

Kind Day 10:10:20:20

Live Rosin Cannabis Pastilles Consumer Medicines Information

Count	Flavour
30	Mango

1. Why am I using this medicine?

Kind Day 10:10:20:20 is a cannabis pastille containing four cannabinoids. Each pastille contains 10mg THC (delta-9-tetrahydrocannabinol), 10mg THCV (tetrahydrocannabivarin), 20mg CBD (cannabidiol) and 20mg CBG (cannabigerol) .

Kind Day 10:10:20:20 is not an approved medicine. It should only be used to treat specific conditions or symptoms authorised by your doctor. Ask your doctor if you have any questions about why this medicine has been prescribed for you.

Medicinal Cannabis is a Controlled Drug. Possession without authority is illegal. Poison Schedule: Schedule 8

2. What should I know before I use this medicine?

Warnings

Do not use this medicine if you:

- are allergic to THC, THCV, CBD, CBG or other minor phytocannabinoids; always check the ingredients to make sure you can use this medicine
- have a family history of schizophrenia
- have a diagnosed history of psychosis and / or active mood disorders
- have a history of serious psychiatric disorders including but not limited to schizophrenia or psychosis (unless specifically prescribed by a qualified healthcare professional with a knowledge of your psychiatric history)
- are pregnant, planning to become pregnant or breastfeeding
- are less than 18 years of age

Check with your doctor if you:

- have cardio-pulmonary disease
- have liver or kidney dysfunction
- have diabetes or are managing your sugar intake; each pastille contains sugar
- have a sensitivity to food colourings (this medicine contains tartrazine E102 and Ponceau 4R E124) or to the preservatives sodium benzoate or potassium sorbate; reactions are more common in people with aspirin sensitivity or asthma

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6. [Are there any side effects?](#)

Pregnancy and breastfeeding

Do not take this medicine if you are pregnant, intend to become pregnant or are breastfeeding.

3. What if I am taking other medicines?

Some medicines may interfere with this medicine and affect how it works. This medicine may also affect how other medicines work.

- Tell your doctor or pharmacist if you are taking any other medicines, vitamins or supplements or if you have any food intolerances.
- You should also tell any health professional who is prescribing a new medication for you that you are taking this medicine.
- If you see a different doctor or go to hospital, let them know all the medicines you are taking.

4. How do I use this medicine?

How to use this medicine

- This medicine is a pastille designed to be taken by mouth. Chew thoroughly before swallowing.
- Each pastille contains a fixed dose of active ingredients, so there is no measuring required. Pastilles may be divided into halves or quarters for a lower dose.
- It may be taken with or without food. Food may affect how the medicine is absorbed.
- Oral ingestion of cannabis pastilles provides an onset time of approximately 30 minutes to 2 hours, with peak effects at 1 to 3 hours and an expected duration of 4 to 8 hours¹.
- This product is designed for oral ingestion only. It should not be vaporised or combusted under any circumstances as this may lead to serious health risks.

How much to use

- Work with your doctor to determine the optimal dosing schedule where the medical benefit is maximised.
- Start with a low dose and slowly increase it until the optimal therapeutic benefit is achieved ("Start low, go slow").
- The effects of swallowed cannabis take longer to appear than inhaled cannabis, and can feel stronger once they arrive. Do not take more because you feel nothing at first.
- If you are a new medicinal cannabis patient, you should wait up to 120 minutes after the initial dose to assess the effects before having another dose.

When to use this medicine

- Kind Day is intended for daytime use. This medicine can be taken on a metered dosage schedule or as needed (PRN) as determined by prescribers.
- Always use this medicine as instructed by your doctor or pharmacist.

If you use too much of this medicine

If you ingest more of this medicine than is suitable for you, you may experience discomfort. Generally, the discomfort will go away after you stop taking this medicine. If the discomfort is severe, or you are concerned, you should seek medical attention.

¹ MacCallum, C., Russo, E. (2018). Practical Considerations in Medical Cannabis Administration and Dosing. European Journal of Internal Medicine [online].

5. What should I know while using this medicine?

Things you should do

- Take this medicine as your doctor has prescribed.
- Tell your doctor if your symptoms do not improve.
- Tell your doctor if you experience any side effects.
- Tell any doctor, dentist or pharmacist you visit that you are using this medicine.

Things you should not do

- Do not consume alcohol while you are taking this medicine.
- Do not perform tasks that require mental alertness and fine motor skills after consuming medication containing THC.
- Do not give your medicine to anyone else, even if they have the same condition as you.

Call your doctor straight away if you

- Are pregnant or become pregnant while taking this medicine.
- Need to have medical tests while you are taking this medicine. It may affect the results of some tests.
- Have a change in your medical circumstances.

Driving or using machines

This medicine contains THC, which is psychoactive and may lead to temporary cognitive impairment. Do not perform tasks that require mental alertness and fine motor skills after consuming this medicine.

In most of Australia it is against the law to drive with any detectable level of THC in your body, even if you are not impaired. If you are stopped for a random drug test and THC is detected, you could face a fine or loss of your licence. Before driving you should check your state's driving laws.

Drinking alcohol

Tell your doctor if you drink alcohol.

You should not drink alcohol while taking this medicine as it may interfere with the medicine's effects and negatively impair your thinking abilities, reaction time, coordination and motor skills.

Looking after your medicine

- Store below 25°C, away from direct sunlight in a cool and dry place.
- Refer to the product label or supplementary information provided by the pharmacy for expiry dates.
- Always keep your medicine in the original packaging with the prescription label attached.
- Keep it out of the reach of children. These pastilles look and taste like confectionery; accidental ingestion by a child is a medical emergency. Always close the child-resistant lid fully and store the jar out of sight and reach.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention. See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

Less serious side effects

- Drowsiness
- Anxiety
- Increased heart rate or palpitations
- Nausea
- Confusion or problems concentrating
- Euphoria or other cognitive effects
- Occasional or brief paranoid thoughts
- Dry mouth
- Blurred vision

If you experience any of the above less serious side effects for a prolonged period (i.e. greater than 24 hours) or if severe, immediately stop taking this medicine and speak with your doctor or pharmacist or seek immediate medical attention.

Serious side effects

- Hallucinations (auditory / visual)
- Paranoia
- Difficulty breathing
- Seizures or convulsions
- Depression or suicidal thoughts
- Fainting, lightheadedness and dizziness associated with low blood-pressure

If you experience any of the above serious side effects, you should immediately stop taking this medicine and speak to your doctor or pharmacist or go to a hospital.

This does not serve as a complete list of potential adverse effects. If you experience any unexpected severe adverse effects not listed, stop using this medicine immediately and speak to your doctor or pharmacist or go to a hospital.

Reporting side effects

After you have received medical advice for the side effects, you can report them to Kind Medical by calling 1800 KIND HI (1800 546 344) or emailing hi@kind.com.au. You can also report to the Therapeutic Goods Administration online at www.tga.gov.au/safety/reporting-problems.

By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product Details

About this medicine

The medicine name is Kind Day 10:10:20:20 (30 Mango Live Rosin Cannabis Pastilles) and it is only available with a doctor's prescription.

What Kind Day 10:10:20:20 contains

Active Ingredients: Each pastille contains 10mg THC (delta-9-tetrahydrocannabinol), 10mg THCV (tetrahydrocannabivarin), 20mg CBD (cannabidiol) and 20mg CBG (cannabigerol). The container holds 30 pastilles.

Inactive Ingredients: Sugar, glucose syrup, water, pectin, citric acid. Less than 2% : Medium Chain Triglycerides (MCT) Oil, natural flavour (mango), buffering agents (phosphates, citrates), botanical terpene blend, food colouring (E102, E124), preservatives (sodium benzoate, potassium sorbate).

Do not take this medicine if you are allergic to any of these ingredients. This product is vegan friendly and gluten free. No allergens declared.

Who sponsors Kind Day 10:10:20:20

Altum Oceania Pty Ltd trading as Kind Medical®
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