



**KIND  
GOODS**

CANNABIS DISPENSARY

**CANNABIS  
EDUCATION**

LOCALLY OWNED & OPERATED

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# FEEL GOOD BE BETTER

Welcome to Kind Goods comprehensive guide to cannabis education. Inside this booklet, you'll find answers to frequently asked questions about cannabis, including where it can be consumed, its safety, driving considerations, and purchasing limits.

We delve into various methods of consumption, from traditional flower to innovative options like topicals, tinctures, edibles, concentrates, and vapes. Our goal is to empower you with knowledge, ensuring a safe and enjoyable cannabis experience. Explore, learn, and discover the possibilities with Kind Goods.

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# FREQUENTLY ASKED QUESTIONS

Upon entering the world of legal cannabis, it is vital we inform all our friends of the relevant laws. Please review all the rules and regulations presented, and don't hesitate to chat with your cannabis specialist for further questions and info.

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## HOW MUCH CAN I PURCHASE/POSSESS?

Consumers may only purchase up to three (3) ounces of dried, unprocessed marijuana product, or its equivalent, in a single transaction.

### Consumers may only possess:

- **Consumers who do not cultivate:** up to three (3) ounces of dried, unprocessed marijuana product, or its equivalent.

OR

- **Consumers who are cultivating marijuana:** any supply of marijuana cultivated by the consumer in excess of the consumer's three (3) ounce limit must remain in an enclosed, locked facility at a private residence.

Without a certification from a physician or nurse practitioner authorizing more, qualifying patients may only purchase, or have purchased on their behalf by their primary caregivers, up to six (6) ounces of dried, unprocessed marijuana, or its equivalent, per qualifying patient, in a thirty (30) day period.

- The six (6) ounce purchase limit established in this section shall not apply to a qualifying patient with a certification from a physician or nurse practitioner that there are compelling reasons why the qualifying patient needs a greater amount than the limit established in this section.

Primary caregivers may possess a separate legal limit for each qualifying patient under their care and a separate legal limit for themselves. Product shall be stored separately for each qualifying patient and labeled with the qualifying patient's name.

### Qualifying patients may only possess, or instruct a primary caregiver to possess on their behalf.

- **Qualifying patients who do not cultivate or have medical marijuana cultivated on their behalf:** up to a sixty (60) day supply of dried, unprocessed marijuana per qualifying patient, or its equivalent.

- **Qualifying patients who are cultivating marijuana for medical use or whose primary caregivers are cultivating marijuana on their behalf:** up to a ninety (90) day supply of dried, unprocessed marijuana or its equivalent, so long as the supply of medical marijuana product in excess of a sixty (60) day supply remains in an enclosed, locked facility.

In a single day, no more than six (6) plants less than eight (8) inches tall and less than eight (8) inches wide may be sold to a consumer or to or on behalf of a particular patient.

Possession of between the legal limit and up to twice the legal limit shall subject the possessor to department sanctions, including an administrative penalty of up to two hundred dollars (\$200) and loss of the possessor's identification card(s) for up to a year.

A patient is not permitted to exceed the possession or purchase limitations by combining purchases as a patient and as a consumer.



## WHERE CAN I CONSUME?

You can consume cannabis legally on private property. Please remember vehicles do not constitute private property.

### Pursuant to 19 CSR 100-1.040(2)(C)1.

No qualifying patient shall smoke marijuana product for medical use in a public place, unless provided by law.

### Pursuant to 19 CSR 100-1.100(4)(M)

Consumption of marijuana product on the licensed premises, including in any approved transport vehicles, is prohibited.



## IS CANNABIS SAFE?

### Pursuant to 19 CSR 100-1.180(2)(H)2.

- Marijuana use affects brain functioning and is likely to cause physical and mental impairment.
- Those who consume marijuana should not operate a motor vehicle or other similar equipment.
- Women who are or may become pregnant or are breast feeding should avoid using marijuana as it may cause pregnancy complications, harm a baby's development, and result in a lower birth weight.
- Secondhand smoke from marijuana can have psychoactive effects and should be avoided for all children

Further study is needed to answer this question, but possible side effects of marijuana may include:

- Increased heart rate
- Dizziness
- Impaired concentration and memory
- Slower reaction times
- Negative drug-to-drug interactions
- Increased risk of heart attack and stroke
- Increased appetite
- Potential for addiction
- Cyclic vomiting syndrome
- Hallucinations or mental illness
- Withdrawal symptoms

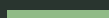


## CAN I DRIVE?

It is illegal to drive while under the influence of marijuana in any form. It is also illegal to transport cannabis products across state lines and can result in trafficking charges.

# METHODS OF CONSUMPTION

To see what cannabis is really capable of, exploring alternate routes of administration is encouraged.





## TINCTURES

Tinctures are a simple and clean way to consume. Many people prefer tinctures over other methods of consumption because of their ease of use. Tinctures are cannabis distillate suspended in a carrier like MCT (Medium Chain Triglycerides) oil or ethyl alcohol. Tinctures generally have a shorter activation time, so you should be able to tell shortly after consumption whether or not you'd like increase dose. Tinctures can be placed right into your mouth or added into just about any drink or recipe.

**Recommend starting dose:** 3-5 drops (no more than 2 dropperfuls). Effects will be seen in 30-60 minutes, lasting for up to 8 hours. Start dosing low and increase slowly.



## TRANSDERMAL PATCHES

Transdermal cannabis patches are a unique method of cannabis consumption. You needn't inhale nor ingest to experience its effects. In fact, you don't even need to touch a cannabis flower at all. All the work is done by a simple patch adhered to a veinous area of the body, thus allowing the cannabinoids to go to work entering the bloodstream for an effective and long-lasting response. Patches are typically available in a variety of isolated cannabinoids, such as THC, CBD, CBN, THCA, and split ratios such as 1:1 CBD:THC. Consumers can choose a patch based on the desired effects.

Patches can offer all day or night relief, with a slow release of the chosen cannabinoid throughout their period of use. For some, this is an appealing alternative to smoking or vaporizing, which deliver effects that subside relatively quickly. In addition to this convenience, the discretion of the patch is seen as an added benefit by some. The patch can be adhered out of sight, allowing for medical use anywhere, anytime. Effects may start working in 2 hours and last for up to 2 days.

 **TOPICALS**

Cannabis is not limited to producing a high. Topicals are an incredible way to use the benefits of cannabis to help the body without psychoactive effects. They start working immediately and effects can last up to 2 hours. Topicals are made by infusion or cannabis oil. Topicals don't typically allow for the THC to reach the bloodstream so there is not a "high".

 **EDIBLES**

Modern edibles use a wide variety of ingredients and precision dosing to ensure highest quality flavor and experience. Edibles are made by infusing food, sweets, candies and baked goods with cannabis butter, oil or distillate. The effects of edibles can last much longer, up to 6-8 hours. Due to this fact we recommend not operating machinery or motor vehicles for an extended period of time after consumption.

Additionally, individuals struggling with sleep-related issues have begun using edibles before bed to help promote relaxation and relieve sleepless nights. In addition to helping promote relaxation and ease anxiety, CBD has also been noted to help with pain management.

Edibles are a great option for those looking for a smokeless way to reap the benefits of marijuana. If you're curious about receiving products, reach out to your local dispensary and ask about the types they carry. If you're a medical cardholder, you should also ask about medical cannabis delivery to make it even easy to get what you need.

**HOW TO CONSUME:**

Always take it slow! It can take 30 min - 3 hours to see effect. The effect may last 6-10 hours. Learn how your body responds before trying more.

Flower and concentrate are the inhaled forms of cannabis. With a quick onset and convenient accessory options, these are some of the most popular products available today.

## FLOWER

Thinking of marijuana, we often think of the typical “weed leaf” icon. 5,7,9, Or even 11 tipped leaves, but what many don’t realize is what you’re actually consuming is the flower of the plant. The different identified types of cannabis flower for purchasing and growing purposes currently are indica, sativa and hybrid.

Most strains at present are hybrids due to centuries of crossbreeding: some indica dominant, some sativa. Flower is often consumed in the form of joints, spliffs, blunts, or with glass pieces in vaporizers. When smoked or vaporized, effects are felt within 30 minutes and lasts over 2-3 hours. Our flower is tested for potency, contaminants, flavor & feeling to ensure the best experience for our consumers.

## CONCENTRATES

Concentrates are made by extracting cannabinoids and terpenes from flower in order to provide a more potent experience than flower alone. We want to make sure you have the best and highest quality experience possible, so all our in-house and sourced products have gone through purifications processes to remove all residual materials. This results in unmatched purity! Concentrates can come in a variety of consistencies. Refer to the back of this pamphlet for some of our most popular types.

Concentrates typically have a higher THC potency than flower and can range between 50-80%, so their effects will come on stronger and quicker.

Concentrates can come in many forms with the types being some of the most popular:

**WAX:**

Resembles the texture of candle wax.

**SHATTER:**

Resembles a honey-colored shard of glass, and often “shatters” to the touch.

**DISTILLATE:**

Has a more viscous consistency, and is mostly used in cartridges for vaporizers.



## DABBING CONCENTRATES

Dabbing consists of dropping a small amount of concentrate (wax, shatter) on a heated nail before inhaling the vapor through an attached glass piece. The dabbing process requires a dab rig, nail, dome, torch and dabber. To learn more about this process please ask your nearest cannabis specialist. Effects can be felt within minutes and potentially last 2 to 3 hours.



## VAPORIZING

Vaporizing, or vaping, is a smokeless process where flower or concentrate is heated without flame. Purely the good stuff! Vaporizing allows inhalation of cannabinoids and terpenes without ingesting any of the plant material. For more info on vaporization please check with your nearest cannabis specialist. Effects can be felt within minutes and potentially last 2 to 3 hours.

# CONTACTS

Cannabis users run the risk of addiction and poisoning. The following contact information is provided in the event this occurs.

**Missouri Department of Mental Health:**

(573) 751-4942 or (800) 575-7480,  
dbhmail@dmh.mo.gov

**Missouri Drug & Rehab Services (DRS):**

(800) 304-2219

**Substance Abuse and Mental Health Services Administration  
(SAMHSA):**

samhsa.gov  
800-662-HELP (4357)

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**Substance use treatment locator:**

[findtreatment.gov](http://findtreatment.gov)

**Behavioral health service treatment locator:**

[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

**Center Pointe Hospital:**

800-345-5407 or 636-477-2136 option 1

**The Crossroads Program:**

Chesterfield: 636-532-9991

Columbia: 573-256-8020

Kansas City: 816-941-4000

**Addiction Center:**

855-930-1629

**Lakeland Behavioral Health System:**

844-404-1846

**Missouri Poison Control Center:**

7890 Clayton Rd. #200, St. Louis, MO 63117

[MissouriPoisoncenter.org](http://MissouriPoisoncenter.org)

800-222-1222

**Department of Health and Senior Services, Division of Cannabis Regulation Contact information:**

Division of Cannabis Regulation

PO Box 570

Jefferson City, MO 65102-0570

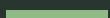
**Toll-Free Access Line:**

866-219-0165

(9:00 am – 4:00 pm CST Monday – Thursday)

**Email for general inquiries:**

[Cannabisinfo@health.mo.gov](mailto:Cannabisinfo@health.mo.gov)



# FOR MORE INFORMATION

SCAN BELOW



MISSOURI DEPARTMENT  
OF HEALTH AND SENIOR  
SERVICES



KIND GOODS  
WEBSITE

# KIND GOODS DISPENSARY LOCATIONS

If you have any questions or need guidance, our cannabis specialists are here to assist you. Please visit us at one of our convenient locations. We're always happy to help.

## FENTON

180 Gravois Bluffs Cir, Suite B  
Fenton, MO 63026

### MON - SAT

9:00 AM - 9:00 PM

### SUN

10:00 AM - 8:00 PM

## MANCHESTER

14173 Manchester Rd, Suite M  
Manchester, MO 63011

### MON - SAT

9:00 AM - 9:00 PM

### SUN

10:00 AM - 8:00 PM

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## MARYLAND HEIGHTS

12300 Dorsett Rd  
Maryland Heights, MO 63043

**MON - SUN**

8:00 AM - 10:00 PM

## ON THE HILL

2652 Hampton Ave  
St. Louis, MO 63139

**MON - SUN**

8:00 AM - 10:00 PM

## ST. PETERS

3899 Veterans Memorial, Suite J  
St. Peters, MO 63376

**MON - SAT**

9:00 AM - 9:00 PM

**SUN**

10:00 AM - 8:00 PM

## SOULARD

1631 S. Broadway St,  
St. Louis, MO 63104

**SUN - SAT**

8:00 AM - 8:00 PM

