

Kiskanu Cannabis Suppository FAQ

INGREDIENTS? virgin cold-pressed coconut oil, cannabis, calendula. **Contains Coconut.**

INSTRUCTIONS? Before using Cannabis Suppositories, chill the suppository in their bolus (white plastic case) in the freezer or fridge for at least 15 minutes. Once chilled, gently pull apart the white plastic inner packaging over a clean surface (in case it tries to get away), remove the suppository, and discard packaging. With clean hands, gently insert the suppository into the rectum or vagina 1" deep.

We recommend lying down for at least 20 minutes after insertion so gravity doesn't encourage the suppository to exit before it has time to be absorbed by your body. (Rest is good!!).

If you are using the suppository vaginally, a tampon can be inserted following the suppository to keep the oil inside once it begins to melt. Safe to use with menstrual cups. **May Stain.**

SUGGESTED USE? Our Cannabis Suppositories localize and target where cannabis is active in your body. This method is used to administer higher doses of cannabinoids with fewer psychoactive feelings. We suggest using Cannabis Suppositories for inflammation, menopausal discomfort, vaginal dryness, menstrual aches, bowel discomfort, pelvic discomfort, bowel discomfort, lower back and hip discomfort, soothing irritated tissue, muscle spasms, etc.

WHO? Everybody! Recommended for all people. May be used vaginally or rectally. This is an especially effective way to absorb higher doses of THC for those who are sensitive to smoking or ingesting it.

EFFECTS? You will likely feel effects within 15-20 minutes, and they may last up to 4 hours. Wait 4 hours before inserting another suppository. Once you are comfortable with your dosage and familiar with the product, use as often as desired.

PSYCHOACTIVE? There are more blood vessels in your pelvic region than most places in your body, making it an ideal place to absorb beneficial cannabinoids into your bloodstream. Using this method, the majority of cannabinoids bypass the liver and are not metabolized into psychoactive THC. **The user will experience little to no psychoactive feelings.** You may feel a difference in your disposition when using suppositories; you'll find yourself calmer, relaxed, and at ease. Your results will be different than when ingesting or inhaling THC. If you are concerned with the large dose of THC, you can cut a suppository in half and insert half at a time. Always start with a small amount and work up to larger doses.

STORAGE? Store in a cool dark place, preferably the freezer or refrigerator. Suppositories may be stored at room temperature, but will require chilling for at least 15 minutes prior to use. Keep out of direct sunlight. May last up to two years (product will smell rancid when expired).

ORGANIC? All ingredients are Certified Organic, except cannabis which is tested to parts per billion. Our final products are all third party laboratory tested to parts per billion for heavy metals, pesticides, mycotoxins, potency and residual solvents (to California cannabis standards).

GLUTEN FREE? YES!

VEGAN? YES!

KISKANUCANNABIS.COM