMISER 1:1 - CREATIVITY

50ml (with nasal spray dispenser) \$90

Cellular Rejuvenation & Circulation Blend

This formula delivers a balanced ratio of CBD and THC, plus botanicals to support the detoxification function of the blood and lymphatic systems and promote optimum brain function. Creates an uplifting and receptive mood. May be preventative when administered at onset of a seizure. Apply 1 spray directly into each nostril, twice daily, or as required for symptom breakthrough. If this is uncomfortable, spray as a face mist and breathe in deeply through the nostrils to activate the olfactory senses.

Ingredients: *Lemon Grass, Ginkgo Biloba, Calendula, Cleavers, Hibiscus, Bilberry, Horsetail & Ginger Root.*

HYDRO ATOMISER 1:6 - BALANCE

50ml (with nasal spray dispenser) \$90

Pain & Inflammation Blend

This THC dominant formula is infused with botanicals renowned for relieving uncomfortable physical symptoms such as pain, fever and inflammation. It helps reduce tension in the body, acts as a coolant and calms active nerve issues. Recommended for chronic pain and cancer, especially brain tumours. Use at the onset of a migraine to reduce severity. Apply 1 spray directly into each nostril, twice daily, or as required for symptom breakthrough. If this is uncomfortable, spray as a face mist and breathe in deeply through the nostrils to activate the olfactory senses. **Ingredients:** *White Willow Bark, Meadowsweet, Lemon Myrtle, Chrysanthemum, Catnip, Passionflower and Coriander Seeds.*

EDIBLES

Edibles have the longest onset time as they have to pass through your digestive system before taking effect. They do, however, tend to last the longest (between 6-8 hours). When you take any Cannabis edible (this includes capsules, or any oil you have added to your food or drinks), ensure you allow at least 2 hours to feel its effects before taking any more.

TIP: Once you are accustomed to using your Nighttime Oil Formula and Night Time Cookies on their own, you may combine them for greater effect. Because the oil formulas work more quickly, it can help you to fall asleep, while an edible (or capsule) may help you to stay asleep longer. Please be mindful that too much THC can disrupt your sleep so start slowly on low doses and build your way up until you find what works best for you.

IMPORTANT: In alignment with our philosophy on eating natural, health promoting foods, all of our edibles are vegan, gluten free and preservative free. Please keep them refrigerated and store any excess in the freezer to ensure freshness. Keep out of reach of children and pets!

REALITY SNAP COOKIES - YELLOW DOT

7 for \$40 or 30 for \$160

Sativa based for Day & Pain

Start with 1/4 cookie with morning tea, afternoon tea or before bed. Cookies can take up to 2 hours to have an effect. If you do not feel pain relief increase by 1/8 the following day. 1/4 cookie should be a sufficient dose for beginners. 1 cookie should be sufficient for those experiencing chronic pain or experienced users. **Ingredients:** *Maple syrup, herbal infused coconut oil, corn flour, quinoa, desiccated coconut, almond meal, hemp flour, hemp hearts.*

REALITY SNAP COOKIES - PURPLE DOT

7 for \$40 or 30 for \$160

Indica based for Sleep

Start with 1/4 cookie 2 hours before bed. Cookies can take up to 2 hours to have an effect, if you do not feel pain relief and/or get better sleep increase by 1/8 each night. 1/4 cookie should be a sufficient dose

for beginners. 1 cookie should be sufficient for experienced users. *Ingredients: Maple syrup, herbal infused coconut oil, corn flour, quinoa, desiccated coconut, almond meal, hemp flour, hemp hearts.*

BLISS BALLS

4 for \$20

CBD edibles in Jaffa or Mint flavour. Start with ½ to 1 bliss ball. Can take up to 2hrs to take effect.

Ingredients: CBD Herb, dates, walnuts, coconut, cacao, hemp seeds, maca, essential oils.

ORGASMACHOCS

5 for \$25

Start with ½ to 1 chocolate. Chocolate can take up to 2hrs to take effect. Increase by ½ each day until you achieve desired outcome. Continue on that dosage once established. Enjoy. *Ingredients: Organic cacao butter, cacao powder, maca powder, spirulina, maple syrup, herbal oil.*

VAPING

Vaporising is an inhalation method that heats oil to vapor, instead of burning it. It offers one of the fastest delivery methods, as the medicine passes through the lungs and into the bloodstream straight away. Due to the quick onset time, vaping can be very effective for acute situations such as relieving nausea, quick pain relief, stimulating appetite or reducing anxiety. While it may be the quickest-acting, it's also the quickest to fade (generally within a few hours), so, if you need prolonged relief for chronic pain, or to sleep for more than a couple of hours, an oil formula or edible would be more suitable.

VAPE KIT

\$240

Vape Pen and 2 x 0.5ml Oil Cartridges in a Hard Carry Case

- 70:15 LEMON HAZE SATIVA - CBD Hemp, with Lemon Haze terpene, 645mg THC / 150mg CBD (70%thc)
- 1:1 HYBRID - CBD Hemp - 365mg THC / 365mg CBD
- SED8 DELTA8 - Delta 8 / CBD hemp - 50mg D9thc / 350mg D*thc / 400mg CBD

REFILL CARTRIDGES / SYRINGES

\$150 / \$130

Contains 2 x 0.5ml Oil Cartridges (\$150) or 1 x 1ml Syringe (\$130)

- SATIVA LEMON HAZE - THC Honey / Hemp with SLH terpene. 645mg THC / 150mg CBD (70%thc)
- 1:1 - THC Honey / Hemp Blend. 365mg THC / 365mg CBD
- SED8 DELTA8 - Delta 8 / sedative mix - 50mg D9thc / 350mg D*thc / 400mg CBD
- 70:15 HYBRID - Hybrid Blend Honey / Hemp blend. 645mg THC / 200mg THC
- SATIVA LEMON HAZE - 1 ml syringe (\$130)

Dosage: Take 2 tokes every 4 hours as a maintenance dose OR Take 2 tokes as required for immediate relief of acute symptoms.

TOPICAL TREATMENTS

Our skin, the largest organ in our body, is covered with cannabinoid receptors. When topicals are used, the active compounds in the cannabis plant are absorbed through the skin to enhance and support our body's endocannabinoid system. Cannabis infused oils, creams and balms make great skincare products and potent first-aid treatments. Because CBD and THC are both anti-inflammatory, they can be

extremely soothing for irritated skin. Topicals are useful for a variety of conditions because they offer localised symptom relief without any psychoactive effects.

FOUNDATION PLUS BONE OIL (CBD/THC/CBG) - TOPICAL APPLICATION **200mls \$100**

This cannabis infused massage oil is useful for a wide range of health conditions. Its anti-inflammatory and analgesic properties make it especially effective at treating several types of chronic pain, including joint pain, muscle pain and neuropathic pain. Massage is also known to help soothe away tension and anxiety. Combine our Foundation Bone Oil with essential oils such as chamomile or lavender to enhance the relaxation experience, add a capful to a warm bath, or massage into the affected area for pain relief as required throughout the day.

NATURAL LORE PAIN & INFLAMMATION TOPICAL BLEND **100ml \$75**

This 100% natural body oil assists with reducing pain and cooling an inflamed body. Massage is also known to bring a sense of relief and calm which can promote better sleep patterns. Gently apply to sore areas as required. A little goes a long way.

NATURAL LORE SKIN & CIRCULATION BLEND **100ml \$75**

This 100% natural body oil assists with skin rejuvenation and lymphatic support. Great for breast care. Massage with this oil helps to create an uplifting mood. Gently apply to problematic areas as required. A little goes a long way.

UBUNTU GP Cream **\$60**

Our general-purpose cream. A blend of coconut oil, cacao butter, beeswax, our Foundation Bone Oil, Fines Cream, organic zinc oxide, and essential oils. Great for everyday use. Moisturising, and skin toning.

UBUNTU Structure Cream **\$40**

With its higher content of organic zinc oxide, this formula offers many healing benefits. Zinc's astringent, antiseptic and skin regenerating properties make this great for treating minor ailments such as burns, cuts, minor wounds, eczema, skin irritations, itching and inflammation. Zinc is also known for its capacity to provide natural protection from the sun.

UBUNTU Fines Cream **\$20**

This concentrated formula contains higher ratios of THC, CBD and other cannabinoids. Nanoparticles help the active ingredients of the cannabis plant to penetrate deeper into the skin, delivering its beneficial properties more efficiently to the affected area. Relieves pain and may assist in the treatment of psoriasis, eczema, sunspots, skin cancers, and other skin conditions.

FECO Full Extract Cannabis Oil (RSO Style Oil) **SPECIAL ORDER**

Highly concentrated Cannabis oil which can be applied topically for treating skin cancers. Combine with the GP Cream for ease of application. **(Please refer to notes on FECO outlined above under CFCs)*

NATURAL LORE WELLNESS TEAS & ESSENCES

Natural Lore Wellness Teas are formulated by hand in order to preserve the high frequency of each individual herb in the blend. Their unique range of Essence Formulas have been developed by infusing their Herbal Tea range in the highest quality MCT Oil, to deliver the benefits of each blend in a convenient oral tincture. These products can be used on their own as daily tonics for health and wellbeing, or in conjunction with Whole Plant Cannabis Formulas to enhance their therapeutic effects.

Essence Dosage Instructions: Can be taken alongside cannabis oils or separately as suppl. Start 2-3 drops twice a day and increase until noticeable improvement in symptoms (can be up to 20 drops per day).

BALANCE TEA

50g Bag \$20

BALANCE ESSENCE

25ml \$25 / 50ml \$50

Pain & Inflammation Relief Blend

The herbs in this delicious Wellness blend assist with calming inflammation and nerve pain and reducing tension. Creates a sense of relief through the body and mind. *Ingredients: White Willow Bark, Meadowsweet, Lemon Myrtle, Chrysanthemum, Catnip, Passionflower, Coriander Seeds.*

(NB : Not recommended to be taken with blood thinning medications)

The Natural Lore of Balance reminds us to find the middle path and not take on too much or too little. When enhancing well-being it is important to start slowly and build upon long term sustainable change rather than a pendulum swing approach. If you feel you are over-stretching yourself, take time out to identify what can be gently altered to find and retain the state of balance, or homeostasis.

BLISS TEA

50g Bag \$20

BLISS ESSENCE

25ml \$25 / 50ml \$50

Stress Relief & Relaxation Blend

The herbs in this delicious Wellness blend assist with calming distressed nervous and emotional systems. It contains powerful antioxidants and creates a sense of blissful dreaminess. *Ingredients: Chamomile, Ashwagandha, Lemon Verbena, Catnip, Lavender, Red Rose Petals*

The Natural Lore of Bliss reminds you of your true nature - HOW you are meant to live ... you do not earn brownie points for holding onto pain and suffering. This Lore gives you the opportunity to directly experience the emotional and internal feeling of bliss and space which is not something we obtain only fleetingly, but rather a natural state of being.

CLARITY ESSENCE

25ml \$25 / 50ml \$50

Cognitive Support Blend

The herbs in this blend promote optimum cognitive function and assist with memory, coordination and relief of stress and anxiety. It may also assist in diminishing varicose veins and combating aging skin. *Ingredients: Brahmi, Ginkgo Biloba, Gotu Kola, Peppermint, Sage, Ginger, Thyme, Lotus Stamen*

The Natural Lore of Clarity is an opportunity to witness and experience action without choice. This fluidity of movement shows that when one is faced with a 'choice' there is immediate conflict. Clarity is not making a choice; it is simply the right movement.

CREATIVITY TEA

50g Bag \$20

CREATIVITY ESSENCE

25ml \$25 / 50ml \$50

Rejuvenation Blend

The herbs in this delicious Wellness blend assist with cleansing the lymphatic system, supporting hair, skin and nail rejuvenation, and balancing brain function. Creates a sense of upliftment and receptivity. *Ingredients: Lemon Grass, Ginkgo Biloba, Calendula, Cleavers, Hibiscus, Bilberry, Horsetail, Ginger Root*

The Lore of Creativity reminds us that to truly allow expression to flow uninhibited, we first need to be aware of blocks and negativity on all levels of the whole being. Once these blocks have been recognised, they can be dissolved. When the body / mind feels youthful and rejuvenated, creativity is able to be felt, experienced and actioned, providing the opportunity to see this reflected in nature all around us.

FLOW TEA

50g Bag \$20

FLOW ESSENCE

25ml \$25 / 50ml \$50

Digestive & Endocrine Support Blend

The herbs in this delicious Wellness blend assist with balancing and calming the digestive system, whilst supporting optimum nutrient uptake. Creates a sense of gentle movement. *Ingredients: Blue Mallow Flowers, Paw Paw Leaf, Cinnamon, Peppermint, Tulsi Basil, Jiaogulan, Orange Peel, Cloves, Red Rose Petals*

The Natural Lore of Flow is a reminder to bring gentle awareness to any blockages in the body or thoughts, then let them go with grace to enable a clear pathway forward in full acceptance and agreement of the highest good for all. In other words, we do not need to be involved in the concept of fulfillment of a destination, but rather an exquisite enjoyment of every moment along the way.

HARMONY TEA

50g Bag \$20

HARMONY ESSENCE

25ml \$25 / 50ml \$50

Immunity & Illness Prevention Blend

The herbs in this delicious Wellness blend assist with activating a healthy immune system, oxygenating the blood, and antioxidant activity. Creates a sense of gentle peace within body & mind. *Ingredients: Herb Robert, Paw Paw leaf, Passionflower, Lemon Myrtle, Pau D'arco, Liquorice Root, Turmeric, Black Pepper*

The Natural Lore of Harmony provides the opportunity to access your body's own unique "hum" and determine what may be out of balance. Consider the environment around you, both inner and outer to see what may be causing any dis-harmony and remove as much as possible those factors - physically, spiritually, and emotionally.

PURITY TEA**50g Bag \$20****PURITY ESSENCE****25ml \$25 / 50ml \$50****Detoxification Blend**

The herbs in this delicious Wellness blend assist with cleansing the organs and blood of toxins and heavy metals and contain powerful antimicrobials. Creates the opportunity to change unhealthful habits.

Ingredients: Cleavers, Sage, Pau D'Arco, Asparagus Root, Burdock Root, Sweet Basil, Cardamom pods

The Natural Lore of Purity is a reminder that when the entity that you experience as a body, mind and soul is cleansed of toxic chemicals, beliefs, relationships, habits etc you are free to move with a sense of freedom and lightness, unbound by those things that weigh you down. Often, we don't even realise how light we really are - until we are cleansed of debilitating factors.

RELEASE TEA**50g Bag \$20****RELEASE ESSENCE****25ml \$25 / 50ml \$50****Metabolic Balancing Blend**

The herbs in this delicious Wellness blend assist with cleansing toxins, curbing appetite, balancing the metabolism, and allowing space to release conditioned responses. Creates an uplifting mood.

Ingredients: Dandelion Leaf & Root, Sage, Lemon Myrtle, Cats Claw, Liquorice Root, Brindleberry, Blue Lotus Flowers

The Natural Lore of Release is a reminder to be fully conscious and aware of all that binds us to our unnatural state, and to trust the natural world to guide the way in finding the key to freedom and release dissolving the boundaries of our belief created situations.

RESTORE TEA**50g Bag \$20****RESTORE ESSENCE****25ml \$25 / 50ml \$50****Regeneration & Systemic Support Blend**

The herbs in this delicious Wellness blend support and heal blood and organ issues, particularly the brain and liver. High in antioxidants and great as an illness recovery blend. The perfect pre-cursor to detoxing and great for cognitive issues. Creates a mood of peace and well-being. *Ingredients: Dandelion Leaf, Gingko, Schisandra Berries, Suma, Rosemary, Milk Thistle, Turmeric, Black Pepper*

The Natural Lore of Restore is a reminder to be gentle and respectful of the fundamental intelligence within our own bodies for healing and restoration, and the external reflection of natural elements for their essential role in our optimum well-being.

RHYTHM TEA**50g Bag \$20****RHYTHM ESSENCE****25ml \$25 / 50ml \$50****Heart Health Blend**

The herbs in this delicious Wellness blend assist with maintaining healthy heart function, oxygenating the blood, reducing inflammation, and calming stress. *Ingredients: Ashwagandha, Lemon Balm, Herb Robert, Bilberries, Hibiscus Flowers*

The Natural Lore of Rhythm is a reminder to attune to the beat of our own heart, to feel the natural movement - the ebb and flow of life. When we recognise our own signature beat, we are participating and contributing without conflict of appealing or forcing our actions to align to another's' rhythm, allowing the fluidity of evolution and inspiration to occur as an innate flow.

UNITY TEA

50g Bag \$20

UNITY ESSENCE

25ml \$25 / 50ml \$50

Inner Balance Blend

The herbs in this delicious Wellness blend assist with supporting the nervous system, alleviating stress and anxiety, and enhancing the senses. Creates a mood of joyful excitement. *Ingredients: Damiana, Lemon Balm, Muira Puama, Catnip, Cinnamon, Liquorice Root, Red Rose Petals*

The Lore of Unity reminds you that you are not separate from anything or anyone and neither is the heart and mind. When you can enter the space and experience pure intimate inner communion, it becomes known that nothing can exist outside or apart from you. All in your world is interconnected and as you move, so does the world heart and mind aligned.

VITALITY TEA

50g Bag \$20

VITALITY ESSENCE

25ml \$25 / 50ml \$50

Breathing & Energy Blend

The herbs in this delicious Wellness blend assist with lung, breathing and allergy issues, whilst stimulating and uplifting a sluggish system. A calming alternative to coffee. Creates a mood of playful energy. *Ingredients: Lemon Grass, Yerba Mate, Elecampane, Rosemary, Cinnamon, Suma & Pink Lotus*

The Natural Lore of Vitality is a powerful reminder of childlike play and invigoration, A chance to reflect upon exuberant activities, or an invitation to make space for them in your life. Vitality creates the opportunity to expand the breathing, fill the lungs and allow life force to flow through uninhibited.

SUPPLEMENTS

SLIPPERY ELM POWDER

50g \$15

Reflux and Stomach Assistance

Slippery Elm is traditionally used as a demulcent, or substance that has a soothing effect on mucous membranes, like the lining of the digestive tract. This demulcent effect is due to its high mucilage content which may help to soothe irritated or inflamed mucous surfaces. Slippery Elm may help to soothe inflammation or irritation of the digestive tract, including the stomach. **Dosage:** Take 1 teaspoon mixed with water, twice daily, 15 minutes prior to meals.

QUIT SMOKING BLEND

20g \$15

The herbs in this soothing blend assist with weaning from tobacco, relieving toxic build-up in the lungs, curbing cravings for tobacco, reducing tension, and has a relaxing and uplifting effect. *Ingredients: Damiana, Blue Mallow Flowers, Catnip, Coltsfoot, Lobelia, Hops.* **Usage:** Start by mixing 50/50 with tobacco and slowly increase until tobacco is