



TRILOGY

HEALTH • WELLNESS • COMMUNITY

Trilogy Wellness is built on the belief that patients can improve their quality of life through the responsible use of medical cannabis. Our mission is to deliver compassionate, patient-centered care by providing direct access to the purest, safest, highest quality cannabis products in Maryland.

Our professionally trained and knowledgeable staff are passionate about creating a transparent, welcoming environment that feels safe, trusting, friendly, reliable, and fully invested in the well-being of the surrounding community.

Trilogy Wellness is committed to working with doctors and healthcare professionals to close the education gap between patients and providers by expanding knowledge and understanding of the benefits, risk, best practices and most effective ways of utilizing medical cannabis.

Together, we can help patients achieve optimal wellness.

“

*Cannabis is the single most versatile herbal
remedy and the most useful plant on Earth.
No other single plant contains as wide a range
of medically active herbal constituents.*

”

~ Dr. Ethan Russo
Cannabinoid Research Institute

EndoCannabinoid System



HOW DOES CANNABIS WORK?

THE ENDOCANNABINOID SYSTEM (ECS) is a group of receptors that make up a very complex regulatory system throughout the human brain, body, central and peripheral nervous systems. The ECS creates and maintains our body's internal stability (homeostasis) by adjusting the flow of neurotransmitters and regulating bodily functions, including appetite, sleep, emotion and movement. The discovery of the endocannabinoid system has impacted nearly every area of medicine and sparked extensive studies into the pharmacological, biochemical, and clinical effects of cannabis.

CANNABINOIDS (THC, CBD, CBN, THCA, etc.) are the active chemical compounds in the cannabis flower that give the plant its medicinal benefits and provide relief to an array of symptoms including pain, nausea, anxiety, and inflammation. These plant-based cannabinoids (phytocannabinoids) imitate the cannabinoids naturally produced by our bodies to stimulate our existing network of ECS receptors.

When a patient consumes cannabis, the cannabinoids bind to receptors in our brain (called CB-1) and body (CB-2). Our brains have far more cannabinoid receptors than any other type of neurotransmitter. The CB1 receptors mediate physical and psychoactive effects while CB2 regulates inflammation and immune response throughout the immune and peripheral nervous systems including the gut, spleen, liver, heart, kidneys, bones, blood vessels, lymph cells, endocrine glands, and reproductive organs.

Cannabis contains more than 100 types of cannabinoids. Depending on which receptors they bind to, each cannabinoid will have different effects. Researchers believe cannabis is so effective in treating so many different ailments because of the versatile way the plant's chemical compounds act on all parts of the body—not just the brain. Each product and strain has a unique cannabinoid profile that can be used to target specific symptoms and provide different types of relief. Ask our Trilogy experts which types of cannabinoids are best to treat your symptoms so we can recommend an appropriately suited product.

HOW TO CHOOSE THE RIGHT STRAIN FOR YOU

Every patient responds differently to cannabis. You will likely need to test out a few varieties in a safe and comfortable environment in order to find the medicine that works best for you. Most patients eventually find 2-3 different strains that work well for different purposes, such as one for daytime and one for sleep.

Medical cannabis strains have four major categories: **indica**, **sativa**, **hybrid indica/sativa**, and **high-CBD**. A patient suffering from fatigue or depression may use a sativa during the day, and another treating pain and insomnia will likely choose an indica strain at nighttime. High-CBD strains offer little to no psychoactive effects and may be preferred by patients treating seizures, anxiety, pain and some other disorders.

Trilogy's experienced team can provide you with personalized recommendations on cannabis strains and cannabinoid ratios/dosages for your condition.



HOW TO QUALIFY AS A MARYLAND MEDICAL CANNABIS PATIENT

Patients and Caregivers must first register on the Maryland Medical Cannabis Commission website by providing name, address, date of birth, and uploading an image of a government ID and recent photo. MMCC staff will review the application and notify the patient of their unique 25-digit ID registration number.

Once you receive your patient number, you must obtain a written referral ("written certification") from a doctor who has registered with the Maryland Medical Cannabis Commission. The registered physician will use the assigned patient number to issue an online recommendation for medical cannabis. Qualifying medical conditions include cachexia, anorexia, wasting syndrome, severe pain, severe nausea, seizures, severe or persistent muscle spasms, glaucoma, post-traumatic stress disorder, and chronic pain.

Patients do not have to pay the Maryland Medical Cannabis Commission to register. There are no fees, unless a qualifying patient desires an ID card, which can be purchased for \$50.

3 SIMPLE STEPS

1

Register at Maryland Medical Cannabis Commission:
<http://mmcc.maryland.gov/Pages/patients.aspx>

2

Written Certification

Once Approved by MMCC you will receive your patient ID number. Now you'll need to find a registered medical provider to obtain a written certification. Visit www.trilogy.health/provider for an updated list of registered physicians.

3

Pre-register or visit the Trilogy Dispensary

You can pre-register as a patient with us at <http://trilogy.health/preregister/> Bring a government issued ID every time you visit the dispensary.



FLOWERS

Produced only by the seedless female plant, buds (or “flowers”) are coated with a crystalline resin which is secreted by translucent glands called trichomes that produce THC and CBD. The terpenes in the trichome give the flower its unique fragrance and taste. Flowers are sold by the gram or as **pre-rolled joints** and are available in sativa, indica, hybrid, and high-CBD strains.



TOPICALS

Cannabis topicals including lotions, salves, balms, sprays, and patches help alleviate localized pain, soreness, cramping, muscle spasms, inflammation, itching, and various skin conditions, including psoriasis and eczema. Topical use of cannabis does not produce psychoactive effects unless applied as a transdermal patch which is designed to deliver cannabinoids directly to the bloodstream.



TINCTURES

A tincture is a liquid concentrate made using alcohol to extract the plant’s beneficial cannabinoids. Liquid extracts are absorbed directly through the mucous membrane under the tongue or can be swallowed, providing a great way for patients to medicate without having to smoke or inhale vapor.



CAPSULES

Often referred to as “Canna caps,” capsules offer a safe and effective oral delivery method that can be easily dosed and optimally metabolized.

VAPOR CARTRIDGES

Pre-filled vape cartridges are widely popular for their ease of use, functionality, and portability. Cartridges are filled with a variety of different hash oils. Their sleek design is discreet, produces no noticeable odor and dosage is easily controlled with inhalation.



CONCENTRATES

Cannabis concentrates are potent extracts made using a variety of processes to isolate essential compounds and preserve cannabinoids. Their wide therapeutic potential is shaping the future of the cannabis industry. All of the concentrates we carry are lab tested for purity.

Solvent-based concentrates are extracted using a solvent like butane (BHO- butane hash oil), CO2 (SFE- supercritical fluid extraction), hydrocarbons, propane, or ethanol alcohol (tincture). Extracts vary in texture and consistency from a sticky wax (“budder”) to a crumbly “honeycomb” or glasslike “shatter.” These types of concentrates are typically vaporized.

Solventless concentrates are made using mesh screens (kief), ice water (hash) or heat (rosin) to separate the crystalline resin from the cannabis leaf. Varieties such as kief and hash can be smoked or vaporized.



SHATTER



BUDDER



LIVE RESIN



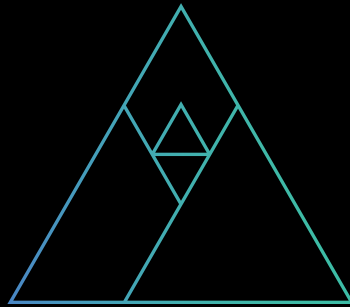
KIEF



BUBBLE HASH



ROSIN



TRILOGY

WWW.TRILOGY.HEALTH

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Mon-Sat: 10AM - 7PM
Sunday: CLOSED