



**WHOLEHEMP**

CANADIAN • SUNGROWN • WHOLE PLANT • HEMP CBD



**WHOLEHEMP**

*Premium Flower*



*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 high THC flower which we blend with our WholeHemp CBD flower in our ABIDE+WholeHemp line is sungrown outdoors by us at our organically certified farm in the beautiful Trent Hills. We 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.



**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

MSRP **\$14.95**

**PREMIUM MILLED CBD FLOWER**

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

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

MSRP **\$49.95**

**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

MSRP **\$29.95**





**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 flavors with a delicate, floral side notes.

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

MSRP **\$19.95**



**WHOLEHEMP**

*Topicals & Extracts*

**CBD CAPSULES**

60 vegan capsules containing decarboxylated finely ground sungrown hemp flower.

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

MSRP **\$27.95**



**CBDa CAPSULES**

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

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

MSRP **\$14.95**

**FULL SPECTRUM CBD OIL**

AVAILABLE NOVEMBER 2023

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

MSRP **\$14.95**



**CBD CREAM**

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

45g Jar | 205mg Total CBD | < 31.5mg Total THC

MSRP **\$23.95**

**UMPQUA CBD FLOWER**

AVAILABLE NOVEMBER 2023

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

MSRP **\$19.95**



### 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 premium sungrown flower is custom blended to consistently deliver 6% THC & 9% CBD.

MSRP \$49.95

### 6:9 PRE-ROLLS

AVAILABLE OCTOBER 2023

Abide 6:9 Pre-Rolls are a blend of ABIDE's OG Haze and WholeHemp's Cherry Blossom CBD Flower. Each package contains 5 x 0.4g pre-rolls, delivering a consistent CBD dominant ratio of 6% THC & 9% CBD.

MSRP \$14.95



### CBD+THC CREAM

The newest offering in the ABIDE+WholeHemp lineup is our luxurious CBD+THC cream. Made with all botanical ingredients including shea butter and organic sunflower oil, it is a perfect 1:1 balance of full spectrum CBD and THC.

MSRP \$29.95



### 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 higher potency premium sungrown milled flower consistently delivers 10% THC & 4% CBD.

MSRP \$49.95

### 10:4 PRE-ROLLS

Each package contains 5 x 0.7g pre-rolls with a consistent cannabinoid profile of 10% THC and 4% CBD. 10:4 Pre-Rolls are made from premium sungrown flower, delivering a consistent 2.5:1 THC:CBD ratio.

MSRP \$19.95



## Sungrown in Ontario

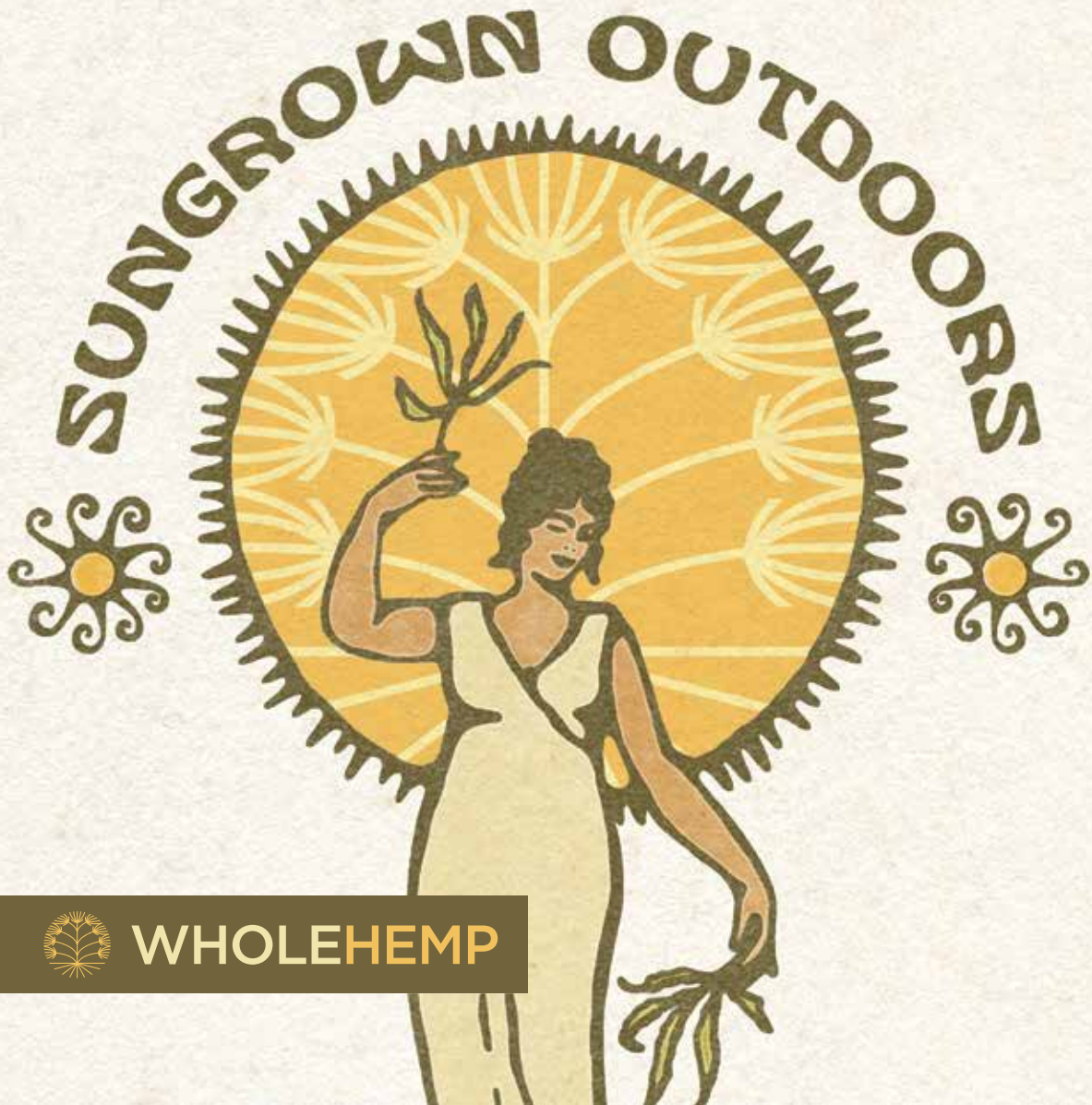
**SMALL SCALE, CRAFT STYLE FARMING ALLOWS FOR HANDS-ON ATTENTION AND CARE WHEN GROWING OUR CANNABIS. AT WHOLEHEMP OUR FARMERS IMPLEMENT SUSTAINABLE METHODS OF CULTIVATION, SUCH AS PERMACULTURE TECHNIQUES OF COMPANION PLANTING. THESE REGENERATIVE METHODS UTILIZE VARIOUS NATURAL TECHNIQUES TO SUSTAIN A THRIVING ECOSYSTEM, SUCH AS INTERCROPPING WITH PLANTS THAT COMPLIMENT CANNABIS CREATES MICROCLIMATES THAT FIX NITROGEN INTO THE SOIL AND REDUCES 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.

NO ROLLING TRAY? NO PROBLEM! SCAN THE QR CODE  
WITH YOUR PHONE TO TURN THIS SHEET INTO A TRAY.



**WHOLEHEMP**