

# “ What is Cannabinol (CBN), & what does it do? ”



tilraymedical



**tilraymedical** Have you ever heard of Cannabinol (CBN)? A minor cannabinoid derived from THC, it's recently been gaining a lot of attention for its use as a sleep aid. A recent sleep research study by Medcrave found that CBN significantly improved the sleep of individuals experiencing sleeplessness.

While CBN is currently being prescribed as a sleep aid to help fight sleeplessness, more studies are currently being done to examine its anti-inflammatory properties and potential usage for anxiety relief.

Source: <https://pubmed.ncbi.nlm.nih.gov/34115851/>  
39w



**lalalelyte** What is it? It's a chance to sleep. It's a gift.  
33w 1 like Reply



**\_fernandomen\_** It is something that i use to relief symptoms of depression due to Tilray stock price.  
39w Reply



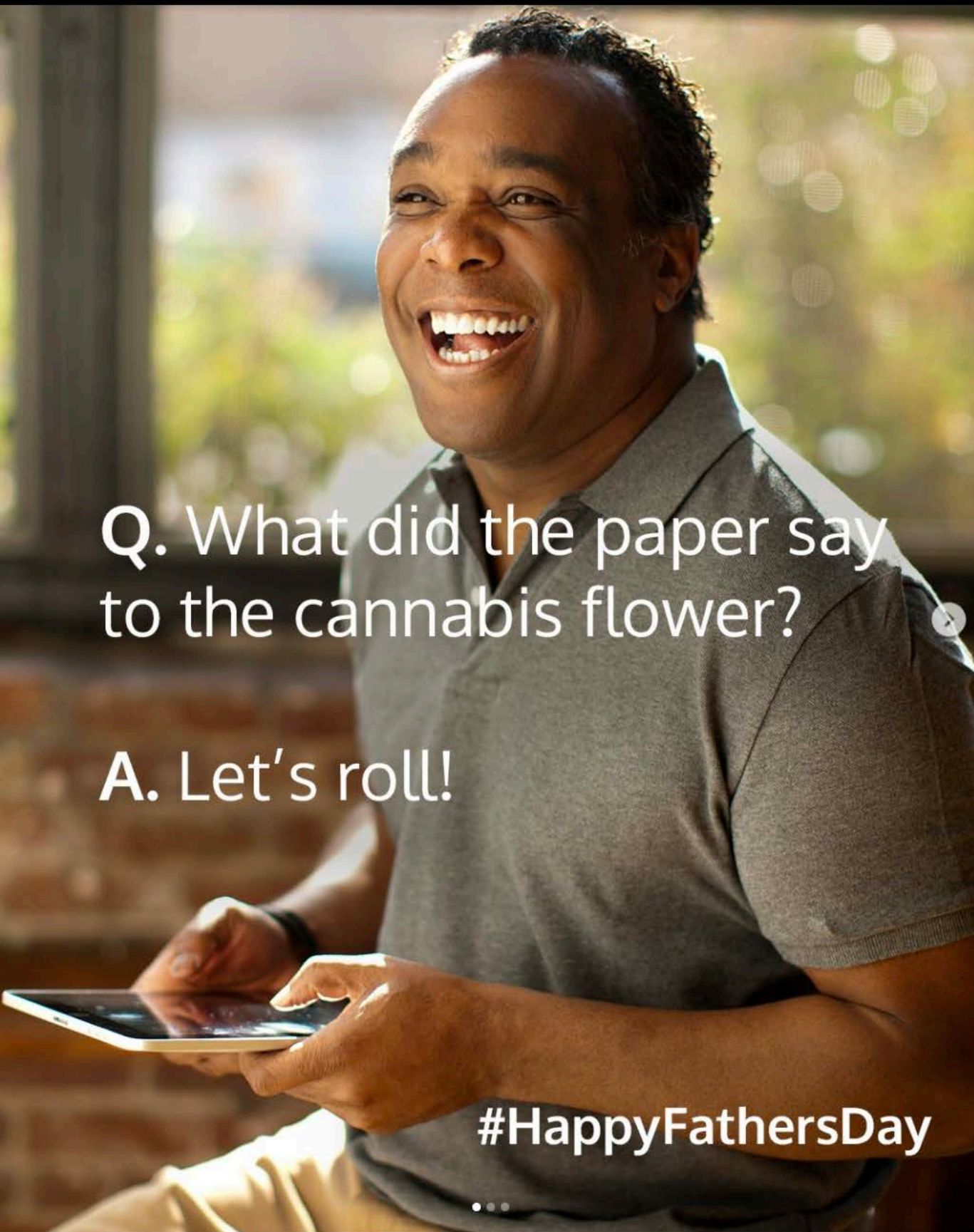
Liked by **tilray** and **18 others**

JUNE 7, 2022



Add a comment...

Post



tilraymedical



**tilraymedical** For decades, we've smiled awkwardly while dads everywhere regale us with terrible jokes. This year, we're turning the tables. Who knows? Maybe these will break the ice when it comes to chatting about medical cannabis. Your dad taught you your ABC's, now teach him his CBDs, and THC's

37w



Liked by **tilray** and 25 others

JUNE 19, 2022



Add a comment...

Post



Q. Why don't cannabis patients argue?

A. They always take the high road!

**#HappyFathersDay**



tilraymedical



**tilraymedical** For decades, we've smiled awkwardly while dads everywhere regale us with terrible jokes. This year, we're turning the tables. Who knows? Maybe these will break the ice when it comes to chatting about medical cannabis. Your dad taught you your ABC's, now teach him his CBDs, and THC's

37w



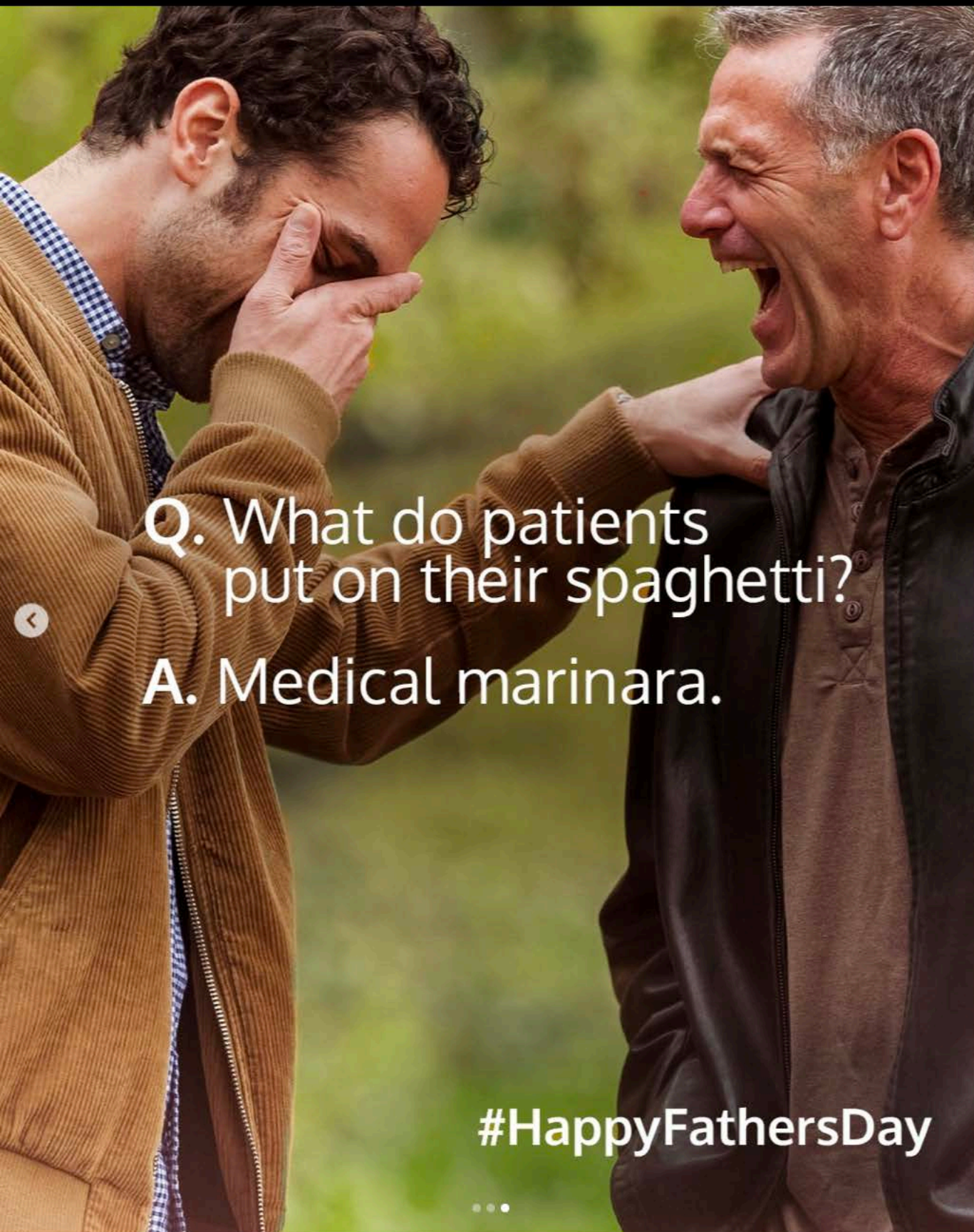
Liked by **tilray** and **25 others**

JUNE 19, 2022



Add a comment...

Post



Q. What do patients put on their spaghetti?  
A. Medical marinara.

#HappyFathersDay



tilraymedical



**tilraymedical** For decades, we've smiled awkwardly while dads everywhere regale us with terrible jokes. This year, we're turning the tables. Who knows? Maybe these will break the ice when it comes to chatting about medical cannabis. Your dad taught you your ABC's, now teach him his CBDs, and THC's

37w



Liked by **tilray** and 25 others

JUNE 19, 2022



Add a comment...

Post

# Monkey Butter

THC 21.87% | Hybrid



tilraymedical



**tilraymedical** Get a taste of Monkey Butter, a high potency hybrid strain by Aphria. Made by combining Gorilla Glue #4 x Peanut Butter Breath, this strain's main terpenes are caryophyllene, cedrene and humulene. So you'll notice earthy, woody and peppery flavours.

39w



**trip\_de** aphria germany is a bad joke. microseeds and overall a low quality bud produced by #aphriadeutschland its a shame



38w Reply



**jthehuman1234** This strain has the same terp file as ever other strain nothing new here.



39w Reply



**cannadvicecannabis** 🥰🥰🥰



39w Reply



Liked by **tilray** and **36 others**

JUNE 9, 2022



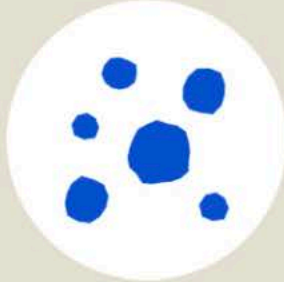
Add a comment...

Post

# Terpenes



Humulene



beta-Caryophyllene



Cedrene

# Aromas



Earthy



Woody



Peppery



tilraymedical



**tilraymedical** Get a taste of Monkey Butter, a high potency hybrid strain by Aphria. Made by combining Gorilla Glue #4 x Peanut Butter Breath, this strain's main terpenes are caryophyllene, cedrene and humulene. So you'll notice earthy, woody and peppery flavours.

39w



**trip\_de** aphria germany is a bad joke. microseeds and overall a low quality bud produced by #aphriadeutschland its a shame

38w Reply



**jthehuman1234** This strain has the same terp file as ever other strain nothing new here.

39w Reply



**cannadvicecannabis** 🥰🥰🥰

39w Reply



Liked by **tilray** and **36 others**

JUNE 9, 2022



Add a comment...

Post



tilraymedical



**tilraymedical** Happy Pride Month to all! Our goal at Tilray has always been to support our patients with innovative ways to wellness. And we continue to recognize the unique needs of our LGBTQIA2S+ patients and team members. In the year ahead, we'll be announcing more ways to stand by all our diverse communities.

40w



Liked by **tilray** and 24 others

JUNE 2, 2022



Add a comment...

Post



In a 2021 study, 81% of participants said they felt an improvement in PTSD symptoms after using medical cannabis.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8172603/>



tilraymedical



**tilraymedical** It's estimated that 7–10% of North Americans have Post-traumatic Stress Disorder (PTSD) symptoms, and the number is even higher for veterans. Although there is no cure for PTSD, studies have shown that cannabis may help patients live a more comfortable life.

Join us throughout June, #PTSD awareness month, in spreading knowledge and support.

37w



**plus\_size\_posh\_sue** CBD is my savior for ptsd and anxiety! Hey that rhymes did I just rap? Lol

37w 1 like Reply



**itssthe Kushguy** I have ptsd from dealing with illegally operating police officers and well as from my stay in jail

37w Reply



**\_fernandomen\_** It's estimated that 99,9% of Tilray shareholders have ptsd. Please create a new product also for us, thanks.

37w Reply



Liked by **tilray** and 61 others

JUNE 23, 2022



Add a comment...

Post



# Cannabis & PTSD

## What We Know



tilraymedical



**tilraymedical** It's estimated that 7–10% of North Americans have Post-traumatic Stress Disorder (PTSD) symptoms, and the number is even higher for veterans. Although there is no cure for PTSD, studies have shown that cannabis may help patients live a more comfortable life.

Join us throughout June, [#PTSD](#) awareness month, in spreading knowledge and support.

37w



**plus\_size\_posh\_sue** CBD is my savior for ptsd and anxiety! Hey that rhymes did I just rap? Lol

37w 1 like Reply



**itssthegushguy** I have ptsd from dealing with illegally operating police officers and well as from my stay in jail

37w Reply



**\_fernandomen\_** It's estimated that 99,9% of Tilray shareholders have ptsd. Please create a new product also for us, thanks.

37w Reply



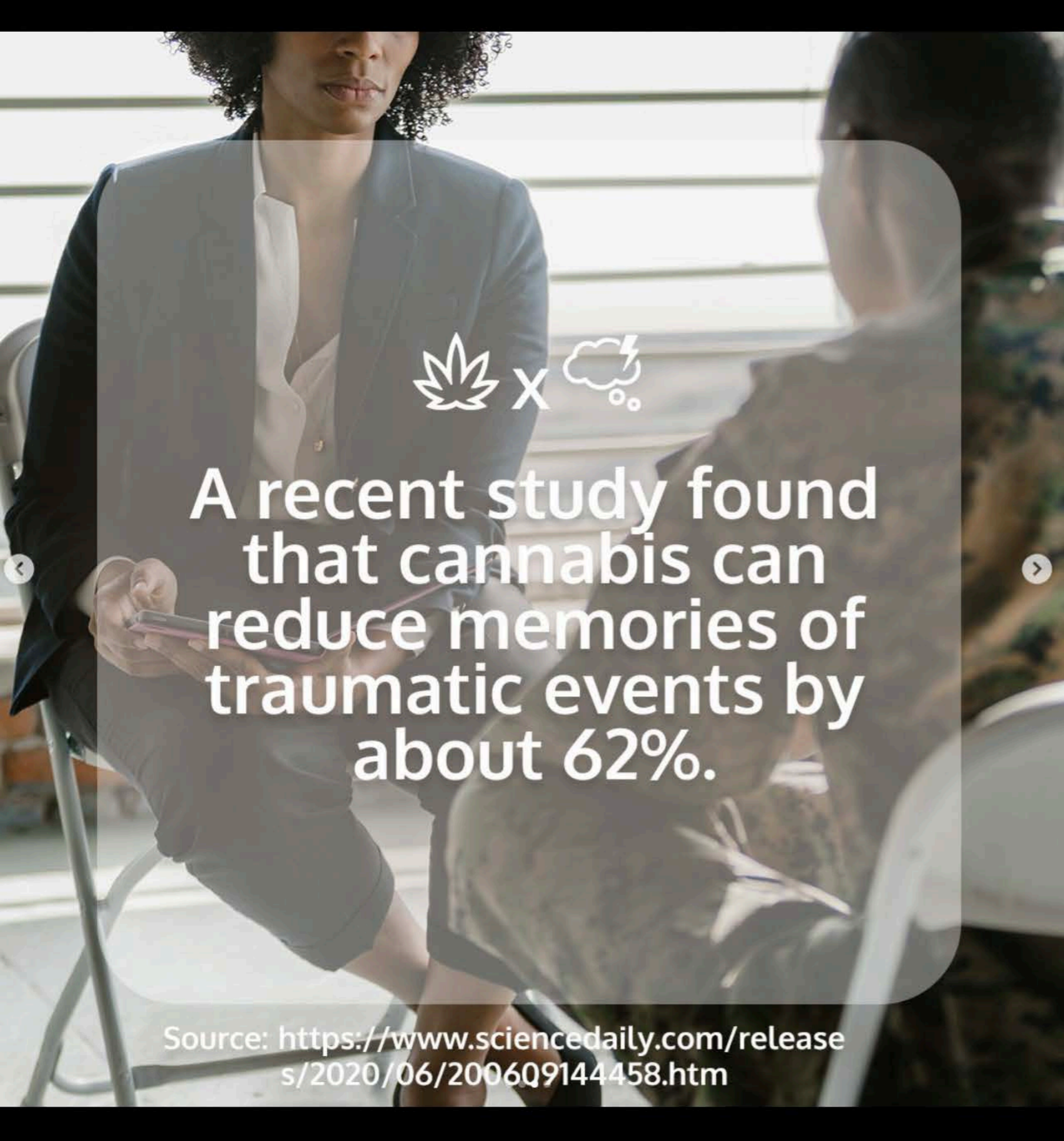
Liked by **tilray** and **61 others**

JUNE 23, 2022



Add a comment...

Post



A recent study found that cannabis can reduce memories of traumatic events by about 62%.

Source: <https://www.sciencedaily.com/releases/2020/06/200609144458.htm>



tilraymedical



**tilraymedical** It's estimated that 7–10% of North Americans have Post-traumatic Stress Disorder (PTSD) symptoms, and the number is even higher for veterans. Although there is no cure for PTSD, studies have shown that cannabis may help patients live a more comfortable life.

Join us throughout June, #PTSD awareness month, in spreading knowledge and support.

37w



**plus\_size\_posh\_sue** CBD is my savior for ptsd and anxiety! Hey that rhymes did I just rap? Lol



37w 1 like Reply



**itsthekushguy** I have ptsd from dealing with illegally operating police officers and well as from my stay in jail



37w Reply



**\_fernandomen\_** It's estimated that 99,9% of Tilray shareholders have ptsd. Please create a new product also for us, thanks.



37w Reply



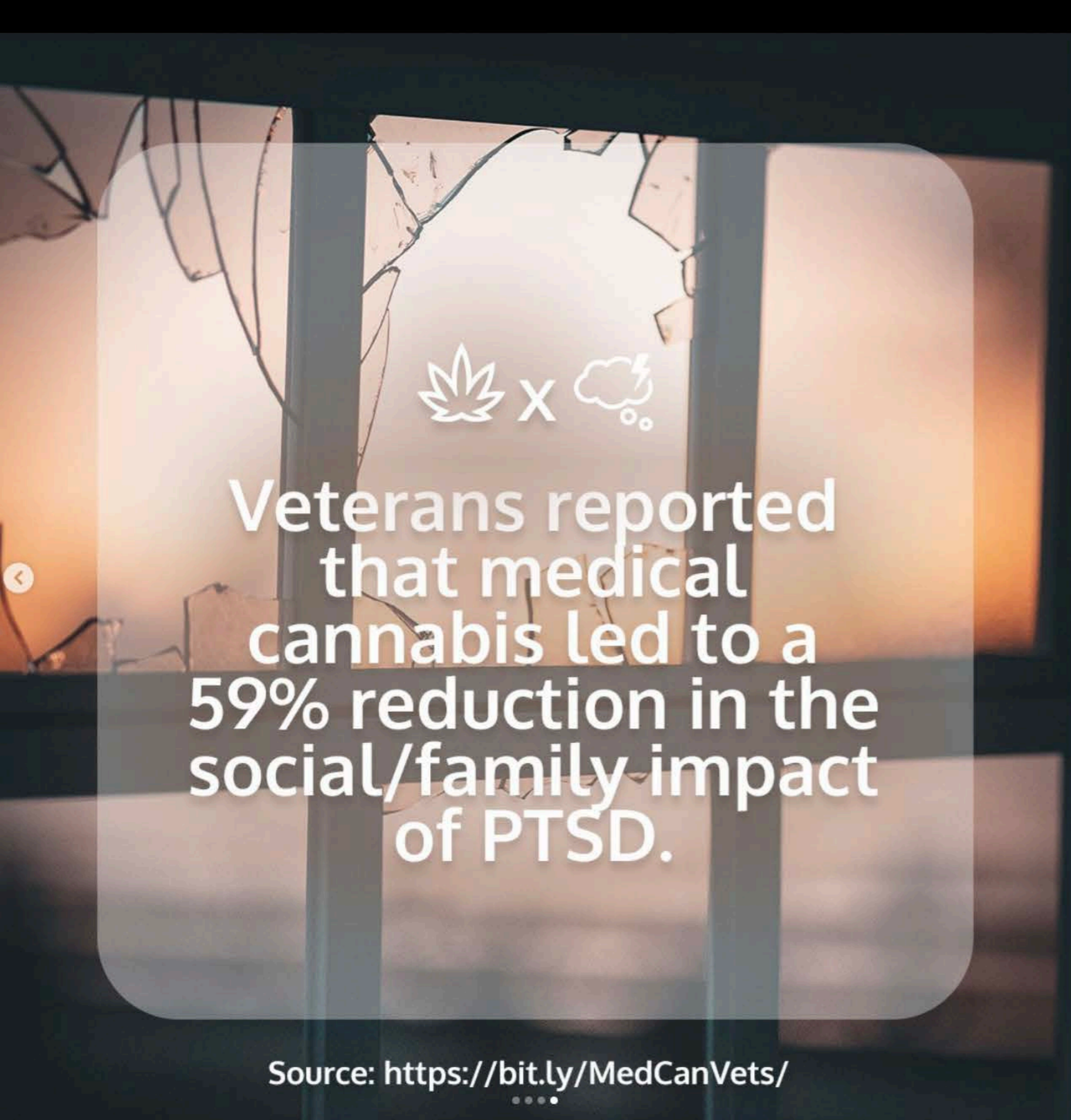
Liked by **tilray** and 61 others

JUNE 23, 2022



Add a comment...

Post



Veterans reported  
that medical  
cannabis led to a  
59% reduction in the  
social/family impact  
of PTSD.

Source: <https://bit.ly/MedCanVets/>



tilraymedical



**tilraymedical** It's estimated that 7–10% of North Americans have Post-traumatic Stress Disorder (PTSD) symptoms, and the number is even higher for veterans. Although there is no cure for PTSD, studies have shown that cannabis may help patients live a more comfortable life.

Join us throughout June, #PTSD awareness month, in spreading knowledge and support.

37w



**plus\_size\_posh\_sue** CBD is my savior for ptsd and anxiety! Hey that rhymes did I just rap? Lol

37w 1 like Reply



**itssthekushguy** I have ptsd from dealing with illegally operating police officers and well as from my stay in jail

37w Reply



**\_fernandomen\_** It's estimated that 99,9% of Tilray shareholders have ptsd. Please create a new product also for us, thanks.

37w Reply



Liked by **tilray** and 61 others

JUNE 23, 2022



Add a comment...

Post



# Did you know?

Between 7 and 10% of North Americans report having PTSD. The number is much higher for veterans.

Source: <https://www.sciencedaily.com/releases/2020/06/200609144458.htm>



tilraymedical



**tilraymedical** June is Post-traumatic Stress Disorder (PTSD) awareness month. PTSD is a mental health condition triggered by the memory of a frightening event, and many Canadians suffer from it. If you or a loved one is dealing with PTSD, speak to a doctor to see if medical cannabis could help. #PTSDAwarenessMonth

40w



Liked by **tilray** and 17 others

JUNE 3, 2022



Add a comment...

Post

# Did you know?

Adding exercise, regular self-care and counselling to your dosing plan can further alleviate PTSD symptoms.

Source: <http://www.ptsdassociation.com/coping-strategies-1>



tilraymedical



**tilraymedical** June is Post-traumatic Stress Disorder (PTSD) awareness month. PTSD is a mental health condition triggered by the memory of a frightening event, and many Canadians suffer from it. If you or a loved one is dealing with PTSD, speak to a doctor to see if medical cannabis could help. #PTSDAwarenessMonth

40w



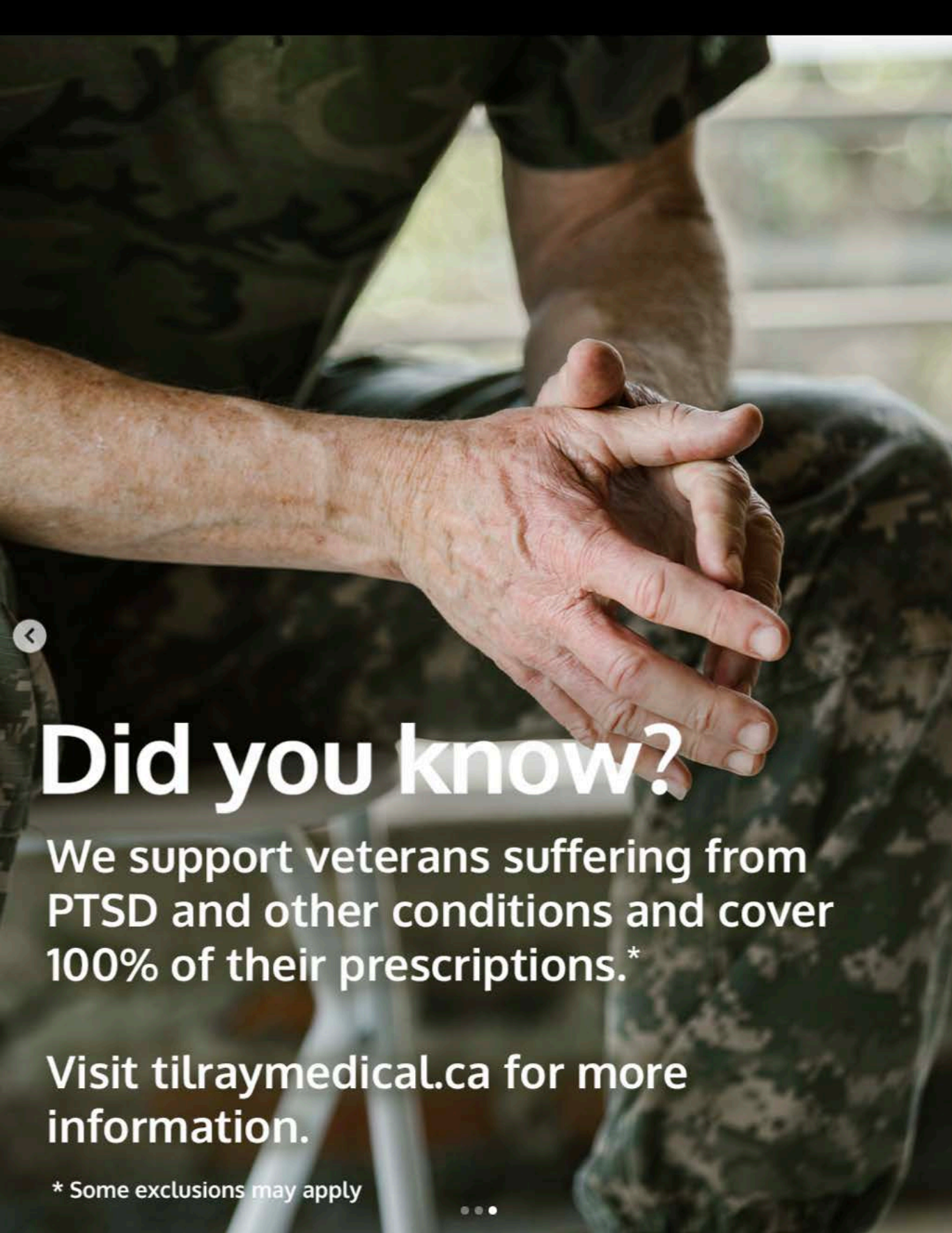
Liked by **tilray** and 17 others

JUNE 3, 2022



Add a comment...

Post



# Did you know?

We support veterans suffering from PTSD and other conditions and cover 100% of their prescriptions.\*

Visit [tilraymedical.ca](https://tilraymedical.ca) for more information.

\* Some exclusions may apply



tilraymedical



**tilraymedical** June is Post-traumatic Stress Disorder (PTSD) awareness month. PTSD is a mental health condition triggered by the memory of a frightening event, and many Canadians suffer from it. If you or a loved one is dealing with PTSD, speak to a doctor to see if medical cannabis could help. [#PTSDAwarenessMonth](#)

40w



Liked by **tilray** and 17 others

JUNE 3, 2022



Add a comment...

Post



# Travelling With Cannabis

what you need to know



tilraymedical



**tilraymedical** When it comes to domestic flights within Canada, you're allowed to have up to 30 grams of cannabis within your possession (either in carry-on or checked baggage).

However, it is still illegal to take any amount of cannabis across the Canadian border (whether entering or exiting).

Many of us need our medicine when we travel, and knowing the rules around traveling with cannabis can be an important part of making sure your dose is available when you need it.

Source:

<https://www.canada.ca/en/services/health/campaigns/cannabis/border.html>

38w



Liked by **tilray** and **19 others**

JUNE 15, 2022



Add a comment...

Post

# How long can you Holden that pose?



tilraymedical



**tilraymedical** This year, to celebrate the International Day of Yoga, June 21, we had some fun with our more "pose-worthy" strains. After you've had a chuckle, consider adding yoga to your wellness routine; it's a perfect accompaniment to your medication.

37w



Liked by **tilray** and **44 others**

JUNE 21, 2022



Add a comment...

Post



Forget downward;  
this **Alien Dawg's** up,  
up and away.



tilraymedical



**tilraymedical** This year, to celebrate the International Day of Yoga, June 21, we had some fun with our more "pose-worthy" strains. After you've had a chuckle, consider adding yoga to your wellness routine; it's a perfect accompaniment to your medication.

37w



Liked by **tilray** and **44 others**

JUNE 21, 2022



Add a comment...

Post

# New warm-up pose: Reach Up in the Sky.



tilraymedical



**tilraymedical** This year, to celebrate the International Day of Yoga, June 21, we had some fun with our more “pose-worthy” strains. After you’ve had a chuckle, consider adding yoga to your wellness routine; it’s a perfect accompaniment to your medication.

37w



Liked by **tilray** and **44 others**

JUNE 21, 2022



Add a comment...

Post