



## DK Dusk THC25



### Dried cannabis flower

For inhalation via medically approved vaporiser

Helius DK Dusk THC25 (DK Dusk) is a dried whole flower product with a high level of THC. From the Indica-dominant hybrid cultivar 'Frosted Lemon Angel', each 1 g contains 25% w/w of THC, and <1% w/w CBD.



### PRODUCT INFORMATION

DK Dusk is a high THC (25% w/w) dried flower product from the cultivar 'Frosted Lemon Angel'.

DK Dusk is available in 10g jars and is intended for inhalation by vaporisation when used with a medically approved vaporiser.

### KEY INFORMATION

**Warning:** All medicinal cannabis products containing THC are psychoactive and may lead to temporary impairment.

While using THC-containing medicines, patients may experience dizziness, drowsiness, or fatigue, which may impair judgment and performance of skilled tasks. Driving, operating machinery, or engaging in hazardous activities while using DK Dusk should be avoided until patients have a better understanding of the effects it may have on them<sup>1</sup>.

**Storage:** Store DK Dusk upright in the included jar at, or below 25°C. Ensure the cap is closed when not in use. Use within 8 weeks of first opening. Do not use after the expiry date printed on the label.

### THC:CBD PRODUCT SPECTRUM

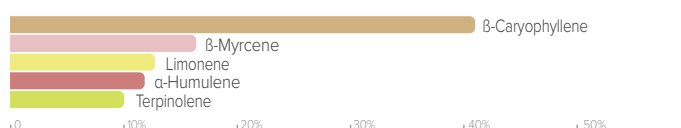


### PRODUCT DETAILS

Full Medicine Name	Classification
Helius® DK Dusk THC25	Controlled Drug, Class C1
Product Size	Cannabinoid source
10 g	Dried cannabis flower
THC Concentration	CBD Concentration
25% w/w	<1% w/w
Onset of Action <sup>1</sup>	Duration of Action <sup>1</sup>
5 - 10 Minutes	2 - 4 Hours
Route of Administration	Method of Administration
Inhalation	Via a compatible and medically approved vaporiser

### DOMINANT TERPENES

Total Percentage of Terpenes in DK Dusk THC25: **1.949%**



### CONTACT INFORMATION

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## PRODUCT APPEARANCE AND MATERIALS

Helius DK Dusk THC 25 is supplied and grown by partners in Denmark in facilities which are certified to the following quality standards: EU GMP, GACP. The product appears as green buds with amber and milky trichomes; enclosed in a white plastic jar made from a high-density polyethylene with a tamper-evident low density polyethylene cap. The terpenes present in DK Dusk combine to give a rich aroma of clove, bright citrus, black pepper and spice.

## DOSING AND TITRATION

The number of inhalations (doses) patients need each day for maximal medical benefit depends on each individual. Doctors should work with patients to determine an optimal dosing schedule and duration of treatment for maximal medical benefit. Commonly, doctors may request that patients start on a low number of doses and work their way up slowly to an effective dose; this is known as a titration.

For safety, patients should always leave at least 15 minutes between each inhalation or dose unless otherwise instructed by their doctor.

Accurate dosing and titration of inhaled medicinal cannabis may be challenging. This can be caused by any variation and changes in vaporiser temperatures or steps in setup, and inconsistencies in a length and depth of breaths taken. To mitigate this and ensure reliable and repeatable dosing, patients should note typical administration conditions and aim to replicate these each time.

A reference dosing guide is attached below based on publicly available literature:

### Dosing and Titration Guidance for medicinal cannabis flower that is 25% THC w/w<sup>1</sup>.

Day	Total Flower Vaporised per Day (g)	Total THC per Day (mg)*
1-3	0.2	50
4-6	0.4	100
7-9	0.8	200
10-12	1.0	250
13-15	1.4	350
16-18	1.8	450
19-21	2.0	500

*\*Inhaled products do not have 100% bioavailability and every vaporizer works differently; therefore, the amount of THC absorbed by the patient is likely to be less than the amount of THC present in the flower consumed.*

## ADMINISTRATION VIA THE INHALED ROUTE

Using a vaporiser to inhale medicinal cannabis is one of the most efficient methods of delivery. Inhalation offers a rapid onset of action of 5-10 minutes, before wearing off after 2-4 hours. This is much faster than the oral and sublingual routes, which have an onset period of 30-90 minutes<sup>1</sup>.

DK Dusk should only be used with a medically approved vaporiser, at temperatures recommended by manufacturers. Vaporisation refers to the heating of cannabis plant material to release aerosolized cannabinoids for inhalation. Vaporisation differs to combustion primarily in the temperatures used to prepare the cannabinoids for inhalation. While combustion occurs at temperatures of ~230°C, vaporisation takes place at temperatures between 180-200°C. This lower temperature produces a significantly lower level of carbon monoxide exposure and confers a benefit for respiratory health in comparison<sup>2</sup>.

## SAFETY INFORMATION

### Warnings:

#### Patients should NOT use Helius DK Dusk THC25 if:

- They have ever had an allergic reaction to any cannabis product or plant terpenes.
- The packaging shows signs of damage or tampering.
- The expiration date has passed.
- Are pregnant or plan to become pregnant, or breastfeeding.

- Patients should check with their doctor prior to using DK Dusk if they:
  - Are pregnant or plan to become pregnant, or breastfeeding.
  - They are less than 18 years old.
  - Have liver or kidney problems.
  - Have a serious heart problem such as angina, a previous heart attack, poorly controlled high blood pressure or a problem with their heart rate or heartbeat.
  - Have a history of drug or substance abuse and/or dependence.
  - Take any medicines for any other condition.

### Side Effects:

Like all medicines, DK Dusk may produce undesirable side effects in some people. The majority of side effects are minor and temporary, however, there are some side effects which may require medical attention. Medicinal cannabis products containing CBD and THC have been associated with the following side effects<sup>3,4,5</sup>.

### Less Serious Side Effects:

Side Effects	What to Do
• Feeling dizzy or lightheaded	Patients should speak to their doctor if any of the experienced effects are of concern.
• Euphoria or feeling 'high'	
• Drowsiness or fatigue	
• Changes in appetite	
• Impaired coordination	
• Nausea	
• Gastrointestinal upset	
• Sedation	
• Cognitive effects	

### Serious Side Effects:

Side Effects	What to Do
• <b>Allergic reaction-related:</b> swelling of the face, shortness of breath or difficulty breathing, skin rash.	Patients should contact their doctor straight away or go straight to the emergency department at the nearest hospital if they notice any of these serious side effects.
• <b>Heart-related:</b> rapid or irregular heartbeat, chest pain, breathing difficulties, signs of low blood pressure.	
• <b>Severe changes to mental status:</b> psychosis, visual or auditory hallucinations, depression, cognitive distortion.	
• <b>Neurological-related:</b> convulsions, numbness, loss of co-ordination or balance.	

This is not a complete list of potential side effects. Other side effects not listed here may occur in some people. Patients should tell their doctor or pharmacist if they notice anything else that may be making them unwell.

### Reporting Adverse Events:

After patients have received medical advice for any side effects experienced, side effects can be reported to the Centre for Adverse Reactions Monitoring (CARM) at <https://pophealth.my.site.com/carmreportnz/s/>. By reporting side effects, users can help provide more information on the safety of this medicine. Patients should always make sure they speak to their doctor or pharmacist before deciding to stop taking Helius DK Dusk THC25.

<sup>1</sup> MacCallum CA, Russo EB. Practical considerations in medical cannabis administration and dosing. Eur J Intern Med. 2018;49: 12-19

<sup>2</sup> Aston ER, Farris SG, Metrik J, Rosen RK. Vaporization of Marijuana Among Recreational Users: A Qualitative Study. J Stud Alcohol Drugs. 2019;80(1):56-62. doi:10.15288/jsad.2019.80.56

<sup>3</sup> Chesney E, Oliver D, Green A, et al. Adverse effects of cannabidiol: a systematic review and meta-analysis of randomized clinical trials. Neuropsychopharmacology. 2020;45(11):1799-1806. doi:10.1038/s41386-020-0667-2

<sup>4</sup> BPAC. An overview of medicinal cannabis for health practitioners. July 2023.

<sup>5</sup> Oberbarnscheidt T, Miller NS. The Impact of Cannabidiol on Psychiatric and Medical Conditions. J Clin Med Res. 2020;12(7):393-403. doi:10.14740/jocmr4159