


PRODUCTS ▾ STORIES CANNABIS 101

**BREEZ** 


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CANNABIS 101

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## Precise Dosing

Getting the right dose is the key to getting the benefits you want from cannabis without feeling too "high," anxious or sleepy. This is especially important when it comes to THC which is responsible for psychoactivity—feeling "high"—as well as effects like pain relief and relaxation. Most people find their perfect dose between 5 and 15 milligrams of THC. To make it easy to find your sweet spot, Breez Mints and Breez Sprays come in three precise doses: Micro-Dose, Standard-Dose and Extra-Strength. If you're new to cannabis, we recommend starting with the Micro-Dose Low THC products which contain 2.5 milligrams of THC each. Take a single dose (one mint or one spray) and wait at least 2 hours to feel the full effects before taking more.



**Recommended Dose**

1 2 3+

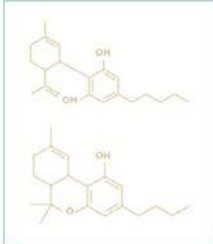
LIGHT AVERAGE HEAVY

FIGURE 01. OUR PRODUCTS COME WITH A SIMPLE DOSING GUIDE TO HELP YOU ON YOUR WAY.

## Cannabinoids: THC, CBD, CBN

The cannabis plant produces over 100 different compounds called "cannabinoids" that each possess different effects and benefits. THC and CBD are the best known and most researched of all the cannabinoids but they are just the start. We are learning more every day about the benefits of other powerful cannabinoids like CBN which you'll find in our Berry Nighttime formula.

CANNABINOID	PSYCHOACTIVITY (FEELING "HIGH")	BENEFITS

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# Cannabinoids: THC, CBD, CBN

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CANNABINOID	PSYCHOACTIVITY (FEELING "HIGH")	BENEFITS
THC	Yes	<ul style="list-style-type: none"><li>• Pain Relief*</li><li>• Mood Boost*</li><li>• Anti-inflammatory*</li><li>• Relaxation*</li></ul>
CBD	No	<ul style="list-style-type: none"><li>• Anti-Anxiety*</li><li>• Anti-inflammatory*</li><li>• Antioxidant*</li><li>• Pain Relief (especially in combination with THC)*</li></ul>
CBN	No	<ul style="list-style-type: none"><li>• Sleep*</li></ul>

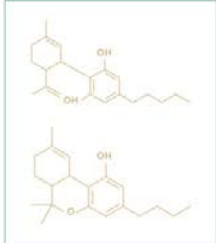


FIGURE 02. EACH OF OUR PRODUCTS IS FORMULATED TO DELIVER A SPECIFIC CANNABINOID DOSE.


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## Full-spectrum cannabis extract

Millions of years of evolution produced the remarkable plant we call cannabis, a species naturally rich in dozens of compounds (like THC and CBD) that benefit human health and wellbeing. While some compounds from cannabis can have effects in isolation, emerging research shows that the maximum benefits of cannabis are unlocked when multiple cannabinoids work with each other in what is called the "entourage effect."


That's why we use full-spectrum cannabis extract. Unlike distillates and isolates that strip away these beneficial secondary cannabinoids, terpenes and other phytochemicals, our full-spectrum extraction preserves the plant's complete natural profile including secondary and trace cannabinoids as well as terpenes.



**FIGURE 03.**  
WE USE FULL-SPECTRUM EXTRACTS THAT PRESERVE THE FULL, NATURAL GOODNESS OF THE CANNABIS PLANT.

## Sublingual delivery

Breez Mints and Breez Tincture Sprays are designed to be consumed sublingually (under the tongue) rather than swallowed and digested like a traditional edible (gummy, chocolate, brownie). That's because sublingual delivery is faster-acting and delivers more consistent and reliable effects than typical edibles. When cannabis is eaten in typical edible form, the effects can be significantly delayed and intensified. This leads to the intense, unpleasant effects many people associate with "edibles." Sublingual delivery, on the other hand, allows much of the Delta-9-THC to be absorbed directly into the bloodstream allowing for a gentler, more consistent experience. For consumers new to cannabis, we recommend starting with a Low-THC Micro-Dose option like Breez Berry Daytime and allowing it to dissolve or absorb under the tongue.



Wait 1-2 hours for full effect — May last up to 8 hours

**FIGURE 04.**  
OUR MINTS AND TINCTURE SPRAYS ARE DESIGNED TO BE TAKEN SUBLINGUALLY FOR A MORE CONSISTENT AND RELIABLE EXPERIENCE.

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## Terpenes

Terpenes are natural aromatic molecules that create the distinctive scents found in many plants, including cannabis. The distinctive smell of citrus, for example, is produced by limonene which is also found in certain cannabis plants. Not only do terpenes produce specific aromas, they also have therapeutic effects. Our products combine specific cannabinoids with natural plant-derived terpenes from peppermint, cinnamon, oranges and more. Peppermint for example contains the terpenes menthol, known for its uplifting and soothing effects which in combination with 5 MG of THC in Breez Original Mints creates a refreshing experience perfect for regular daytime use.




FIGURE 05. NATURAL TERPENES FROM PLANTS MAY CONTRIBUTE TO THE THERAPEUTIC EFFECTS OF CANNABIS.

## Indica & Sativa

Why don't our products say "Indica," "Sativa" or "Hybrid"? It turns out that the common belief that Indica, Sativa and Hybrid cannabis plants deliver specific effects (Indica for sleep and pain, Sativa for stimulation, Hybrid for a combination of both) is a myth. Recent research has shown that both so-called Indica and Sativa plants are actually equally effective and there is no significant difference in their effect on pain, mood, nausea, insomnia, awareness and more. More and more research is demonstrating that specific effects on mood, pain and anxiety are actually connected to particular cannabinoids like THC, CBD and CBN. This is why each Breez by Royal Garden Society product is formulated with a precise and reliable cannabinoid dose rather than being labeled "Indica" or "Sativa."





FIGURE 06. INDICA PLANTS ARE SAID TO HAVE SHORT BROAD LEAVES WHILE SATIVA PLANTS ARE SAID TO HAVE LONG, THIN LEAVES. NEARLY ALL OF THE CANNABIS CULTIVATED TODAY IS ACTUALLY A HYBRID OF THE TWO.

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# Endocannabinoid System

The endocannabinoid system or ECS is a system in the human body like the vascular or nervous system. The ECS helps regulate multiple processes including stress, mood, appetite, pain, memory and even the immune system. It consists of receptors throughout the body – in the gastrointestinal system, brain and nervous system and even the skin. The human body actually produces its own cannabinoids (called *endocannabinoids*) that plug into these receptors. The “runner’s high,” originally thought to be related to endorphins is actually produced by endocannabinoids. Plant-based cannabinoids like THC and CBD (called *phytocannabinoids*) plug into these same receptors and can help balance and regulate the endocannabinoid system.

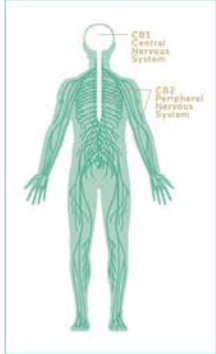



FIGURE 07. TWO INDIVIDUAL RECEPTORS ARE ACTIVATED BY CANNABINOIDS: CB1 RECEPTORS ARE FOUND IN THE CENTRAL NERVOUS SYSTEM - NERVES, SPINAL CORD AND BRAIN – WHILE CB2 RECEPTORS ARE FOUND IN THE PERIPHERAL NERVOUS SYSTEM.

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

STAY  FRESH