

Medical Marijuana Recommendations

By Qualified Physicians

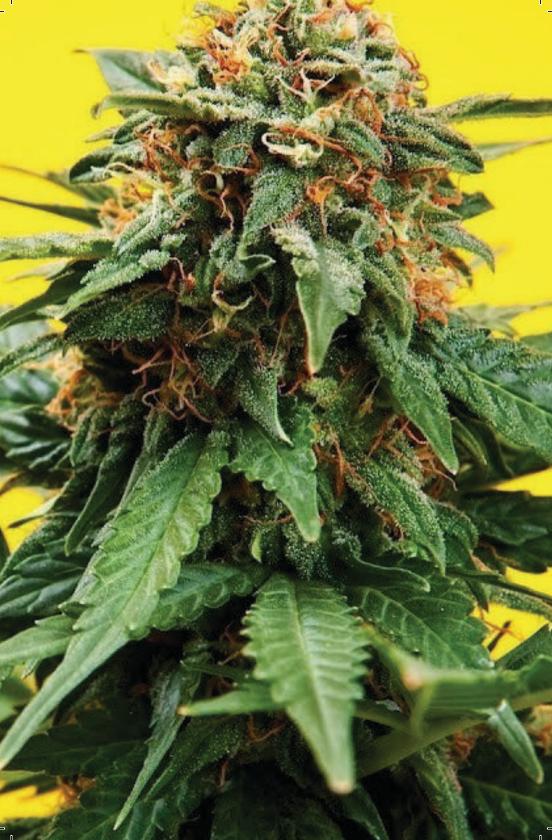
www.TrichomHealthCenter.com

6530 Park Blvd Pinellas Park, FL 33782

844-482-6263

:≡844-482-6239

≥ info@trichomhealthcenter.com



WELCOME!

Trichom Health Center wants to THANK YOU for choosing us as your medical marijuana physicians office.

We have created this booklet to not only educate but also help guide our patients through the medical marijuana program.



www.trichomhealthcenter.com

844-482-6263

This Book Belongs To:

PATIENT NAME

PATIENT ID

PHYSICIAN CERTIFICATION EXPIRATION DATE

210 days from the date seen by the physician per state guidelines.

CARD EXPIRATION DATE

Renewal process takes 10-12 business days & can be done 45 days before card expires.

How to Complete State Application on Registry

Now that you have been seen by a qualified physician & approved we are going to help finish up your registration.

How to Login to the registry:

Vebsite: https://mmuregistry.flhealth.gov/
Jsername: Your Email
Paccword:

Click "Your Card" in the upper left-hand corner

Once in "Your Card" you will complete the follow steps. (IN THIS ORDER)

- 1. Review all the information is correct that the Physician entered.
- 2. You will see a picture of yourself (if there is NO picture you must upload one that has a white background and be sure not to have anything on your head or covering your face).
- 3. Upload proof of residency see Acceptable proof of residency BELOW
- 4. Next you type your name in the signature section and click "submit"
- 5. After clicking "submit" a box will appear under "Payment Record" clicking this will allow you to submit your \$77.75 payment (\$75 plus \$2.75 convenience fee) electronically with a card/bank account **OR** you can mail in a check (but mailing a check can delay the process) **This \$75 is paid YEARLY to the state (follow the instructions listed on the back of your card) and is separate from any Doctor Fees**

You are now done registering

The next step is to wait for the states answer

Generally, within 10-12 BUSINESS DAYS you will receive and email stating you were approved or denied.

- If approved, you can print that email and it will act as your **TEMPORARY** card until your actual card arrives in the mail. (could be a few months before the card comes in the **mail**)
- If denied, the email will explain why. At this point you can fix the issue stated in the email and give the Office of Medical Marijuana Use a call to let them know the issue was fixed. (Calling right away will usually speed the review process up)

Acceptable Proof Of Residency

- Florida Resident: A VALID Florida ID or Driver's License (Address must match registry)
- Seasonal Resident: 2 approved documents per the statute. Let us know if you are seasonal and we will help you get the information
- Minors: Birth Certificate or current record of registration from Florida k-12 school & a valid Florida ID of a parent or legal guardian.

The Office of Medical Marijuana Use Phone Number: 1-800-808-9580 Office of Medical Marijuana website to help with any questions:

http://www.floridahealth.gov/programs-and-services/office-of-medical-marijuana-use/medical-marijuana-use-registry/index.html

USEFUL HOW TOS

Both Scenarios you will follow steps 1 through 4 then follow the steps under the correct scenario you are needing

- 1. Go to the registry at: https://mmuregistry.flhealth.gov/
- 2. Click Log in
- 3. Type your Username: The Email you provided to the doctor
- 4. Type your Password: whatever you made it as If you don't remember your password, click "Forgot Password?" at the bottom of the login box. Type your email in and an email will be sent to you with a temporary password.

How to Release Yourself from Your Current Physician

Once you have logged in with either the password or temporary password you will: • Click on "Your Profile" • Scroll down and click "manage profile details" • At the bottom you will click "leave current physician" • The click Submit.

How to Renew Your Card Card is renewed once a year

Once you have logged in with either the password or temporary password you will: • Click on "Your Card" • Scroll down to just below your demographics • You will click "Begin Renewal Process" Here you will: • Update any info needing to be updated • Upload a new copy of your ID (IF NEEDED) • Sign the bottom • Pay the \$75 dollars (plus \$2.75 convenience fee)

Any questions you can call the MMURegistry @ 800 808 9580

Or

We can try to assist you if you call Trichom Health Center 844-482-6263

Concealed Weapons Firearms & Medical Marijuana This information is based off of the FLORIDA STATUTES (updated in 2018)

Chapter 790, WEAPONS AND FIREARMS is where 790.06 License to Carry Concealed Weapon or Firearm can be found. The whole chapter is about 6 pages long and at **NO** point addresses **MEDICAL** Marijuana. Also, as seen below on question 14 of the Florida's Concealed application there is **NO** talk about the use of **MEDICAL** marijuana **ONLY** commitment for ABUSING substances.

14. During the three years preceding the date of this application, have you been:

- a. Committed for the abuse of controlled substances, or been found guilty or convicted of a crime under the provisions of Chapter 893, Florida Statutes, or similar laws of any other state, or had multiple arrests for such offenses within the past five years with the most recent arrest occurring within the past year?
- b. Committed for the abuse of alcoholic beverages or other substances under the provisions of Chapter 397, or under the provisions of former Chapter 396, Florida Statutes, or convicted under Sec on 790.151, Florida Statutes, or been deemed a habitual offender under the provisions of Sec on 856.011(3), Florida Statutes, or similar laws of any other state?
- c. Convicted two or more times in the previous 3 years, under Sec on 316.193 Florida Statutes, or similar laws of any other state for driving under the influence of alcohol or a controlled substance?

If you answered YES to any of questions 14a, 14b, or 14c, you are not eligible for licensure.

REMEMBER

Having a **CONCEALED** and **PURCHASING** a weapon is **DIFFERENT!**

✓ A concealed is given by THE STATE

✓ A firearm sale is approved by THE FEDERAL GOVERNMENT

When trying to **PURCHASE** a firearm from a dealer, they are required to run a FEDERAL background check. On the federal background check question 11E has changed. If 11E is answered YES, then it is LIKELY that person will be denied and not be able to purchase that weapon at that time.

- 21. Answer the following questions by checking or marking "yes" or "no" in the boxes to the right of the questions.
- e. Are you an unlawful user of, or addicted to, marijuana or any depressant, stime. Are you an unlawful user of, or addicted to, marijuana or any depressant, stimulant, narcotic drug, or any other controlled substance?

Warning: The use or possession of marijuana remains unlawful under Federal law regardless of whether it has been legalized or decriminalized for medicinal or recreational purposes in the state where you reside

After speaking **DIRECTLY** to **The Department of AGRICULTURE**, the understanding was at no point in time will a person be denied their concealed or renewal solely based on the person having a medical marijuana card. It was said even though it is extremely unlikely, if at any point Florida changes the statute to state a person cannot possess both cards then they will be notified and given a grace period to decide which one they would like to keep.



Bottom Line is Medical Marijuana will NOT affect the Concealed Weapons Permit However depending on how YOU feel 11e should be answered, it could hinder the ability to purchase a firearm

References

http://www.leg.state.fl.us/STATUTES/index.cfm?App_mode=Display_Statute&URL=0700-0799/0790/0790ContentsIndex.html

http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&URL=0300-0399/0381/Sections/0381.986.html

https://www.freshfromflorida.com/#Concealed-Weapons

http://www.fdle.state.fl.us/FPP/FPP-Home.aspx

https://venicecare.com/concealed-carry-medical-cannabis-florida/

Florida Department of Agriculture and Consumer Services (850) 245-5691 FDLE Headquarters, Tallahassee (850) 410-7000

Basic Information

THC: Symptom and/or Pain Relief. Gives That 'High' Feeling.

Beginners Dose: 3-5mg of oral THC or 2-3 seconds

Indica - nighttime, insomnia, anxiety

Sativa - daytime, depression, fatigue

***Caution:** Sativa may induce anxiety in patients who are prone to it*

Hybrid - balance of indica and sativa

Indica Dominant strains are preferred for anxiety patients

<u>CBD:</u> Long Term Healing (Minimal THC = No High Feeling)

Anti-inflammatory, Pain, Anxiety, Gl Upset, Migraines, Increased Bone Density, Prostate Health, Cancer, and Peripheral Neuropathy

RSO: Rick Simpson Oil *This Product is very Strong* Start SLOW!!

a full extract cannabis oil meant to be taken orally or applied topically

Seizures, Loss of appetite, Glaucoma, Migraines, Chronic pain, Inflammation, Multiple Sclerosis, and most importantly CANCER.

What We Have Seen Work as a Baseline

- Vape CBD 4 -5 inhales at minimum 3 times a day.
 - * CBD is 8x more effective with vape and takes about 1 to 2 weeks to take full effect. *
- Hybrid or Sativa if daytime symptoms are severe
- Indica at night before bed or as needed for anxiety
- *Oral THC takes 1-2 hours to work and lasts 6-8 hours (Beginner dose: 3-5mg)
- *Inhaled THC takes 10-15 minutes to work and lasts 3-4 hours (Beginner dose: 2-3 seconds of inhalation) *

Cannabinoids

There are currently 100s of known cannabinoids and terpenes found in the cannabis plant. THC and CBD are the two main cannabinoids that are the most abundant and researched. What's the difference?

THC

THC is the cannabinoid that is typically attributed to the plant's psychoactive effects.

CBD

CBD is the cannabinoid in cannabis that produces many effects similar to THC, without the psychoactive effects.

Selecting certain cannabis products will lead to different types of effects. For example, selecting a CBD-dominate cannabis product may support the reduction of inflammation, while a THC -dominate product may control pain, nausea, and vomiting.

High CBD

Euphoric Effects associated with THC are milder in high CBD varieties

Heightened sensation Sleepiness Giddiness Muscle Relaxation Anti-Nausea Pain Relief Anti-Spasm Anti-Inflammatory Daytime Use

High THC

High THC strains are believed to be responsible for most of marijuana's sleep inducing effects.

Anti-Anxiety Anti-Inf<mark>lammatory Pain</mark> Relief Anti-Nausea Anti-Spasm Anti-Tremor Anti-Convulsant Nighttime Use

Balanced

Combining benefits from both strains.

A balanced cannabis strain is characterized as having a THC to CBD ratio that is close to 1:1. A balanced strain produces effects associated with both THC and CBD



INDICA STRAINS

Indica strains have a relaxing, sedative effect, often used to:

- Reduce Stress
- Relieve Pain
- Limit Anxiety

Indica strains are a bushy plant that can grow between 3 and 6 feet tall and are suitable for growing indoors.

Indica strains are sedatives/ relaxants and are effective for treating the symptoms of medical conditions such as anxiety, chronic pain, insomnia, muscle spasms and tremors.

SATIVA STRAINS

Sativa strains have an uplifting effect.

- Improved Mood
- Stimulant Effect
- Alertness and Optimism

Sativa strains grown tall and thin- the plant can grow up to 20 feet in an outside garden.

Sativa strains are more of a stimulant, and are effective in appetite stimulation, relieving depressions, migraine pain, chronic pain, and nausea.

HYBRID STRAINS

Hybrid strains offer a mix of effects, combining the traits they inherited from their parent strains. Hybrids are known for:

- Limit Anxiety Inducing Effect of Sativa Strains.
- Limit Sedating Effects of Indica Strains.
- Chronic Pain Relief.

Of the roughly 779 strains, over half of them are hybrids.

Hybrids that carry effects from both strains. By combining the strains you can reduce some of the unwanted symptoms of either strains while maintaining the benefits of each parent strain.



Terpenes are the organic compounds responsible for creating the unique aroma of each individual cannabis plant. They do more than determine the scent finger print, they also provide therapeutic benefits like their cannabinoid partners, THC and CBD. When terpenes work together with cannabinoids, the therapeutic potentials increase dramatically. Terpenes can also modify how much of each cannabinoid is absorbed. This means the presence of certain terpenes can increase or decrease the amount of the psychoactive cannabinoid THC is absorbed, effectively controlling the potency.

Listed Below is a few terpenes and Potential Medical Benefits



Depression, Pain, Anxiety, Cancer, & Inflammation

a-PINENE

Anxiety, Pain, Cancer, Ulcers, & Asthma

TERPINOLENE

Antioxidant, Cancer, Antifungal, Sedative, Antibacteria

OCIMENE

Antiviral, Antifungal,
Antiseptic, Antibacterial, & Decongestant

LINALOOL

Depression, Pain, Anxiety, Insomnia, & Inflammation

MYRCENE

Antioxidant, Pain, Insomnia, Sedative, & Inflammation

HUMULENE

Anti-Inflammatory

CARYOPHYLLENE

Anxiety, Pain, Ulcers, & Depression

Methods of Use

Method	Oral	Sublingual	Inhalation	Topical
Generalized	30-60	15-60	1-5	5-120 minutes
Onset Time	minutes	minutes	minutes	
Estimated	2-6	2-6	1-4	4-12 Hours
Duration Time	Hours	Hours	Hours	
Some Products That Fall Under This Route	Capsules Oral Spray Drops Mints Tinctures RSO Distillates	Drops Mints Tinctures	Vape Pens Inhalers Concentrates Distillates Flower Cups	Creams Lotions Patches Transdermal Pens RSO

Method	Suppository	Flower	Edibles
Generalized	30-60	1-5	15-60
Onset Time	minutes	minutes	minutes
Estimated	2-6	2-6	1-4
Duration	Hours	Hours	Hours
Some	suppositories	Whole Flower	Gummies
Products		Ground	Chocolate
That Fall		Flower	Cookies
Under This		Pre-Rolls	Brownies
Route		Popcorn buds	etc

Did You Know?

Cannabis is legal and not even classified as a drug in North Korea.

Since 1975, Alaska has allowed cannabis consumption for personal use Cannabis was listed in the US Pharmacopeia from 1851 until 1941.

The 1st thing EVER bought & sold online was a bag of cannabis

Cannabis was America's #1 analgesic for 60yrs, until aspirin was rediscovered around 1900. Cannabis can slow the progression of Alzheimers.

From 1842-1900 cannabis made up nearly half of all medicine sold

One of the only way to overdose on cannabis is to consume 1500 lbs in 15 minutes

Cannabis has been linked to freezing CANCER growth and preventing the cells from spreading.

William Shakespeare was an avid Cannabis User

Quite a few of our countries leaders have consumed cannabis at some point in their life

In 1619
Farmers were
forced to grow
hemp on their
land or pay a
fine.

George Washington, Thomas Jefferson, James Madison, James Monroe Zachary Taylor, Franklin Pierce, Andrew Jackson, Abraham Lincoln, John F. Kennedy, Bill Clinton, George W. Bush, & Barack Obama to name a few

Dispensary:	Dispensary:	
Product Name:	Product Name:	
Route: 🗆 Vape/Inhalation 🗆 Oral	Route: 🗆 Vape/Inhalation 🗆 Oral	
☐ Topical ☐ sublingual ☐ Rectal	☐ Topical ☐ sublingual ☐ Rectal	
□ Smokeable	□ Smokeable	
Product Type: □ CBD □ Indica □Sativa □ Hybrid	Product Type: □ CBD □ Indica □Sativa □ Hybrid	
Approximate Dosage:	Approximate Dosage:	
Duration of Effects:	Duration of Effects:	
Beneficial Effects:	Beneficial Effects:	
☐ Anti-Inflammatory	□ Anti-Inflammatory	
□Anti-Depressant	□Anti-Depressant	
☐ Energy ☐ Focused	☐ Energy ☐ Focused	
☐ Increased Appetite	□ Increased Appetite	
☐ Intestinal Relief ☐ Muscle Relief	☐ Intestinal Relief ☐ Muscle Relief	
□Pain Relief □ Reduced Anxiety	□Pain Relief □ Reduced Anxiety	
□Reduced tremors □ Seizure Reduction	□Reduced tremors □ Seizure Reduction	
□Other	□Other	
Negative Effects: Anxiety Dizziness Dry Mouth/Eyes Headache Nausea Paranoia	Negative Effects: ☐ Anxiety ☐ Dizziness ☐ Dry Mouth/Eyes ☐ Headache ☐ Nausea ☐ Paranoia	
□ Other	□ Other	
Overall Experience:	Overall Experience:	
1 2 3 4 5	1 2 3 4 5	
Notes:	Notes:	

Dispensary:	Dispensary:	
Product Name:	Product Name:	
Route: 🗆 Vape/Inhalation 🗆 Oral	Route: ☐ Vape/Inhalation ☐ Oral	
☐ Topical ☐ sublingual ☐ Rectal	□ Topical □ sublingual □Rectal	
☐ Smokeable	□ Smokeable	
Product Type: □ CBD □ Indica □Sativa □ Hybrid	Product Type: □ CBD □ Indica □Sativa □ Hybrid	
Approximate Dosage:	Approximate Dosage:	
Duration of Effects:	Duration of Effects:	
Beneficial Effects:	Beneficial Effects:	
□ Anti-Inflammatory	☐ Anti-Inflammatory	
□Anti-Depressant	□Anti-Depressant	
☐ Energy ☐ Focused	☐ Energy ☐ Focused	
☐ Increased Appetite	☐ Increased Appetite	
□ Intestinal Relief □ Muscle Relief	☐ Intestinal Relief ☐ Muscle Relief	
□Pain Relief □ Reduced Anxiety	□Pain Relief □ Reduced Anxiety	
□Reduced tremors □ Seizure Reduction	☐Reduced tremors ☐ Seizure Reduction	
□Other	□Other	
Negative Effects:	Negative Effects:	
☐ Anxiety ☐ Dizziness ☐ Dry	☐ Anxiety ☐ Dizziness ☐ Dry	
Mouth/Eyes □Headache □ Nausea □	Mouth/Eyes □Headache □ Nausea □	
Paranoia	Paranoia	
□ Other	□ Other	
Overall Experience:	Overall Experience:	
1 2 3 4 5	1 2 3 4 5	
Notes	Netos	

Dispensary:	Dispensary:
Product Name:	Product Name:
Route: 🗆 Vape/Inhalation 🗆 Oral	Route: 🗆 Vape/Inhalation 🗆 Oral
□ Topical □ sublingual □Rectal	☐ Topical ☐ sublingual ☐ Rectal
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Product Type: □ CBD □ Indica □Sativa □ Hybrid	Product Type: □ CBD □ Indica □Sativa □ Hybrid
Approximate Dosage:	Approximate Dosage:
Duration of Effects:	Duration of Effects:
Beneficial Effects:	Beneficial Effects:
☐ Anti-Inflammatory	□ Anti-Inflammatory
□Anti-Depressant	□Anti-Depressant
☐ Energy ☐ Focused	☐ Energy ☐ Focused
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☐ Intestinal Relief ☐ Muscle Relief	☐ Intestinal Relief ☐ Muscle Relief
□Pain Relief □ Reduced Anxiety	□Pain Relief □ Reduced Anxiety
☐Reduced tremors ☐ Seizure Reduction	☐Reduced tremors ☐ Seizure Reduction
Other	□Other
Negative Effects: Anxiety Dizziness Dry Mouth/Eyes Headache Nausea Paranoia	Negative Effects: □ Anxiety □ Dizziness □ Dry Mouth/Eyes □Headache □ Nausea □ Paranoia
□ Other	□ Other
Overall Experience:	Overall Experience:
1 2 3 4 5	1 2 3 4 5
Notes:	Notes:

Dispensary:	Dispensary:	
Product Name:	Product Name:	
Route: 🗆 Vape/Inhalation 🗆 Oral	Route: ☐ Vape/Inhalation ☐ Oral	
☐ Topical ☐ sublingual ☐ Rectal	□ Topical □ sublingual □Rectal	
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Product Type: □ CBD □ Indica □Sativa □ Hybrid	Product Type: □ CBD □ Indica □Sativa □ Hybrid	
Approximate Dosage:	Approximate Dosage:	
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□ Intestinal Relief □ Muscle Relief	☐ Intestinal Relief ☐ Muscle Relief	
□Pain Relief □ Reduced Anxiety	□Pain Relief □ Reduced Anxiety	
□Reduced tremors □ Seizure Reduction	☐Reduced tremors ☐ Seizure Reduction	
□Other	□Other	
Negative Effects:	Negative Effects:	
☐ Anxiety ☐ Dizziness ☐ Dry	☐ Anxiety ☐ Dizziness ☐ Dry	
Mouth/Eyes □Headache □ Nausea □	Mouth/Eyes □Headache □ Nausea □	
Paranoia	Paranoia	
□ Other	□ Other	
Overall Experience:	Overall Experience:	
1 2 3 4 5	1 2 3 4 5	
Notes	Netos	

Florida's Licensed Medical Marijuana Dispensaries

The remainder of the book is dedicated to the dispensaries to ensure patients have the information needed in order to take full advantage of the medical marijuana Program.

There are 15 Licensed Dispensaries Currently Dispensing to patients

Rise	Trulieve
Curaleaf	Liberty Health Science
MUV	Fluent
Vidacann	Medmen
Columbia Care	Grow Healthy
One Plant	Surterra
The Botanist	Harvest
The Flowery	

We highly recommend visiting them all to take advantage of ALL their 1st time buyer discounts!



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bonitasprings@risecannabis.com

308 N. Federal Highway

Hallandale Beach, FL 33009

561-440-2360

bonitasprings@risecannabis.com

hallandale@risecannabis.com

RISE DEERFIELD BEACH RISE OVIED

2305 W Hillsboro Blvd Deerfield Beach, FL 33442 786-540-4910 deerfield@risecannabis.com

RISE WEST PALM BEACH

430 Clematis St West Palm Beach, FL 33403 561-448-0020 westpalm@risecannabis.com RISE OVIEDO 4301 Alafaya Trail Oviedo, FL. 32765 407-449-2230 oviedo@risecannabis.com

RISE PINELLAS PARK

6999 US Highway 19 N. Pinellas Park, FL 33781 727-275-1933 pinellaspark@risecannabis.com Hit us up on social

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offers an exclusive series of discounts* to patients through their recommending physician. We're happy to have their trust and welcome you to visit any MÜV dispensary to receive the highest quality medicine. Our knowledgeable Medtenders are eager to help you navigate your way through your medical cannabis journey. In addition to these savings, MÜV dispensaries offer ongoing weeklu promotions. Welcome to the MÜV familu!

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Tallahassee

Cape Coral

Jacksonville

Pensacola

Tampa

Daytona

Miami

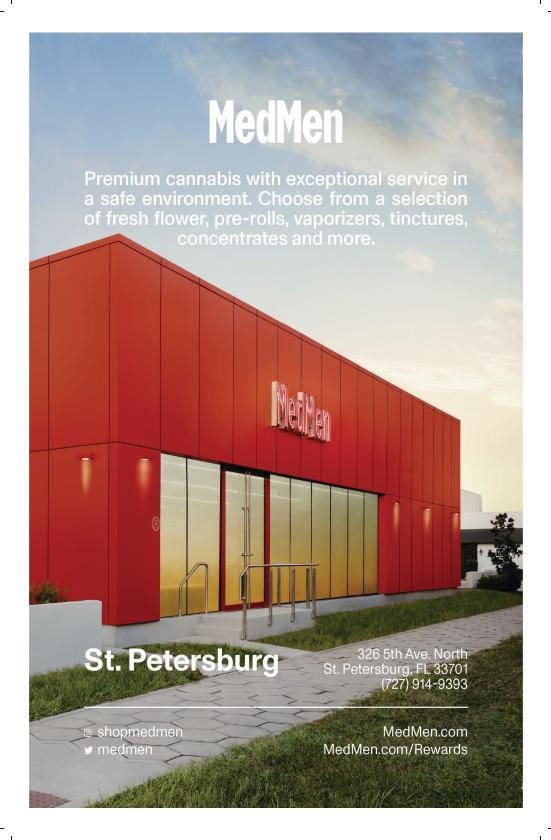
Port Charlotte

West Palm Beach

Some locations coming soon. Visit VidaCann.com to find the nearest VidaCann dispensary.

www.vidacann.com







NEW PATIENTS

Visit col-care.com/all-locations for directions to any of our 10 new Florida locations.





MEDICAL MARIJUANA DISPENSARY

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*Must be a valid Florida Medical Marijuana patient or caregiver to make a purchase. This product has not been evaluated or approved by the FDA.





25% OFF
Eirst-Time Patien

First-Time Patient Welcome Discount

Simply provide your Medical Marijuana Use Registry ID card along with a valid Florida state ID to place an order.

\$75 OFF \$150 On your second purchase to offset the cost of your MMJ card!

20% OFF
Financial Hardship

To qualify, patients must provide evidence of ONE of the following: Supplemental Security Income benefit verification letter OR Supplemental Nutrition Assistance Program (SNAP) statement from the current year OR Social Security Disability Insurance (SSDI) award letter.

30% OFF Veteran's Discount

Veteran and veteran spouse discounts require a Veterans ID and a Medical Marijuana Use Registry ID card.

The discounts above cannot be combined or stacked with any additional discounts

Dispensaries Near You

Brandon | Orlando | North Miami | Gainesville | Ocala | Lake Worth | Daytona | West Palm Beach | Lakeland Stuart | Bonita Springs | Deerfield Beach | Clearwater-Largo | Cape Coral | Tallahassee | Pensacola

















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NEW PATIENTS

25% OFF YOUR ENTIRE ORDER!

CODE: NEWFAN

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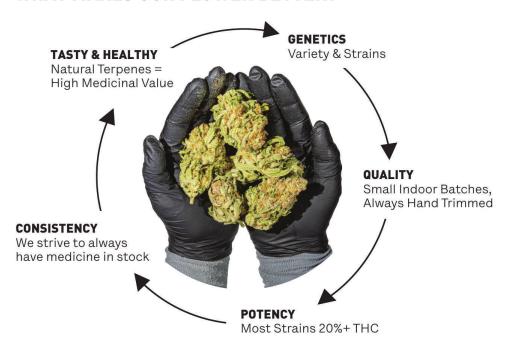
#FLOWERY



MEDICAL MARIJUANA TREATMENT CENTER

We are dedicated to improving the lives of others by delivering the highest-quality cannabis flower available in Florida

WHAT MAKES OUR FLOWER BETTER?

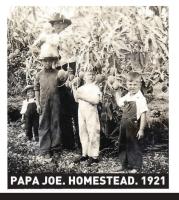


A CENTURY OLD PASSION FOR GROWING

While most of our competitors are large corporate out-of-state operators, we are the first veteran and family owned and operated by Floridians to serve Floridians!









Other Dispensaries

(850) 391-5455 https://www.surterra.com/ SURTERRA WELLNESS



(352) 306-5600 https://www.harvesthoc.com/

HARVEST

Unfortunately the dispensaries on this page chose not to participate in our patient education booklets at this time. Trichom recommends patients try products from all of the dispensaries. This page was added to ensure our patients still had access to ALL the dispensaries information.

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