

**WHOLEHEMP**

CANADIAN • SUNGROWN • WHOLE PLANT • HEMP CBD





*Since 1995*

**WHOLEHEMP'S ROOTS ARE DEEP – THEY STRETCH BACK TO 1995 WHEN WE STARTED OUR FIRST HEMP BUSINESS. FOR WELL OVER 25 YEARS, WE HAVE BEEN INVOLVED IN THE CANADIAN HEMP INDUSTRY THROUGH OUR BUSINESSES, ORGANIZATIONS WE HAVE STARTED & SUPPORT AND A VARIETY OF RESEARCH PROGRAMS. HEMP IS OUR PASSION!**

We work closely with local farmers (many of whom are women) to source the highest quality high CBD flower. WholeHemp products are full spectrum, whole plant CBD products which contain not only CBD but other trace cannabinoids and terpenes which together have a synergistic effect commonly known as the entourage effect.

Our sister brand ABIDE offers high quality THC flower sungrown outdoors in an organically certified farm in the beautiful Trent Hills. Farmers employ cover crops and a wide range of regenerative practices to the benefit of our cannabis, the soil and local ecosystems.

We produce all of our products by hand in small batches. When you purchase WholeHemp products, you can buy with the confidence that you are supporting environmentally friendly local farmers and a producer with decades of knowledge and the highest levels of quality.



**WHOLEHEMP**  
*Premium Flower*



#### PREMIUM CBD FLOWER

Premium hand groomed high CBD flower, artisanal sungrown in Ontario.

3.5g | 120-180mg/g Total CBD | 0-10mg/g Total THC  
14g | 120-180mg/g Total CBD | 0-10mg/g Total THC

#### PREMIUM MILLED CBD FLOWER

Ready to roll premium milled CBD flower, artisanal sungrown in Ontario.

14g | 110-170mg/g Total CBD | 0-10mg/g Total THC

#### PREMIUM CBD PRE-ROLLS

Ten 0.7g pre-rolls of our high-quality full spectrum sun grown high CBD milled flower.

10 x .7g | 110-170mg/g Total CBD | 0-10mg/g Total THC







# WHOLEHEMP

## Single Strain Flower

### CHERRY BLOSSOM CBD FLOWER

Craft grown outdoors in Southern Ontario, Cherry Blossom is a high CBD cross of Cherry Wine and Berry Blossom, full of big, bold berry flavours with delicate floral side notes.

3.5g | 120-180mg/g Total CBD | 0-10mg/g Total THC

COMING SOON

### CHERRY BLOSSOM PRE-ROLLS

The Cherry Blossom Pre-Rolls deliver the same high CBD cross of Cherry Wine and Berry Blossom in 5 x 0.4g tight rolls. Wrapped in hemp unbleached cones and packaged in a recyclable cardboard box.

5 x 0.4g | 120-180mg/g Total CBD | 0-10mg/g Total THC



### UMPQUA CBD FLOWER

Craft grown outdoors in Southern Ontario, the high CBD Umpqua hemp strain is known for its complex flower structure. Caryophyllene, Myrcene and Guaiol give an intense peppery aroma with a piney finish.

3.5g | 120-180mg/g Total CBD | 0-10mg/g Total THC

### FULL SPECTRUM CBD OIL

WholeHemp's Full Spectrum CBD Oil is made by infusing the finest sungrown hemp flower in organic sunflower oil. Packaged in a 30ml amber glass bottle, WholeHemp CBD Oil contains 25mg/ml of Total CBD.

30ml Bottle | 750mg Total CBD | < 30mg Total THC

### CBD CREAM

Our all natural, artisanal full spectrum CBD Cream. Made by whipping the CBD infused organic sunflower oil with Shea Butter.

45g Jar | 250mg Total CBD | < 31.5mg Total THC



### COMING SOON CBD CAPSULES

15 vegan capsules containing decarboxylated finely ground sungrown hemp flower.

15 Caps - 25mg total CBD | 0-1mg total THC (per cap)

### CBD CAPSULES

15 vegan capsules made from non-decarboxylated high CBD sungrown hemp flower.

15 Caps - 25mg total CBD | 18mg CBDA | 10mg CBD (per cap)



# WHOLEHEMP

## Topicals & Extracts





# WHOLEHEMP

## CBG

SUMMER 2024

### PREMIUM CBG FLOWER

Made from premium sungrown high CBG hemp flower craft grown outdoors. Our premium CBG flower delivers a unique and uplifting high CBG (low THC and low CBD) experience.

3.5g | 100-160mg/g Total CBG | 0-10mg/g Total THC



COMING SOON

### CBG INFUSED CHERRY BLOSSOM PRE-ROLLS

Craft grown outdoors in Southern Ontario, our CBG Kief Infused Cherry Blossom Pre-Rolls contain 5 x 0.4g high CBD flower (a cross of Cherry Wine and Berry Blossom) infused with 5mg/g CBG Kief. They are full of big, bold berry flavours with delicate, floral side notes.

5x.4g | 90-140mg/g Total CBD | 0-10mg/g Total THC | 40-65mg/g Total CBG



## Sungrown in Ontario

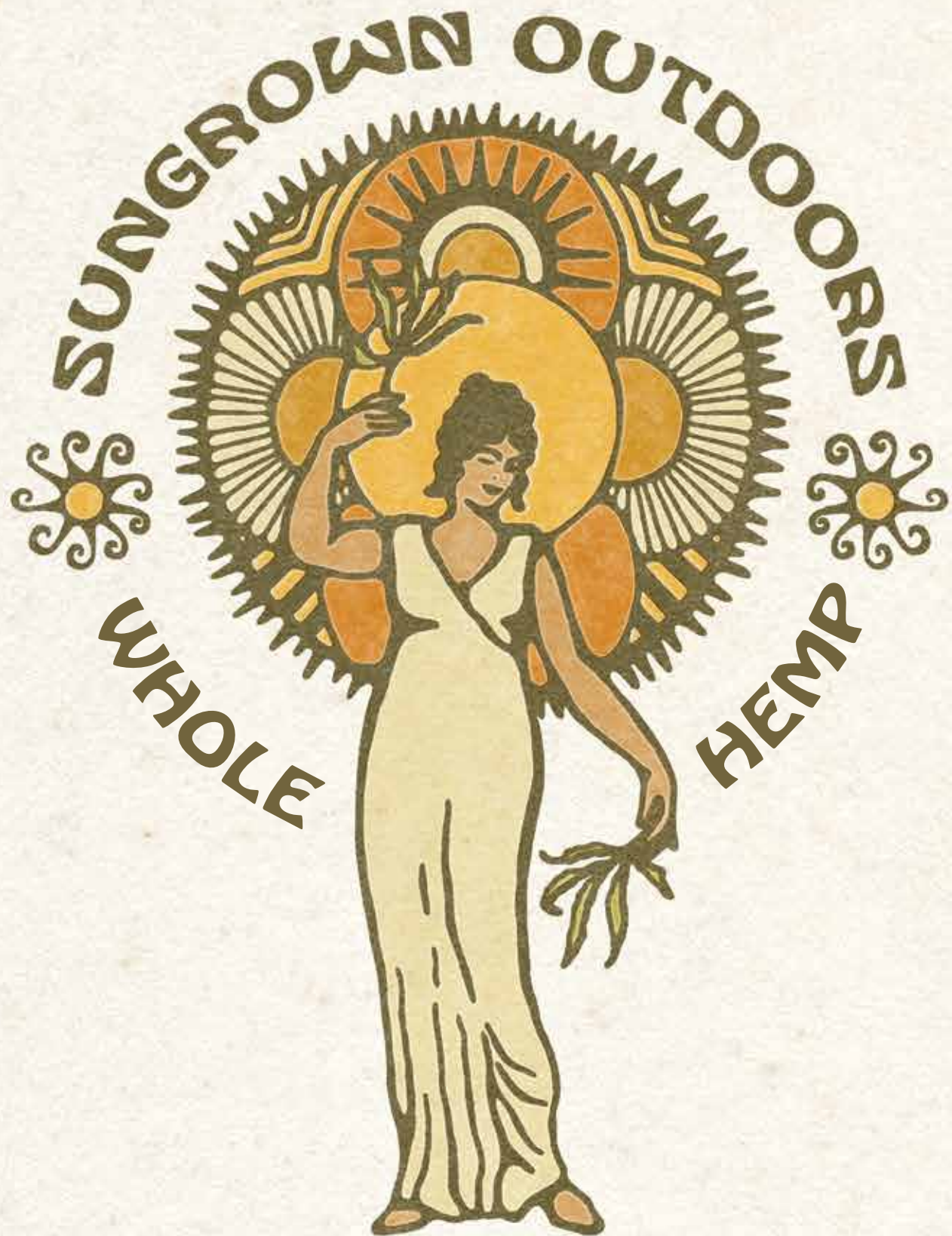
SMALL SCALE, CRAFT STYLE FARMING ALLOWS FOR HANDS-ON ATTENTION AND CARE WHEN GROWING OUR CANNABIS. WHOLEHEMP FARMERS IMPLEMENT SUSTAINABLE METHODS OF CULTIVATION. THESE REGENERATIVE METHODS UTILIZE VARIOUS NATURAL TECHNIQUES TO BUILD AND SUSTAIN A THRIVING LOCAL ECOSYSTEM, SUCH AS INTERCROPPING WITH PLANTS THAT COMPLIMENT CANNABIS TO CREATE MICROCLIMATES THAT FIX NITROGEN INTO THE SOIL, SURPRESS WEEDS AND REDUCE THE NEED FOR FERTILIZATION AND IRRIGATION.

One of our core beliefs at WholeHemp is to be stewards of the environment and promote the benefits of living in co-operation with the land. Outdoor sun-grown cannabis also 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.

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 WholeHemp products are packaged in sustainable packaging – glass jars 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.





[WHOLEHEMP.COM](http://WHOLEHEMP.COM) @WHOLEHEMPCBD