

WHOLEHEMP



• PROUDLY CANADIAN & INDEPENDENT •
CRAFT CANNABIS GROWERS SINCE 1998



Deep Roots

ABIDE AND WHOLEHEMP'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. CANNABIS IS OUR PASSION.

We source our hemp from a select group of farmers who have perfected the art of growing premium quality high CBD and CBG flower. We grow our own balanced and high THC flower organically and regeneratively at our farm in the beautiful Trent Hills. 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 and WholeHemp 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.



WHOLEHEMP

Premium CBD Flower



PREMIUM CBD FLOWER

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

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

7g | 120-180mg/g Total CBD
0-10mg/g Total THC

SPRING
2026

PREMIUM CBD FLOWER

Made from premium sungrown high CBD hemp flower, craft grown outdoors. Our best-selling flower is now available in 28g, delivering the same experience with no intoxication.

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

SUMMER 2026 28g | 120-180mg/g Total CBD
0-10mg/g Total THC





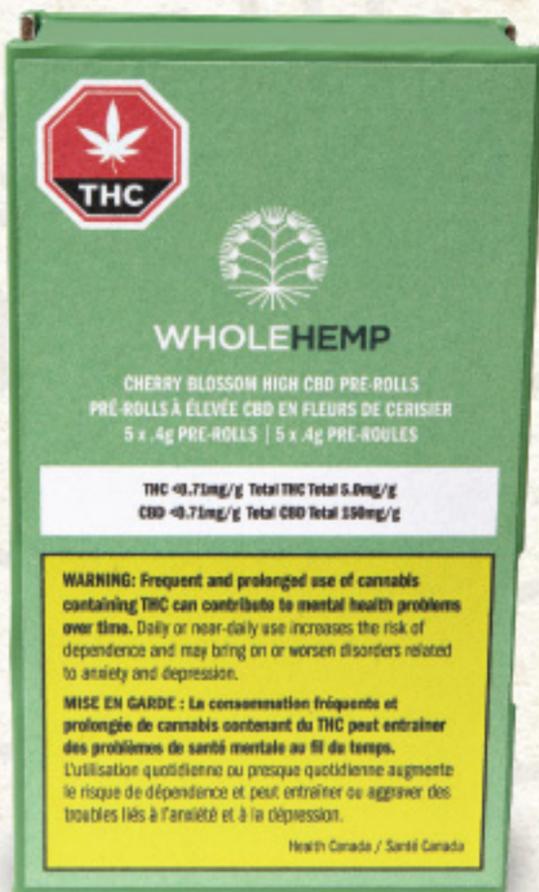
WHOLEHEMP

Single Strain CBD 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



CHERRY BLOSSOM PRE-ROLLS

The Cherry Blossom Pre-Rolls deliver the same high CBD cross of Cherry Wine and Berry Blossom in 5 x 0.35g* tight rolls. Wrapped in unbleached hemp cones and packaged in a recyclable cardboard box.

5 x 0.35g | 120-180mg/g Total CBD
0-10mg/g Total THC

*March 2026: Size format transition to 5 x .35g





WHOLEHEMP

CBG



PREMIUM CBG FLOWER

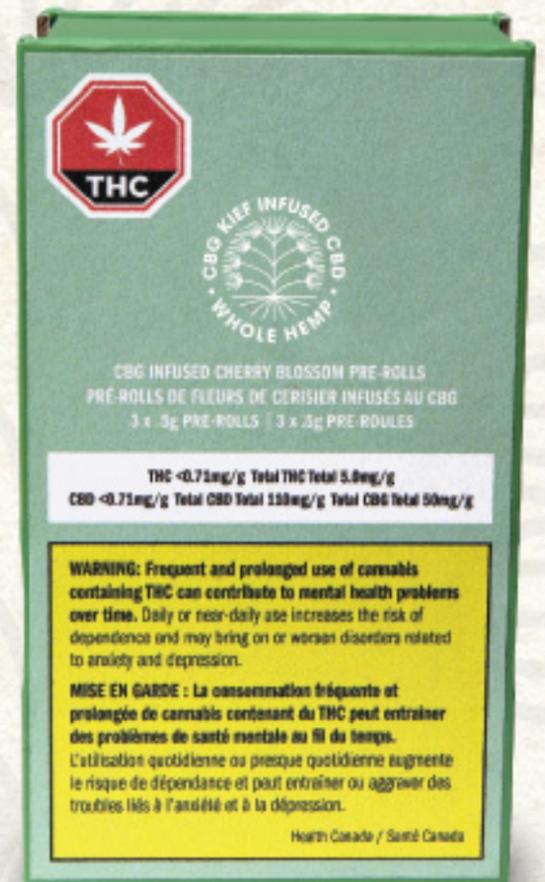
Made from premium sungrown high CBG hemp flower. Our premium CBG flower delivers a unique and uplifting high CBG (low THC and low CBD) experience.

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

CBG INFUSED CHERRY BLOSSOM PRE-ROLLS

These Cherry Blossom pre-rolls (3 x .5g) are infused with hemp derived CBG kief, wrapped in unbleached hemp cones and packaged in a recyclable cardboard box.

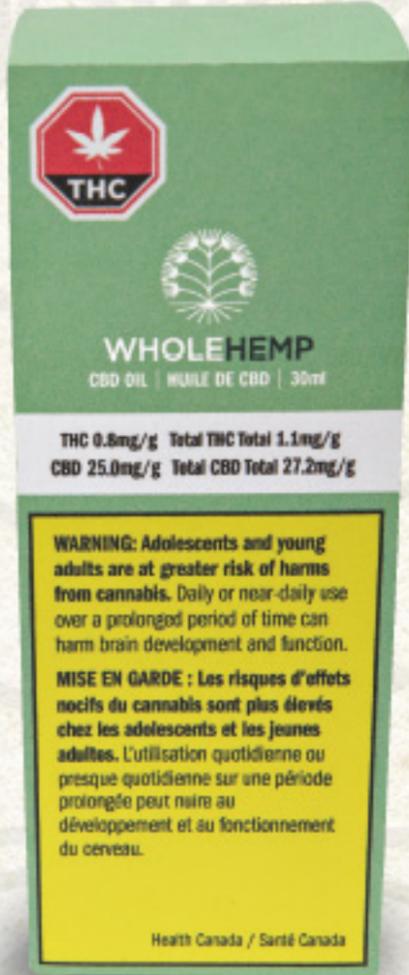
3 x .5g | 90-140mg/g Total CBD | 0-10mg/g Total THC
40-65mg/g Total CBG





WHOLEHEMP

Topicals & Extracts



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





WHOLEHEMP

Capsules

CBD CAPSULES

15 vegan capsules containing decarboxylated finely ground sungrown hemp flower.

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



CBDA CAPSULES

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

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

