



STRAIN GENIE

# Your Personal Cannabis Health Report

**Prepared For:** 8153185 8153185

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v2.0



STRAIN GENIE

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# Introduction to DNA

**DNA** (deoxyribonucleic acid) is a long molecule that contains the instructions for building every single part of an organism. DNA is made up of four base compounds: (A) Adenine, (T) Thymine, (C) Cytosine, (G) Guanine. These bases pair up as A-T and C-G. DNA is simply a series of those **base pairs** that form a long molecule.

A **gene** is any particular section of your DNA. Genes carry the codes for making and organizing specific molecules that eventually serve as the building blocks for different parts and functions of an organism.

99.5% of the base pair combinations that make up human genes is identical from person to person. The .5% difference is what makes you...you. **Variants** are the genetic variations or differences that make up that .5%.

A **SNP** (single-nucleotide polymorphism) is a specific sequence of DNA base pairs that make up that variant. For example, at a particular section of DNA, 99.5% of individuals may have the base pair A-T. If an individual has C-G at that location, then the location of that variant is indexed and called a SNP.

SNPs are identified by the long and tedious research conducted by geneticists who compare DNA across large populations. Different base pairs at a SNP are known as **alleles**. For example, one allele at a SNP may give you blue eyes whereas another would give you green eyes. Allele variants are also responsible for a great deal of genetic disorders.

Specific SNPs of DNA can be informative as to how you will respond to different foods and drugs, including cannabis. Strain Genie looks at over 120 SNPs to help predict which cannabis products are best for your DNA.



# Introduction to Cannabis

Cannabis is a flowering herb plant that contains a variety of diverse chemical compounds known as cannabinoids. You may have heard of THC and CBD – the two most popular of the 113 different cannabinoids. Cannabis also expresses well over 100 terpenes – a class of organic compounds. Different strains of cannabis have different ratios of cannabinoids and terpenes.

Known as the “entourage effect”, these cannabinoids and terpenes have a combinatorial influence on your mind and body by the way they affect your endocannabinoid system– a large group of cells in your body that are specifically responsive cannabinoids. Each strain’s unique ratio of cannabinoids and terpenes can provide a drastically different suite of medical benefits and subjective effects (the “high”). Coupled with the fact that each person’s endocannabinoid system is varying, it’s easy to see how different strains can affect different individuals....differently.

In order to effectively treat medical ailments or achieve your desired “high”, choosing the right strain or cannabis product is critical. Finding the right product for you is always a journey. With over 20,000 products currently available on the market, it’s often a long journey. That’s why Strain Genie exists! The insights you’ll find in this report will make that journey much shorter and kickstart your relationship with this sincerely extraordinary plant.

As a general warning, for any **edible products** you may try:

Start with **5mg THC and wait 2 hours** to see how you feel. If nothing, try again the next day with 10mg. Repeat this process (increase in 5mg THC) until you find the right dosage for you. CBD is non-psychoactive, so it would be very difficult to have an adverse side effect. So, you can be less cautious with CBD-only edibles.

A LOT of edible manufacturers create highly potent edibles that are far too strong for new users. This can result in severely adverse experiences. We urge you to check the labelling and start small. **You can always take more, but you can’t take less once you’ve committed.**



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# How To Read This Report

# How To Read This Report

**This report contains 4 main sections concerning your cannabis-related health.**

## **Warnings**

The warning section examines genetic markers related to how your body processes cannabis. Specifically, this section looks at biomarkers related to how your body breaks down cannabis during first pass-metabolism (i.e. through the liver), which can provide key insights as to whether or not you can break down THC and CBD effectively in edible form.

It also examines whether you have genetic predispositions to specific kinds of lung cancer to provide potential suggestions to avoid combustible materials.

Also included in this section is your predisposition to cannabis-induced-psychosis, a rare but real susceptibility where individuals can enter a psychotic state when in the presence of high-THC cannabis strains and products.

Individuals that find themselves at risk should know it is not a guarantee for psychosis following consumption but should proceed with caution when consuming cannabis products where the THC levels are above 5%.

Finally, the warnings section looks at your susceptibility for cannabis dependence. Users with such indicators should be aware of their potential to experience the “habit-forming” nature of cannabis.

If users begin to feel that their cannabis use interferes with their ability to perform daily activities, complete assignments on time, or achieve their goals, they should plan a “tolerance break” for 3-10 days so long as cannabis is not a necessary part of their medical routine.

During this time, it would be advised to use CBD products to help curtail the desire to smoke or consume cannabis.

# How To Read This Report

## **Category-Specific Cannabinoid & Terpene Recommendations**

Section 2 cycles through 14 different medical categories, grouped by their symptoms, to provide personalized cannabinoid and terpene recommendations. Each category-level recommendation is the result of recommendations for each composite trait within a category.

In this report, traits are defined as conditions and/or symptoms that underlie a category. Depending on your risk of developing each trait, a dosed blend of cannabinoid and terpenes will be provided where applicable.

Each of these trait-level recommendations are aggregated, weighted by their magnitude, and used to create the category-specific recommendations.

These category-specific recommendations will highlight the personalized assortment of cannabinoids and terpenes you should look out for during your next purchase if you are showing any symptoms related to the traits contained in the category.

Oftentimes, some cannabinoids and terpenes will be downweighed if they are particularly troublesome for some of the conditions (e.g. CBD is bad for eye-pressure, so if you have susceptibility to a condition that increases eye pressure, CBD will not be recommended) and will, thereby, be less likely to show up at the category-level recommendation.

On occasion, a category will have sub-categories as well that will only look at traits contained with the sub-category. Be sure to read the introduction to each category as it will contain important insights on how to translate your results into actionable cannabis use.



# How To Read This Report

## **Report-Wide Cannabinoid & Terpene Recommendations**

The end of this report will provide an “all-things-considered” summary that takes into account all of the recommendations provided in each category.

The end result is a generalized THC:CBD ratio and recommended terpenes. Essentially, both the warnings (e.g. less THC in the case of potential for cannabis-induced psychosis) and risk for genetic predispositions (e.g. less CBD for eye pressure) are aggregated to form the ratio and the terpenes with the highest magnitude association (calculated partially as a function of risk and magnitude of the research finding supporting it).

This ratio lets you know how much CBD to include with your THC (or vice versa). For instance, if you get a 1:1 THC:CBD ratio, you should have 1mg of CBD for every 1mg of THC you consume. If 1:10, you should have 10mg of CBD for every 1mg of THC you consume. You can see ratios on top products and/or lab test results for different strains to find the ratio best for you as well as which strains have accentuated expressions of the terpenes and cannabinoids you should prioritize.

## **Report-Wide Activity Group & Product Recommendations**

The final section of your personalized cannabis health report is a translation of your ideal cannabinoid and terpene ratios into cannabis strains and products.

Strain Genie makes product recommendations in a very approachable way.

The first step in the process is that each trait-level recommendation throughout the report also contains an “activity group” recommendation based on your genetic variation at the SNPs that support each trait indicator.

An “activity group” is a collection of cannabis products and strains that our learning algorithms have identified and fit into different aspects of your lifestyle.

# Activity Groups



**Energize**



**Create**



**Elevate**



**Medicate**



**Chill**



**Sleep**

An “activity group” association is made based on the trait involved.

For example, traits relating to stress will be assigned a preferential weighting for “Chill” activity group products. A pie chart will show which of the activity groups were found to be most important for you based on the traits you showed risk for, weighted by magnitude.

Within each activity group, Strain Genie will make recommendations for strains and products that have the highest similarity to the ratio, cannabinoids, and terpenes that were found to be optimal based on the genetic indicators we look for throughout the report. For example, if your increased risk for Category 7 is the most significant throughout the report, your final activity group distribution and product recommendations will predominantly emphasize the cannabinoid and terpene recommendations made within Category 7.

Product recommendations will also take into account the warnings that may have arisen during the analysis (e.g. not include edibles if you have an ineffective liver enzyme for breaking down THC).



## **Energize**

Energize strains and products were chosen specifically to help give you a jolt in the morning or afternoon.

Typically sativas, the terpene profile of these strains tends to have more terpinolene and ocimene with less myrcene to give a jolt of energy.

These products may pair nicely with a morning coffee on the weekends, and side effects may include tidying up around the house. Whether it be a light jog or activities in nature, these products should help Energize your day.

# Activity Groups



## Create

The products and strains can help give you the focus to let you Create your dreams.

These strains are usually sativa-dominant and often contain higher amounts of alpha-pinene and beta-pinene. Pinene has been shown to help with alertness and also have anti-inflammatory properties that work synergistically with cannabinoids.

Ancient philosophers might have preferred these strains, as they provide a creative, introspective, and almost psychedelic mental space.



## Elevate

Strains and products in the Elevate category were chosen specifically to have the right terpene profiles to Elevate your mood.

In particular, beta-Caryophyllene, alpha-Humulene, alpha-Pinene, and beta-Pinene tend to be more pronounced. These terpenes interact with THC, creating a synergistic entourage effect. Predominantly hybrids, these products provide a euphoric buzz that is sure to bring good vibes.

If you are looking to get out of a funk or socialize with others, these products can help Elevate your mood. The strains and products in Elevate are often high in THC and have various terpenes that have mood-enhancing effects.

# Activity Groups



## Medicate

Strains and products in the Medicate category are all verified to be high in CBD.

While most cannabis strains have around 20% THC and less than 1% CBD, Medicate strains have at least 5% CBD and varying levels of THC. Medicate concentrates, edibles, and other products also have significant levels of CBD; some may be pure CBD and some may specify a THC to CBD ratio, e.g. 1:1. CBD helps your body reach homeostasis, which keeps your body temperature uniform and helps your body's endocannabinoid system regulate itself properly.

For cannabis consumers who are used to high THC products or medical patients looking for relief, the products below will help you Medicate with CBD. Compared to the other categories, products from the Medicate category may be the most beneficial. High CBD products are becoming more popular for responsible cannabis consumers.



## Chill

These strains and products below help many people Chill and relax.

While some of these products are indicas and others are hybrids, most of them tend to have a calming dose of myrcene and linalool, yet still may have decent pinene levels to keep you from falling asleep completely.

These products are great after a long day of work and can also provide pain-relieving effects to relax the muscles. As such, many people enjoy these strains to watch TV/movies, play video games, or simply Chill with friends.



# Activity Groups



## Sleep

Below are strains and products that should provide a drowsy effect that will help with Sleep.

These strains are often heavy indicas that are rich in the terpenes myrcene and linalool. Myrcene interacts synergistically with THC by allowing for THC to get absorbed at a faster rate by CB receptors.

Cannabis has also been shown to put the body into a deeper state of Sleep



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# Your Health Insights

# Warnings

## Warnings

### Edible Warning

Trait	Genes	Risk	Meaning
<b>CBD Metabolism (Slow)</b>	<i>CYP2C19,CYP3A4</i>	<b>Normal</b>	Normal
<b>THC Metabolism (Slow)</b>	<i>CYP3A4,CYP2C9</i>	<b>Slight</b>	Slightly more likely to break down THC slowly

*Edible Warning Found. Depending on severity, edibles will not be included in the recommended products at the end of this report.*

### Smoking Warning

Trait	Genes	Risk	Meaning
<b>Lung Cancer</b>	<i>CHRNA3,HYKK</i>	<b>Increased</b>	Slight increased risk for Lung Cancer

*Smoking Warning Found. Smokable products will still be included in the recommended products at the end of this report, but proceed with caution.*

# Warnings

## Warnings

### Cannabis-Induced Psychosis Warning

Trait	Genes	Risk	Meaning
Cannabis-Induced Psychosis	DRD2,AKT1,ZNF804A	Slight	Slight increased risk for cannabis-induced psychosis

*Cannabis-Induced Psychosis Warning Found. Proceed with caution when using high-THC products and try to always look for products with higher CBD content than THC as this will help mitigate the intensity of the high. Suggested THC amounts will be reduced in this report, but cannabinoid recommendations containing THC will still be included*

### Cannabis Dependence Warning

Trait	Genes	Risk	Meaning
Cannabis Dependence	CNR1,FAAH,ABCB1	Increased	Slight increased risk for cannabis dependence

*Cannabis Dependence Warning Found. Proceed with caution and take regular tolerance breaks.*



# Metabolism

THC and CBD are metabolized or eliminated by cytochrome P450 enzymes found in the liver.

A slow CBD or THC metabolism means your liver may break them down more slowly, which can result in overly elevated cannabinoid levels. Edible intake should be limited.

High levels of CBD/THC may delay the breakdown of many common medications. Overly elevated levels of THC could also lead to discomfort and unwanted side effects. Beware of potential drug interactions while consuming cannabis. **It is advisable to limit your dosage and choose to inhale instead of ingesting cannabis, especially while on medication.**

Some individuals may be ultra-fast CBD metabolizers, where your liver may break down CBD very quickly, thus decreasing the bioavailability of CBD in the system and its subsequent effectiveness.

Increasing the dosage of CBD when taken orally may be necessary to produce therapeutic effectiveness.

Folate, also commonly known as folic acid, is a naturally occurring form of vitamin B9. Folic acid, on the other hand, is a synthetic form of vitamin B9. Folate plays an important role in cell growth and DNA synthesis.

Impaired folate metabolism has been implicated in various conditions, including pregnancy complications, birth defects, psychiatric disorders, cardiovascular diseases, Alzheimer's disease, Autism, cancer, etc.

Reduction in the MTHFR enzyme activity may impair the conversion of folate/folic acid to the active form, 5-methyltetrahydrofolate.

For those with the MTHFR mutation, it may be advisable to supplement with "L-methylfolate" instead of "folic acid", as folic acid may be more difficult to break down and could result in high levels of un-metabolized folic acid build-up in the bloodstream that could contribute to additional health issues.

# Metabolism

Category Level Severity



Trait	Genes	Risk
CBD Metabolism (Slow)	<i>CYP2C19, CYP3A4</i>	Normal
CBD Metabolism (Ultra-fast)	<i>CYP2C19</i>	Normal
THC Metabolism (Slow)	<i>CYP2C9, CYP3A4</i>	Slight
Reduced Folate Metabolism	<i>MTHFR</i>	Normal

# Sleep

Sleep is one of the most important elements in any healthy lifestyle. Strain Genie analyzes a number of genes that can affect your sleep quality.

Cannabinoids like THC and CBD have long been shown to induce drowsiness, assisting even with insomnia.

Terpenes such as myrcene and limonene have been associated with increased sleep times, with their influence being driven by their motor relaxant and sedative properties. Myrcene is the most abundant terpene in cannabis, which is why most users report sleepiness after ingesting most preparations of cannabis.

Based on the magnitude of your genetic risk for a number of different sleep and motor conditions that influence your ability to sleep, the Strain Genie algorithm has identified cannabinoids and terpenes associated that best match your risk profile.

These recommendations are the result of a complex aggregation of recommended cannabinoids and terpenes for each of the traits listed below..

# Sleep

## Your Recommendations For This Category:

**Cannabinoids:** CBD

**Terpenes:** Myrcene, Linalool, Limonene

Category Level Severity



Trait	Genes	Risk
Poor Sleep Quality	<i>CACNA1C</i>	Slight
Delayed Sleep	<i>CLOCK, PER3</i>	Slight
Restless Leg Syndrome	<i>MEIS1</i>	Slight
Excessive Sleep Movement	<i>BTBD9</i>	Increased



# Gut Health

Inflammatory bowel diseases (Crohn's disease, ulcerative colitis) result from the body's immune system mistakenly attacking the lining of the intestine leading to chronic inflammation and bowel injury.

Celiac disease is a relatively rare but heritable disease affecting only 1% of the population, in which the immune system reacts to gluten intake and attacks the small intestines leading to inflammation and organ damage resulting in malabsorption of nutrients.

While a careful diet can help manage the symptoms of these diseases, certain cannabinoids and terpenes can also help address some of the common symptoms including inflammation, loss of appetite, and associated pain/discomfort.

A great deal of research has linked anandamide, an endogenous cannabinoid very similar to THC, to play a pivotal role in maintaining immunological health in the gut. Because cannabis simulates naturally occurring endocannabinoids like anandamide, researchers are starting to explore whether cannabis can be used to treat the autoimmune disease of the stomach, intestines, pancreas or colon.

# Gut Health

## Your Recommendations For This Category:

**Cannabinoids:** THC, CBD, CBC

**Terpenes:** Alpha-Humulene, Beta-Caryophyllene, Alpha-Pinene

Category Level Severity



Trait	Genes	Risk
Inflammatory Bowel Diseases	<i>CDKAL1, SLC22A4, SLC22A5</i>	Slight
Celiac Disease	<i>HLA-DQA1, HLA-DQB1</i>	Normal

# Substance Abuse

Cannabis dependence as experienced in clinical populations, appears very similar to other substance dependence disorders, although it is likely to be less severe given the lack of deleterious effects associated with long-term chronic cannabis use-- there has never been a single reported death related to cannabis use.

While cannabis is not known to be physically addicting, it can become "habit-forming", which can quickly become expensive and begin to diminish the positive effects of cannabis use.

Additionally, long-term chronic cannabis use has been shown to reliably decrease memory potential but returns quickly with just 3 days of abstinence.

Users with a predisposition to cannabis substance abuse would be prudent to build in tolerance breaks (i.e. 3-10-day periods of no cannabis consumption) to prevent dependence and to keep tolerance at consistently potent and affordable levels.

# Substance Abuse

## Cannabis Dependence

### Your Recommendations For This Category:

**Cannabinoids:** Insufficient data for meaningful recommendation

**Terpenes:** Insufficient data for meaningful recommendation

Category Level Severity



Trait	Genes	Risk
Cannabis Dependence	<i>ABCB1, CNR1, FAAH</i>	Slight



# Substance Abuse

## Other Substance(s) Dependence

### Your Recommendations For This Category:

**Cannabinoids:** THC, CBD, CBC

**Terpenes:** Alpha-Humulene,  
Beta-Caryophyllene, Myrcene

Category Level Severity



Trait	Genes	Risk
Opioid Dependence	<i>OPRM1</i>	Normal
Nicotine Dependence	<i>CHRNA3, CHRN1</i>	Slight
Alcohol Dependence	<i>CHRNA3</i>	Normal

# Skin Health

Psoriasis and atopic dermatitis (eczema) are two itchy, uncomfortable skin conditions believed to be caused, at least in part, by an over-reactive immune system, where it mistakenly attacks the body, leading to chronic inflammation.

Avoiding or limiting environmental triggers is critical for the management of these conditions. Some of the cannabinoids and terpenes may be useful in reducing inflammation, repairing skin, and managing pain.

Cannabis-infused products for skin management are effective for localized treatment. They're fast acting because they can bind to the body's CB2 receptors in the skin for relief. A CBD-infused topical cream, as its name implies, is a topical cream infused with cannabis. Just like topical creams, it is applied directly or topically to the pained joint (or any pained part of the body). As it is topical, it does bypass the digestive system, immediately going to the body part where it is needed.

# Skin Health

## Your Recommendations For This Category:

**Cannabinoids:** CBD, CBC, THCV

**Terpenes:** Beta-Caryophyllene, Limonene, Alpha-Humulene

Category Level Severity



Trait	Genes	Risk
Psoriasis	<i>HLA-C, POU5F1</i>	Slight
Eczema	<i>FCER1A, PLEKHJ1</i>	Increased

# Mood / Personality

Mood and personality symptoms such as anxiety and depression reach "disorder" status when they begin to interfere with daily life (e.g. missing meetings and deadlines due to anxiety or depression).

A great deal of research has shown the efficacy of CBD as an anxiolytic (anti-anxiety) and an anti-depressant. Similar mood-altering affects have been seen from terpenes such as alpha-humulene, limonene and beta-caryophyllene.

Products found in the "Elevate" activity group have been shown to have a mood-elevating effect known for inducing pro-social behaviour, which may be particularly beneficial for those with introversion or social anxiety disorder (SAD).

Often times, culture and art / activity can boost mood levels through Brain Derived Neurotrophic Factor (BDNF). As such, products and terpenes/cannabinoids found within the Energize and Create Activity Groups should be prioritized for individuals at increased risk of mood and personality traits to encourage a more active and creative lifestyle.

# Mood / Personality

## Group I

### Your Recommendations For This Category:

**Cannabinoids:** THC, CBD

**Terpenes:** Limonene, Beta-Caryophyllene, Linalool

Category Level Severity





# Mood / Personality

Trait	Genes	Risk
Anger/Aggression	<i>DBH, FYN, HTR2A</i>	Slight
Neuroticism	<i>PDE4D, PTRD</i>	Slight
Stress Susceptibility	<i>COMT</i>	Normal
Anxiety	<i>LOC105376674, SLC6A4</i>	Slight
PTSD	<i>CNR1, FAAH, FKBP5</i>	Slight

# Mood / Personality

## Group II

### Your Recommendations For This Category:

**Cannabinoids:** CBD, THC, CBC

**Terpenes:** Linalool, Limonene, Beta-Caryophyllene

Category Level Severity



Trait	Genes	Risk
Lower Empathy	<i>OXTR</i>	Normal
Introversion	<i>HTR2A, RGS2</i>	Normal
Depression	<i>COMT, HTR2A, TPH2</i>	Slight

# Neurodegenerative Diseases

Parkinson's Disease (PD) and Alzheimer's Disease (AD) are two of the most common neurodegenerative diseases related to aging.

While genetic risk factors may increase one's likelihood of developing these diseases, in most cases genetic risk only becomes problematic when combined with unhealthy lifestyle/environmental factors. A healthy diet and regular exercising are critical in the prevention or management of these diseases.

PD is characterized by loss of dopamine neurons in a region of the brain known as substantia nigra (part of the basal ganglia network). Without sufficient dopamine, the brain circuits responsible for motor control, along with other non-motor functions (e.g. cognition, mood, sleep), become impaired.

The endocannabinoid system has been found to be altered in PD. Considering the high density of cannabinoid receptors residing in the basal ganglia, research is investigating the efficacy of using cannabis to treat symptoms of PD.

AD begins by attacking the memory center of the brain, the hippocampus, whereby difficulty remembering recent events is the most common early symptom. AD is associated with the presence of beta-amyloid plaques and neurofibrillary tangles in the brain, which chronically activate the inflammatory process, preventing the normal functioning of brain cells and eventually leading to cell death.

Recent studies have demonstrated a reduction in beta-amyloid plaques from exposure to THC, as well as CBD, thereby mitigating the inflammatory response caused by beta-amyloid.

Certain cannabinoids and terpenes show neuroprotective, anti-inflammatory, and antioxidant properties that may be beneficial for neurodegenerative diseases. Moreover, look for strains in the Energize and Create Activity Groups to help you stay active and creative, as Brain Derived Neurotrophic Factor (BDNF) is released during exercise and creativity and has been shown to improve cognition.

# Neurodegenerative Diseases

## Your Recommendations For This Category:

**Cannabinoids:** CBD, THC, CBC

**Terpenes:** Alpha-Humulene, Alpha-Pinene, Myrcene

Category Level Severity



Trait	Genes	Risk
Parkinson's Disease	<i>GBA, LRRK2</i>	Normal
Alzheimer's Disease	<i>APOE</i>	Increased

# Cognitive Health

Genetics may influence how likely you are to experience significant cognitive impairments following cannabis consumption.

Increasing your CBD to THC ratio (i.e. taking more CBD than THC) may decrease the severity of such impairments. Cannabis and certain cognitive impairments like memory loss have a complex relationship, with certain cannabinoids and terpenes assisting with long-term memory impairments and others severely impairing short-term memory.

The Strain Genie algorithm tries its best to balance these variables while also considering similar complexities for cannabis-related impacts on intelligence, age-related cognitive decline, and one's ability to learn from mistakes.



# Cognitive Health

## Cannabis-Induced Impairments

### Your Recommendations For This Category:

**Cannabinoids:** CBD, THC

**Terpenes:** Alpha-Pinene,  
Beta-Pinene

Category Level Severity



Trait	Genes	Risk
Cannabis-Induced Psychosis	<i>AKT1, DRDR2, ZNF804A</i>	Slight
Cannabis-Induced Impulsivity	<i>DBH</i>	Normal
Cannabis-Induced Psychomotor Impairment	<i>AKT1</i>	Normal
Cannabis-Induced Attention and Working Memory Impairment	<i>COMT</i>	Increased

# Cognitive Health

## General Cognition

### Your Recommendations For This Category:

**Cannabinoids:** CBD, CBC, THC

**Terpenes:** Alpha-Pinene, Beta-Pinene, Limonene

Category Level Severity



Trait	Genes	Risk
Lower Memory Performance	DRD2, HTR2A, WWC1	Normal
Attention Deficit	CLOCK, CNR1, DRD2, HTR2A	Slight
Age-Related Cognitive Decline	KL	Normal
Age-Related Cognitive Decline (Female)	ESR1	Slight

# Eye Health

Glaucoma and macular degeneration are the leading causes of vision loss in older adults. Glaucoma occurs when the eye's optic nerve is damaged, usually due to a buildup of pressure inside the eye.

Lowering eye pressure is a critical step in managing this condition. Using cannabis, more specifically, THC, to help reduce intraocular pressure associated with Glaucoma, ranks among one of the most cited reasons for medical marijuana.

On the other hand, a recent study suggests that CBD may not lower eye pressure and may actually increase it. Therefore, for those who suffer from elevated intraocular pressure, it is best to choose products with high THC and low or no CBD.

Age-related macular degeneration (AMD) occurs when the macula (a part of the retina) becomes damaged and central vision is compromised. Most AMD begins with the dry type (atrophic) and progresses to the wet type (neovascular), which is more severe. Vascular Endothelial Growth Factor (VEGF) is a molecule involved in the pathogenesis of neovascular AMD (wet AMD) and is associated with abnormal blood vessel growth underneath the retina.

Anti-VEGF agents have been traditionally used to treat wet AMD through direct injections into the eyes. However, cannabinoids have also been shown to inhibit the progression of VEGF with minimal to no harsh side effects.

Moreover, CBD has been shown to help with retinal neuroinflammation, which is a common in AMD.

# Eye Health

## Your Recommendations For This Category:

**Cannabinoids:** THC, CBD

**Terpenes:** Insufficient data for meaningful recommendation

Category Level Severity



Trait	Genes	Risk
Glaucoma	<i>LOXL1</i>	Increased
Age-Related Macular Degeneration	<i>ARMS2, CFH, SCARB1</i>	Slight

# Endocrine Health

## Diabetes

Diabetes is a condition where the body cannot properly regulate glucose (sugar) levels in the blood. In type 1 diabetes, the pancreas fails to produce enough insulin, a hormone that helps cells take in glucose to be used as energy.

In type 2 diabetes, the body develops resistance to insulin so it cannot use insulin efficiently. More than 90% of people with diabetes have type 2, which is largely caused by unhealthy lifestyle choices (e.g. over-consumption of refined sugars) combined with some genetic predisposition, whereas type 1 may be largely hereditary. Being overweight or obese greatly increases one's risk for diabetes.

Chronic inflammation, neuropathic pain, and gastrointestinal discomforts are common complications of diabetes, which may be alleviated by cannabis. Moreover, research has linked cannabis (more specifically THCv and CBD) with reducing insulin resistance, improving insulin production, and stabilizing blood sugar levels.

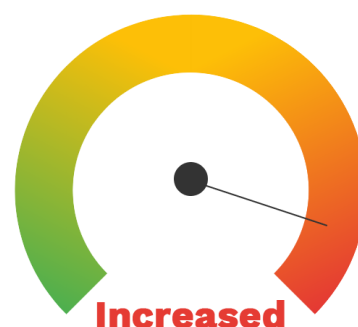
On a cautionary note, users often experience food cravings (often carbohydrates) after consuming cannabis. This is largely driven by the cannabinoid THC. THCv and CBD, on the other hand, are not associated with appetite stimulation. Though cannabis users tend to consume more calories than non-users, two large studies have found cannabis users to be leaner than non-users, surprisingly.

### Your Recommendations For This Category:

**Cannabinoids:** CBD, THCv

**Terpenes:** Terpinolene,  
Ocimene

### Category Level Severity





Trait	Genes	Risk
Type 2 Diabetes	<i>KCNJ11, SLC30A8, TCF7L2</i>	Increased
Type 1 Diabetes	<i>HLA-DQA1, HLA-DQB1-AS1, PTPN22, STAT4</i>	Increased

# Endocrine Health

## Thyroid Diseases

The thyroid gland controls the metabolism of your body. Disruptions in thyroid functioning can be a result of autoimmune thyroid diseases, such as Hashimoto's thyroiditis and Grave's disease. Hashimoto's thyroiditis often leads to an underactive thyroid, or hypothyroidism, whereas Grave's disease can cause an overactive thyroid, or hyperthyroidism.

Inflammation of the thyroid is a hallmark of Hashimoto's, while a portion of people with Grave's disease may also develop Grave's Ophthalmopathy where the immune system attacks tissues and muscles around the eyes leading to chronic inflammation. CBD has been shown to be effective for reducing inflammation. To combat fatigue and sleep troubles associated with thyroid diseases, choose strains in the "Energize" activity group for daytime use and "Sleep" for night time.

### Your Recommendations For This Category:

**Cannabinoids:** THC

**Terpenes:** Myrcene, Linalool, Beta-Caryophyllene

### Category Level Severity



Trait	Genes	Risk
Thyroid Diseases	CTLA4, FOXE1, TG	Slight

# Cardiovascular Health

Coronary heart disease, also known as coronary artery disease, is the most common type of ischemic heart disease and is caused by the buildup of fatty, cholesterol-rich plaque inside the coronary arteries and subsequent inflammation that can further obstruct blood flow to the heart.

Atrial fibrillation is associated with an irregular, often rapid heartbeat that can increase your risk of blood clots, strokes, heart failure, and other heart-related complications. Hypertension, also known as high blood pressure, can increase the risk of heart disease and stroke.

Cannabis use may lead to a temporary mild to moderate dose-dependent increase in blood pressure and heart rate, followed by a modest decrease in blood pressure. However, with regular use, users can develop a tolerance to these initial effects and show a lowered heart rate and blood pressure immediately after consumption.

To be on the cautionary side, those with established heart disease and are under stress should choose cannabis products with higher CBD and lower THC ratio.

# Cardiovascular Health

## Your Recommendations For This Category:

**Cannabinoids:** Insufficient data for meaningful recommendation

**Terpenes:** Insufficient data for meaningful recommendation

Category Level Severity



Trait	Genes	Risk
Coronary Heart Disease	<i>CDKN2B-AS1, CDKN2B-AS1, DMRTA1, LPA</i>	Increased
Atrial Fibrillation	<i>LOC729065, MIR297, PITX2</i>	Normal
Hypertension	<i>ADD1, AGTR1, BCAT1</i>	Slight

# Musculoskeletal Health

## Arthritis

Arthritis is inflammation of your joints. CBD has been shown to alleviate inflammation and pain associated with Arthritis.

### Your Recommendations For This Category:

**Cannabinoids:** THC, CBD, CBC

**Terpenes:** Alpha-Humulene, Beta-Caryophyllene, Alpha-Pinene

### Category Level Severity



### Trait

**Arthritis**

### Genes

*HTR2A, IL1B, PTPN22, STAT4*

### Risk

**Slight**



# Musculoskeletal Health

## Osteoporosis

Osteoporosis is associated with a reduction in bone density and quality, resulting in weak and brittle bones.

If you are 50 or older, ask your doctor about a bone density test. CB1 receptors may offer a protective benefit by regulating bone tissue absorption and creation.

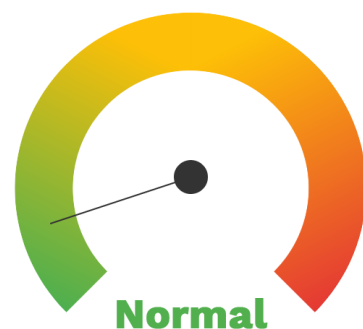
Studies in rodents suggest that CBD may be better than THC in healing bone fractures and promoting stronger bone growths.

### Your Recommendations For This Category:

**Cannabinoids:** CBD, CBG, CBC

**Terpenes:** Insufficient data for meaningful recommendation

### Category Level Severity



Trait	Genes	Risk
Osteoporosis	LRP5	Normal

# Cancer

While cannabis is well-known for alleviating cancer-related symptoms, a large body of evidence suggests that cannabinoids can also decrease tumor growth in animal models of cancer by modulating key cell signalling pathways involved in the control of cancer cell proliferation and survival.

## Your Recommendations For This Category:

**Cannabinoids:** THC, CBD, CBG

**Terpenes:** Limonene, Beta-Caryophyllene, Alpha-Humulene

## Category Level Severity



Trait	Genes	Risk
Lung Cancer	<i>CHRNA3, HYKK</i>	Slight
Breast, Ovarian, and Prostate Cancers	<i>BRCA1</i>	Slight
Gastric/Stomach Cancer	<i>AGER, PLCE1</i>	Slight
Colorectal Cancer	<i>CASC8, CCAT2, GREM1, SCG5, SMAD7</i>	Increased
Basal Cell Carcinoma	<i>PADI6, RHOU</i>	Normal

# Others

## Pain Sensitivity

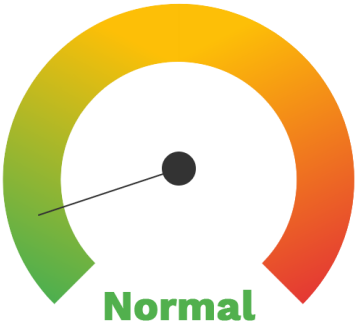
Genetics could play a role in your sensitivity to pain. Increased pain sensitivity or lowered pain threshold may increase the use of opioids for pain management. Cannabis can be an effective substitute for opioid analgesics.

### Your Recommendations For This Category:

**Cannabinoids:** THC, CBD, CBC

**Terpenes:** Alpha-Humulene, Beta-Caryophyllene, Myrcene

Category Level Severity



Trait	Genes	Risk
Higher Pain Sensitivity	COMT, OPRM1, SCN9A	Normal

# Others

## Obesity

Obesity affects nearly 40% of adults, which may increase the risk of many health conditions, including cardiovascular diseases, diabetes, sleep apnea, and certain cancers.

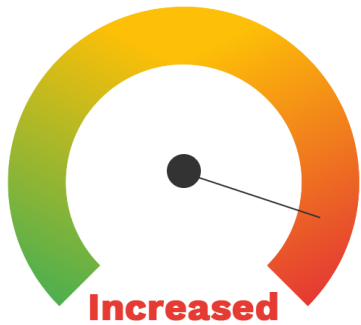
Be sure to curb the munchies with strains high in THCV and keep an active lifestyle with strains in the "Energize" Activity Group.

### Your Recommendations For This Category:

**Cannabinoids:** CBN, THC, CBD

**Terpenes:** Insufficient data for meaningful recommendation

Category Level Severity



Trait	Genes	Risk
Obesity	FTO	Increased

# Others

## Endometriosis

This trait only applies to females, although males can still pass on their alleles to their offspring.

Endometriosis occurs when lining normally found inside the uterus--endometrium--grows outside of the uterus, causing inflammation, pain, and scar tissue formation. Severe menstrual cramping is a common indicator of endometriosis. Over 10% of women of reproductive age are affected.

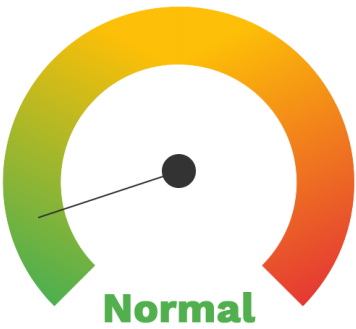
Certain cannabinoids and terpenes are helpful in alleviating some of the symptoms.

### Your Recommendations For This Category:

**Cannabinoids:** THC, CBD, CBN

**Terpenes:** Beta-Caryophyllene, Alpha-Humulene, Alpha-Pinene

Category Level Severity



Trait	Genes	Risk
Endometriosis	ESR1	Normal

# Terpene Recommendations

Based on your genotype and early research on terpenes, we have identified the following terpenes that you should prioritize with your cannabis consumption.

Our algorithm tries its best to provide product recommendations that take these terpenes into account, but sometimes sufficient product data is not available, so we provide you with these terpenes so you can find products from your local dispensary or the WoahStork marketplace that are high in the following:

## Top Primary Terpenes

Beta-Caryophyllene

Alpha-Humulene

## Top Secondary Terpenes

Limonene

Alpha-Pinene

## Recommended THC:CBD Ratio

*Based on your genotype, the ideal THC:CBD ratio that you should aim for is:*

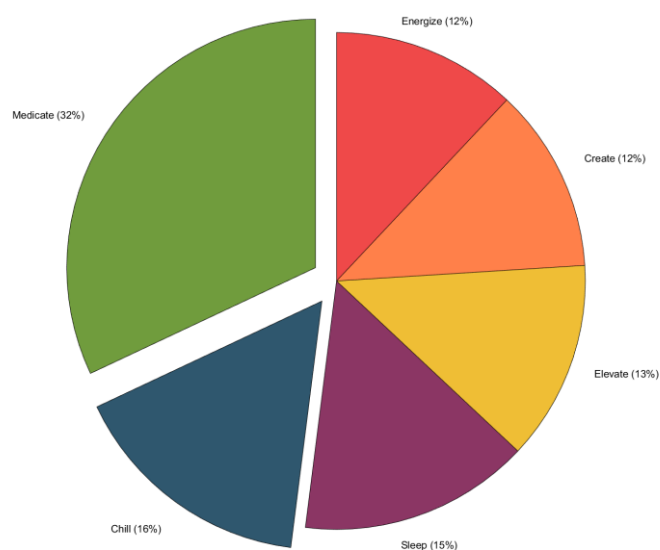
**7 : 17**

Be sure to use the **dosage calculator at the end of this report** to calculate a THC and CBD dosage appropriate for your body weight and experience.

Many times, this ratio will not be commonly crafted in branded products. Our algorithm does its best to find the closest match out of the available products. You can also experiment with combining multiple products to reach the effective ratio



Based on all of the SNP variants found in the alleles we tested for across all the categories, you could benefit most from products found within the **Medicate** activity group, followed by those found in the **Chill** activity group. The pie chart below shows the ratio of activity groups in order of priority.





STRAIN GENIE



# Personalized Recommendations



## Energize Strains

Candy Jack



Energize Your Day

Sativa

Amnesia Haze



Energize Your Day

Sativa

Tangilope



Energize Your Day

Sativa

Acapulco Gold



Energize Your Day

Sativa

Orange Diesel



Energize Your Day

Hybrid

Madcow



Energize Your Day

Sativa

Jack Flash



Energize Your Day

Hybrid

Mickey Kush



Energize Your Day

Sativa

Silver Surfer



Energize Your Day

Hybrid



# Energize Products

**Mini Sativa Fuzzies 3pk**  
Sublime



 Energize Your Day Sativa

**Mini Fuzzies Super Silver Haze**  
Prerolls 3-Pack  
Sublime



 Energize Your Day Sativa

**Sage N Sour Gold Cartridge**  
Jetty Extracts



 Energize Your Day Sativa

**Durban Poison**  
Select



 Energize Your Day Sativa

**Jack the Ripper Elite**  
Select



 Energize Your Day Sativa

**NRG Moon.Rocks**  
Atomik Moon.Rocks



 Energize Your Day

**Super Lemon Haze Vaporizer**  
Cartridge  
Spliffin



 Energize Your Day Sativa

**Fuzzies Super Silver Haze**  
Sublime



 Energize Your Day Sativa

**Ancient Lime Vape Kit**  
Hot Nife



 Energize Your Day Sativa



## Create Strains

Elephant



Create Your Dreams

Sativa

Jack's Dream



Create Your Dreams

Hybrid

Chem Scout



Create Your Dreams

Hybrid

Green Candy



Create Your Dreams

Sativa

Green Haze



Create Your Dreams

Sativa

GTO



Create Your Dreams

Hybrid

Bay Dream



Create Your Dreams

Sativa

Fire Haze



Create Your Dreams

Sativa

Green Queen



Create Your Dreams

Hybrid



## Create Products

**Ghost Train Haze Cartridge**  
stick.e.vape



Create Your Dreams

Sativa

**Lemon Meringue Elite**  
Select



Create Your Dreams

Sativa

**Tangie Premium Co2 Cartridge**  
Rove



Create Your Dreams

Sativa

**Love Potion #420**  
Yummi Karma



Create Your Dreams

**Wind Jack Herer Disposable Vape Pen**  
Sunderstorm Scientific



Create Your Dreams

Sativa

**Tangie Disposable Pen**  
stick.e.vape



Create Your Dreams

Sativa

**Neville's Haze Elite**  
Select



Create Your Dreams

Sativa

**Premium Jack Shatter**  
NUG



Create Your Dreams

Sativa

**Jack Herer**  
Marley Natural



Create Your Dreams

Sativa





## Elevate Strains

B-52



Elevate Your Mood

Indica

Purple Dragon



Elevate Your Mood

Indica

Cotton Candy Kush



Elevate Your Mood

Hybrid

Blue Widow



Elevate Your Mood

Hybrid

Pineapple Express



Elevate Your Mood

Hybrid

Locktite



Elevate Your Mood

Hybrid

Pineapple



Elevate Your Mood

Hybrid

Chem Dawg



Elevate Your Mood

Sativa

Lemon Drop



Elevate Your Mood

Hybrid



## Elevate Products

**Sour OG**  
High Voltage



Elevate Your Mood

Hybrid

**Flubber Vape Kit**  
Hot Nife



Elevate Your Mood

Hybrid

**White Label - Blue Dream**  
Nativ



Elevate Your Mood

Hybrid

**Blu Chardonnay**  
3C Farms



Elevate Your Mood

Hybrid

**Paradise Punch**  
Flow Kana



Elevate Your Mood

Hybrid

**Girl Scout Cookies Vaporizer Cartridge**  
Honey Vape



Elevate Your Mood

Hybrid

**Wifi 43**  
KISKANU



Elevate Your Mood

**Honey Gold THC Oil Syringe**  
CannaKids



Elevate Your Mood

**Strawberry Cheesecake Kushy Vape**  
Kushy Punch



Elevate Your Mood



## Medicate Strains

Space Needle



Medicate with CBD

Sativa

Jamaican Lion



Medicate with CBD

Sativa

Goji Diesel



Medicate with CBD

Hybrid

Mazar I Sharif



Medicate with CBD

Indica

Swiss Gold



Medicate with CBD

Sativa

Sweet and Sour Widow



Medicate with CBD

Indica

Nordle



Medicate with CBD

Indica

Afghani CBD



Medicate with CBD

Indica

Digweed



Medicate with CBD

Indica



## Medicate Products

AC/OG  
3C Farms



 Medicate with CBD

Releaf™ Balm  
Papa & Barkley



 Medicate with CBD

Harle Tsu Elite  
Select



 Medicate with CBD Hybrid

Coast  
Henry's Original



 Medicate with CBD

The Gift (CBD)  
Sonoma Pacific Distribution



 Medicate with CBD

3:1 CBD/THC Cartridge  
Mary's Medicinals



 Medicate with CBD

Twenty to One  
Yummi Karma



 Medicate with CBD

Harle-Tsu Elite  
Select



 Medicate with CBD Hybrid

Ringo's Gift  
Prophet Cannabis



 Medicate with CBD Hybrid



## Chill Strains

Fire Alien Kush



Chill and Relax

Hybrid

Blueberry



Chill and Relax

Indica

Fire OG



Chill and Relax

Hybrid

Blockhead



Chill and Relax

Hybrid

OG Kush



Chill and Relax

Hybrid

Cherry OG



Chill and Relax

Hybrid

Obama Kush



Chill and Relax

Indica

Plushberry



Chill and Relax

Indica

The Flav



Chill and Relax

Hybrid



## Chill Products

**Doc's OG**  
Seasonal Harvest



Chill and Relax

Indica

**OG Sap**  
3C Farms



Chill and Relax

Indica

**Purple Punch Elite**  
Select



Chill and Relax

Indica

**Strawberry Banana**  
Fire Ant Extracts



Chill and Relax

Hybrid

**King Fuzzie Indica**  
Sublime



Chill and Relax

Hybrid

**Zkittlez PAX Era Pod**  
Jetty Extracts



Chill and Relax

Indica

**Vintage Kush Prefilled Cartridge**  
Cali Life



Chill and Relax

Indica

**Sour Bubble DMT Oil**  
Jetty Extracts



Chill and Relax

Indica

**White Label - Blueberry Cookies**  
Nativ



Chill and Relax

Hybrid





# Sleep Strains

Bubba OG



Enjoy Deep Sleep

Indica

Burkle



Enjoy Deep Sleep

Indica

Purple Mr. Nice



Enjoy Deep Sleep

Indica

Master Kush



Enjoy Deep Sleep

Indica

Grape Ape



Enjoy Deep Sleep

Indica

White Rhino



Enjoy Deep Sleep

Indica

God's Gift



Enjoy Deep Sleep

Indica

Blue Rhino



Enjoy Deep Sleep

Hybrid

9 Pound Hammer



Enjoy Deep Sleep

Indica



# Sleep Products

**Hardcore OG Pod**  
Stiiizy



 Enjoy Deep Sleep

Indica

**Grape Kush Elite**  
Select



 Enjoy Deep Sleep

Hybrid

**GDP Pax Era Pod**  
Bloom Farms



 Enjoy Deep Sleep

Indica

**Grape Krush**  
3C Farms



 Enjoy Deep Sleep

Indica

**Do-Si-Dos Gold Cartridge**  
Jetty Extracts



 Enjoy Deep Sleep

Indica

**Granddaddy Purps PAX Era Pod**  
Jetty Extracts



 Enjoy Deep Sleep

Indica

**Tahoe OG**  
Seasonal Harvest



 Enjoy Deep Sleep

Hybrid

**Gold Cartridge - Granddaddy Purps**  
Jetty Extracts



 Enjoy Deep Sleep

Indica

**Northern Lights**  
Fire Ant Extracts

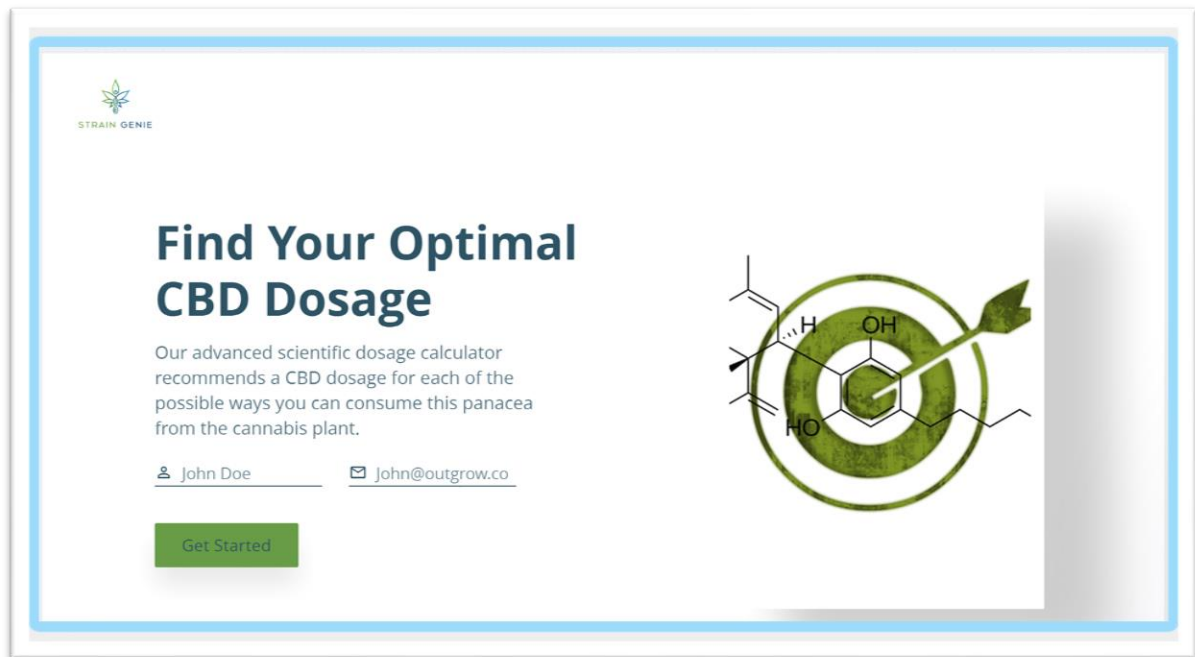


 Enjoy Deep Sleep

Indica

# Dosage Calculator

Our Dosage Calculator helps you find the right cannabis dose for your needs.



The screenshot shows the Strain Genie website's CBD Dosage Calculator. The header includes the Strain Genie logo. The main heading is "Find Your Optimal CBD Dosage". Below it, a paragraph states: "Our advanced scientific dosage calculator recommends a CBD dosage for each of the possible ways you can consume this panacea from the cannabis plant." To the right of the text is a green target graphic with an arrow hitting the bullseye, which is overlaid with the chemical structure of CBD. Below the text, there are input fields for a name (pre-filled with "John Doe") and an email address (pre-filled with "John@outgrow.co"). A green "Get Started" button is positioned below the name field.

## How To Use Strain Genie's Dosage Calculator

Complete our short questionnaire by entering your gender, body weight frequency of use, and preferred consumption medium.

Based on your data our CBD Dosage Calculator will be able to provide you with an accurate CBD dosage recommendation.

**Access the CBD Dosage Calculator here**  
<https://straingenie.com/cbd-dosage-calculator/>

**Access the THC Dosage Calculator here**  
<https://straingenie.com/thc-dosage-calculator/>

# Thank You

Thank you for taking our Customer Satisfaction Survey.  
Customer satisfaction is a core value at Strain Genie.

The information we gather measures our high-level relationships with customers and spotlights areas where we need to focus more attention. Your feedback will help us understand what improvements should be made to our platform and which features should be added.

**Consumer insights survey:**

**<https://straingenie.com/customer-satisfaction-survey/>**

## Join The Community

Stay connected.

Join our private Facebook group and access exclusive discounts from our partner brands, giveaways, and much more.

**Exclusive Facebook Group**

**<https://www.facebook.com/groups/1958151290965337/>**

**Follow us on Instagram**

**<https://www.instagram.com/straingenie/>**

**And Twitter**

**[https://twitter.com/strain\\_genie](https://twitter.com/strain_genie)**