



RINGO'S GIFT

PURPLE PUNCH



Before You Get Started Nurse consults are encouraged especially if you are taking other medications and supplements. To schedule a nurse consult at no additional charge, please visit SanaSanaFormulas.com and follow the prompt for scheduling consults. For all other questions, email: Hello@SanaSanaFormulas.com.

Available Delivery Methods

Oral/Topical

Micro Dose: Bulk jar of oil or capsules

Low Dose: Capsules

Rectal/Vaginal

Micro Dose: Suppositories

(Note: Capsules can easily be opened for topical use on the go!)

Understanding Your Dose

0.25g = One Dose (small pea size)



One Capsule = One Dose



One Suppository = One Dose



Different angles of included spatula for the oil

For Quicker Delivery Into Your System Try sublingual dosing. Place the dose under your tongue and hold it there for 1 to 2 minutes before swallowing. (Capsules will also dissolve when placed under the tongue, and whatever doesn't dissolve can be chewed up or discarded.) This route of administration is faster than swallowing the dose. (Note: In some cases, swallowing might be recommended. See more on dosing at SanaSanaFormulas.com.)



A Good Tip to Know Consistency is key. Set dosing reminder alarms on your phone when starting a new dosing routine.



Visit SanaSanaFormulas.com to see the full product guide and what patients are saying about their Sana Sana experience.



@SanaSanaFormulas



@SanaSanaFormulas

Why Crystal Gold Micro or Low Dose Formulas?

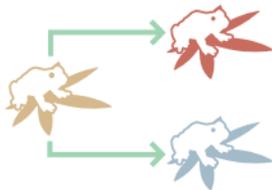
If you find that Gold alone is not providing the relief you're looking for, typically, the next step is to try adding Crystal Gold Micro Dose into your dosing routine.

The difference between the CBD-dominant Gold and Crystal Gold Formulas is the addition of a THC strain chosen for specific therapeutic benefits based on the strain's terpene profile. For some, Crystal Gold can be added as needed to daily dosing or might only be used as a bedtime dose. To find out why we use specific strains, visit our website. Knowing that everyone responds differently to cannabis is why it is recommended that someone just starting out in the world of medicinal cannabis products begins with microdosing. Nurse consults are encouraged to help uncertain patients determine whether they are good candidates for adding a stronger dose or formula. Typically, if a patient finds they are requiring more than 2 to 3 doses of Crystal Gold Micro Dose at a time, they might be a good candidate for the Crystal Gold Low Dose.

Why Start With Microdosing?

The Sana Sana Formulas approach to dosing cannabis is truly patient-centered. For some people, microdosing is where they start and end, but for others, it's a tool that helps determine their optimal dose. Just because you currently tolerate large amounts of THC or CBD does not mean that it is your optimal dose. We suggest the microdosing method of either CBD or THC formulas to find your appropriate dose. Microdosing is a tool used to determine one's optimal dose one milligram at a time. You very well might require a higher dose, but what if you're able to manage just as well with less?





When to Switch Up Your Formulas If the crystal gold formula is not providing the relief you're looking for, the next step would be to try a different Crystal gold strain combination, and then from there try the THC-dominant Rustic Gold. To find out why we use specific strains, visit the website.

Our CBD-Dominant Micro Dose Formulas Are Pet Safe Too

Just like humans, pets (ie, dogs and cats) also have endocannabinoid systems and receptors! Most pets can manage with the Gold Micro Dose formula alone, but in some cases they require something stronger as well. However, none of our THC-dominant products are intended for pets. So before giving your furry friend something stronger such as Crystal Gold Micro Dose, you should schedule a consult with a Sana Sana trained nurse. Please let your veterinarian know that you're planning to include a cannabis-based product into your pet's health regimen.

Everyone responds differently to cannabis products. Cannabis may increase the effects of alcohol and other drugs that cause drowsiness, including antidepressants, antihistamines, sedatives, pain relievers, anti-anxiety and anti-seizure medications, and muscle relaxants.

Cannabinoid content of the flower may vary from harvest to harvest, which means cannabinoid content will vary slightly among batches.

THC effects will vary depending on dose, method of administration, prior experience, concurrent drug use, personal expectations, mood state, and the social environment in which the THC is used. First-time users of our THC-dominant formulas should not drive, operate machinery, or perform other hazardous activities. Consuming THC while drinking alcohol can cause dizziness, drowsiness, and impaired judgment.

BEFORE TAKING ANY COMBINATION OF MEDICATIONS You should always consult with a medical professional. The same goes for vitamin supplements and cannabis products! Be sure to check out "Having the Cannabis Conversation With Your Doctor" on the website.

All information provided here is for reference purposes only and is not intended to be a substitute for the advice given by a pharmacist, physician, or any other licensed healthcare professional. Sana Sana Formulas products have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any health condition or disease.



Oil

Coconut oil will liquefy at 78 degrees; please open carefully. Refrigeration not required but recommended for warm climates. If refrigerated, remove 5 to 10 minutes before desired use.



Capsules

Store in a cool, dry area. Avoid direct sunlight. Product characteristics, such as color and texture, may vary due to storage temperature.



Suppository

Storing in the refrigerator is recommended because the last thing you want to do when you need one is to wait for it get solid.