



SUNGROWN OUTDOORS

FULL SPECTRUM • THC • CBG • CBD

@ABIDE_SUNGROWN



Single Strain

SPRING 2024 LEMON SAPPHIRE FLOWER Balanced THC CBD

Craft grown outdoors at our organically certified farm in the picturesque Trent Hills, the THC dominant balanced Lemon Sapphire is a cross between Lemon Skunk & Mango Sapphire. The smell is earthy and sweet with hints of fresh forest. Terpenes: Caryophyllene, Myrcene & Humulene.

3.5g | 100-160mg/g Total THC | 40-100mg/g Total CBD

MSRP \$19.95



OG HAZE PRE-ROLLS

Craft grown outdoors at our organically certified farm in the picturesque Trent Hills, ABIDE OG Haze Pre-Rolls deliver the perfect old school high with 20% THC. Each pack contains 5x0.4g pre-rolls packaged in an eco-friendly, recyclable cardboard box. Terpenes: Caryophyllene, Terpinolene & Humulene.

5 x .4g | 180-240mg/g Total THC | 10mg/g Total CBD

MSRP \$15.95

SPRING 2024 BLUEBERRY BLISS PRE-ROLLS

Abide's Blueberry Bliss is a high THC hybrid cross of Blue Gelato and MAC1, sungrown organically by ABIDE at our farm in the picturesque Trent Hills. Blueberry Bliss Pre-Rolls deliver a consistent 200mg/g THC smoke with a delicious Blueberry profile. Each pack contains 5x0.4g pre-rolls packaged in an eco-friendly, recyclable cardboard box. Terpenes: Caryophyllene, Myrcene, Terpinolene & Limonene

5 x .4g | 180-240mg/g Total THC | 10mg/g Total CBD

MSRP \$15.95



Deep Roots

ABIDE'S ROOTS ARE DEEP – THEY STRETCH BACK TO 1998 WHEN WE GREW OUR FIRST LEGAL CANNABIS (IN THOSE DAYS HEMP) CROP - OUTDOORS OF COURSE! FOR WELL OVER 25 YEARS, WE HAVE BEEN INVOLVED IN THE CANADIAN HEMP AND CANNABIS INDUSTRIES THROUGH OUR BUSINESSES, ORGANIZATIONS WE HAVE STARTED & SUPPORT AND A VARIETY OF RESEARCH PROGRAMS. YOU COULD SAY CANNABIS IS OUR PASSION.

More recently we got our farm in the beautiful Trent Hills licenced in 2021 and have been perfecting the art of growing regeneratively, sustainably and organically ever since. Our products are all full spectrum, whole plant products which in addition to the principal cannabinoids contain other trace cannabinoids and terpenes which together have a synergistic effect commonly known as the entourage effect.

We produce all of our products by hand in small batches and if there are ingredients other than cannabis you can count on there not being many and that they are all botanical. When you purchase ABIDE products, you can buy with the confidence that you are supporting environmentally friendly local farmers growing cannabis in the most sustainable manner possible - sungrown outdoors - and a producer with decades of knowledge and the highest levels of quality.





Infused Pre-Rolls

SPRING 2024 CBG INFUSED OG HAZE PRE-ROLLS

Each package contains 3x0.5 CBG Kief Infused OG Haze Pre-Rolls. Made from premium organically sungrown flower infused with CBG kief delivering a 50mg/g infused CBG pre-roll experience.

3x0.5g | 176mg/g Total THC | <0.7mg/g Total CBD | 51mg/g Total CBG

MSRP \$17.50



CBG INFUSED PRE-ROLL VARIETY PACK

Abide's CBG Infused Variety Pack includes 3x0.5g Pre-Rolls of varied cannabinoid profiles (high THC, high CBD and 1:1), each infused with CBG kief. Each pack contains 3x0.5g pre-rolls packaged in an eco-friendly, recyclable cardboard box.

Orange | 175mg/g Total THC | <0.7mg/g Total CBD | 50mg/g Total CBG
Yellow | 5mg/g Total THC | 115mg/g Total CBD | 50mg/g Total CBG
Purple | 75mg/g Total THC | 75mg/g Total CBD | 40mg/g Total CBG

MSRP \$14.95



10:4 PREMIUM MILLED FLOWER

10:4 is a THC dominant custom blend of ABIDE's finest OG Haze and WholeHemp Premium CBD Flower. This mix of milled sungrown flower is custom blended to consistently deliver 10% THC & 4% CBD.

14g | 85-115mg/g Total THC | 25-55mg/g Total CBD

MSRP \$49.98

10:4 PRE-ROLLS

Enjoy the same flower in 5 x 0.4g pre-rolls with a consistent cannabinoid profile packaged in an eco-friendly, recyclable cardboard box.

5 x 0.4g | 85-115mg/g Total THC | 25-55mg/g Total CBD

MSRP \$19.75



Blends

6:9 PREMIUM MILLED FLOWER

6:9 is a CBD dominant custom blend of ABIDE's finest OG Haze and WholeHemp Premium CBD Flower. This mix of milled sungrown flower is custom blended to consistently deliver 6% THC & 9% CBD.

14g | 45-75mg/g Total THC | 75-105mg/g Total CBD

MSRP \$49.98

6:9 PRE-ROLLS

The 5 x 0.4g 6:9 pre-rolls with a consistent cannabinoid profile of 6% THC and 9% CBD are packaged in an eco-friendly, recyclable cardboard box.

5 x 0.4g | 45-75mg/g Total THC | 75-105mg/g Total CBD

MSRP \$14.95





Oil & Cream

20:10 FULL SPECTRUM OIL

Abide's 20:10 Full Spectrum THC Oil contains 600mg of THC and 300mg of CBD. It is made by infusing organic sunflower oil with sungrown OG Haze and Premium CBD flower all in a 30ml reusable amber glass bottle.

30ml | 600mg/ml Total THC | 300mg/ml Total CBD

MSRP **\$24.95**



THC SOFTGELS

Abide Full Spectrum THC Gelcaps contain 10mg of full-spectrum THC and 5mg of CBD infused organic sunflower oil per gelcap in a recyclable amber glass jar.

15 Caps | 10mg/cap Total THC | 5mg/cap Total CBD

MSRP **\$19.95**

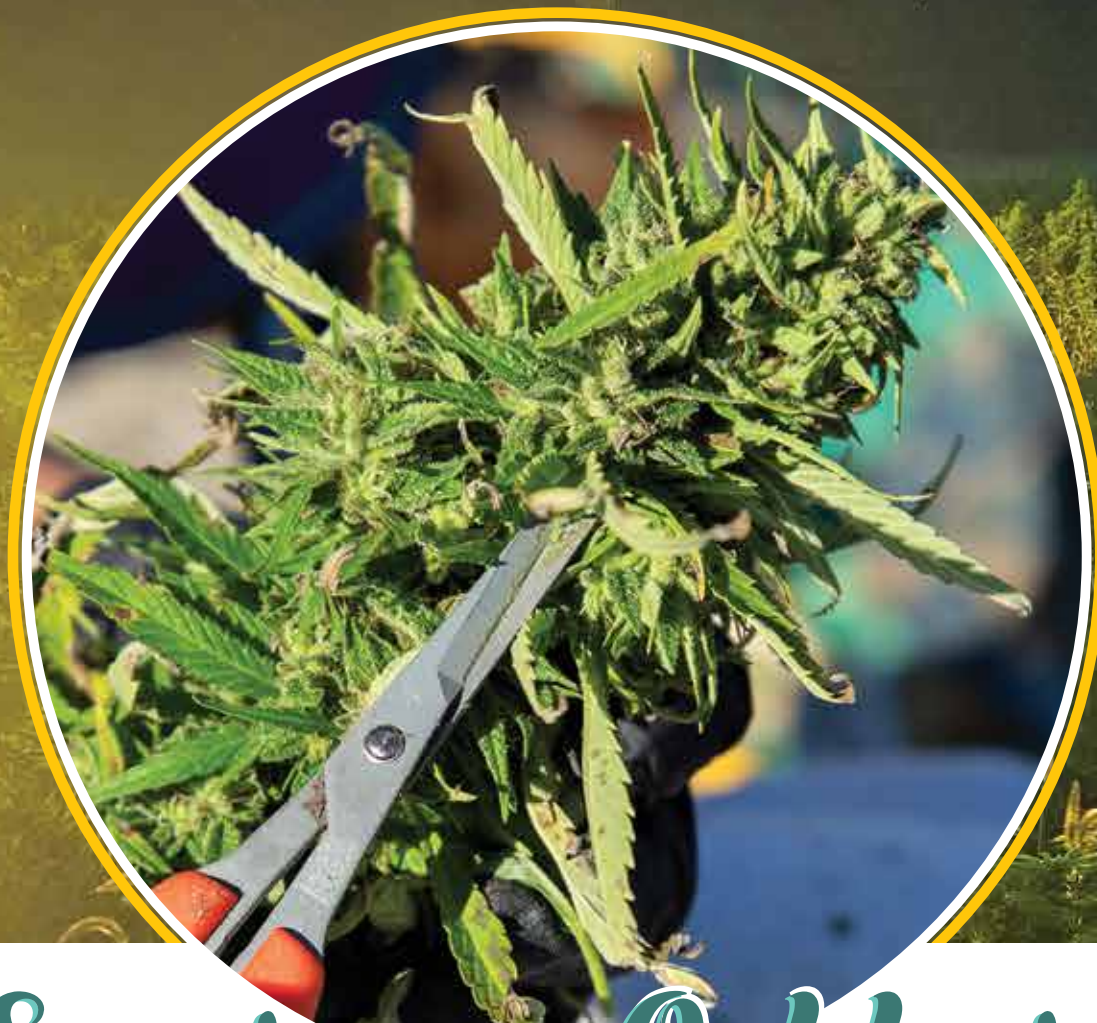


CBD+THC CREAM

Our CBD+THC Cream is made with shea butter and infused organic sunflower oil. It's a perfect 1:1 balance of full spectrum CBD and THC with all botanical ingredients.

45g | 125mg/g Total THC | 125mg/g Total CBD

MSRP **\$29.95**



Sungrown Outdoors

SMALL SCALE, CRAFT STYLE FARMING ALLOWS FOR HANDS-ON ATTENTION AND CARE WHEN GROWING OUR CANNABIS. AT ABIDE WE, AND THE LOCAL FARMERS WE PARTNER WITH, IMPLEMENT SUSTAINABLE METHODS OF CULTIVATION, SUCH AS PERMACULTURE TECHNIQUES OF NITROGEN FIXING COVER CROPS, COMPANION PLANTING AND MINIMAL TILLING. THESE REGENERATIVE METHODS UTILIZE VARIOUS NATURAL TECHNIQUES TO SUSTAIN A THRIVING ECOSYSTEM AND HEALTHY LIVING SOIL.

One of our core beliefs at ABIDE is to be stewards of the environment and promote the benefits of living in co-operation with the land. Outdoor sun-grown cannabis flourishes as an organic crop, requiring neither pesticides nor herbicides. With a regenerative approach to growing cannabis, not only does the cannabis thrive, but so too can the soil and surrounding ecosystems which in turn support healthier plants and healthier humans.

Cannabis plants grown outdoors under natural sunlight also develop a more robust and nuanced terpene profile. Studies have also shown that cannabis grown outdoors generally have an overall higher proportion of intrinsic cannabinoids (particularly CBD, CBC and CBG) and lower levels of oxidized and degraded cannabinoids than those of the same strains grown indoors.

All ABIDE products are packaged in sustainable packaging – glass bottles and jars and recyclable craft paper boxes and zip pouches instead of plastic containers. Our hope for the future is that environmentally friendly options and practices become the norm instead of the alternative.

Abide

