



LEVIN  
HEALTH™



## Your guide to Levin Health Balance

This booklet has been developed  
to support patients prescribed  
Levin Health Balance

This booklet is intended for Australian patients who have been prescribed Levin Health Balance. For more information on Levin Health Balance, please read the Consumer Medicines Information leaflet supplied in your Levin Health Balance pack. Information provided in this booklet does not replace professional medical advice, please speak with your doctor or pharmacist if you have any questions about your treatment.

You can be confident that Levin Health Balance is an Australian made pharmaceutical-grade product that meets the highest quality standards required for cannabinoid medicines prescribed in Australia.

## Levin Health Balance

Levin Health Balance is a pharmaceutical-grade cannabinoid medicine containing a specified ratio of THC to CBD cannabinoids (10:10) formulated in an oil that can be taken orally.

For some people suffering from chronic or terminal illnesses, conventional medicines do not work, or do not work as effectively as cannabinoid medicines. For some other patients, conventional medicines work but cause significant side effects that cannabinoid medicines may help to relieve.

Cannabinoid medicines are not registered medicines in Australia, so they can only be accessed through special pathways available for unapproved medicines. Under the Therapeutic Goods Administration (TGA) Special Access, or Authorised Prescriber Scheme your doctor has prescribed Levin Health Balance for your condition.

Cannabinoid medicines are being used to treat an expanding list of conditions, including epilepsy, multiple sclerosis, chronic non-cancer pain, nausea and vomiting due to chemotherapy and palliative (end-of-life) care.



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## How do cannabinoid medicines work?

The cannabis plant contains many different chemical compounds, including up to 100 phytocannabinoids, unique to the plant. Cannabinoids are also found in the human body (endocannabinoids) and form part of the endocannabinoid system. This communication system regulates important bodily functions, such as mood, memory, sleep, appetite and inflammation. It is thought that the therapeutic properties of cannabinoids are due to their ability to mimic endocannabinoids and interact with the endocannabinoid system.

The most widely studied and abundant phytocannabinoids are  $\Delta$ 9-tetrahydrocannabinol (THC) and cannabidiol (CBD). They are known to act upon receptors located throughout the endocannabinoid system. THC is responsible for the psychoactive effects of cannabis and is the reason cannabis is used recreationally. THC may also be responsible for some of the medicinal effects of cannabis such as reduction of nausea, vomiting, pain and muscle spasms as well as improvements in sleep and appetite.

CBD is not psychoactive and may be useful in the management of seizures, pain, and may have anxiolytic and antipsychotic effects.

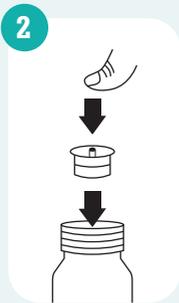
Cannabinoid medicines have different actions depending on the ratio of THC to CBD, producing different therapeutic effects and side effects, due to their interactions with the endocannabinoid system.

**Levin Health is committed to funding Australian research to better understand how cannabinoid medicines can improve the lives of people with chronic pain.**

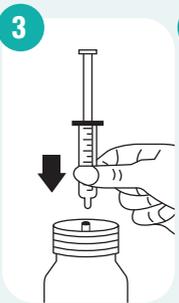
## How to take Levin Health Balance

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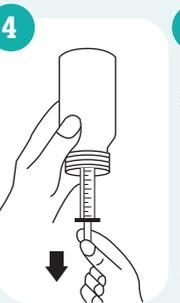
1

Remove the cap from the bottle.
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2

Insert the plastic press-in adaptor into the bottle neck. If needed, ask your pharmacist for assistance. Do not remove the adaptor once inserted.
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3

Insert syringe tightly into the small hole on top of the press-in adaptor. Turn the bottle upside down while holding the syringe in place.
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4

To withdraw the required amount of cannabis oil into the syringe, pull the plunger back slowly to the required graduated mark on the side of the syringe.
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5

Insert the syringe into your mouth under your tongue. Press the plunger until the entire contents are emptied into your mouth. Hold the oil under your tongue.

Always use Levin Health Balance exactly as your doctor has prescribed.

## How much should I take?

Before starting Levin Health Balance, you should discuss with your doctor how much to take, how to take it, and what side effects to be aware of.

There is no standard dose that is suitable for all patients taking cannabinoid medicines. Each person may need a different dose to achieve the best relief of their symptoms while minimising any side effects.

It is recommended to start with a low dose and increase slowly to find the optimal dose. This is achieved by gradually increasing your dose until you either:

- Have symptom relief
- Have a side effect
- Reach the maximum dose prescribed by your doctor.

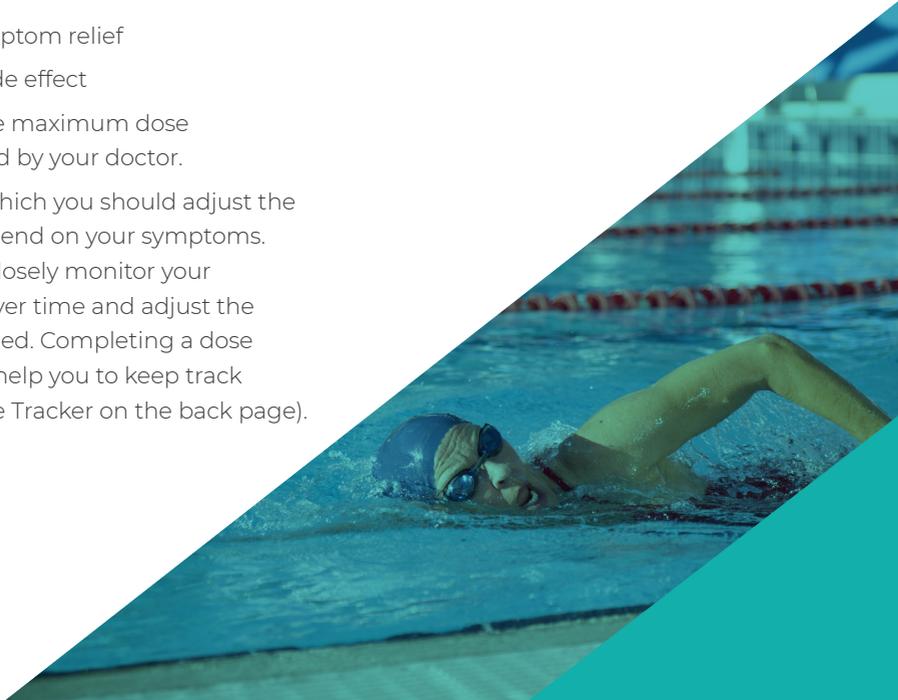
The rate at which you should adjust the dose will depend on your symptoms. You should closely monitor your symptoms over time and adjust the dose as needed. Completing a dose tracker may help you to keep track (see the Dose Tracker on the back page).

If you forget to take a dose, wait until the next dose is due. Do NOT take an additional dose to make up for the dose you missed, as this may lead to accidental overdose or unwanted side effects.

## How to store the product safely

After using the product, you should store it in a place that children cannot see or reach.

Do not use it after the expiry date printed on the label.



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## What are the side effects of Levin Health Balance?

Side effects are often dose dependent so it is important to follow the dosing recommendations as discussed with your doctor.

Tell your doctor if you notice anything else that is making you feel unwell.

If you experience a side effect you must contact your doctor or pharmacist and if serious seek immediate medical advice at the Emergency Department of your local hospital.

Advise your doctor or pharmacist if you are taking any other prescription or non-prescription drugs, as these may interact with your medication.

Like all medicines, cannabinoid medicines may have side effects.

Known short-term side effects include, but are not limited to:

- **Drowsiness / fatigue**
- **Anxiety**
- **Sedation**
- **Dizziness**
- **Confusion**
- **Nausea**
- **Vomiting**
- **Fever**
- **Decreased or increased appetite**
- **Dry mouth**
- **Diarrhoea**

Do not be alarmed by the list of possible side effects. You may not experience any of them. Some people may experience other side effects not listed above.



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## Safety precautions when taking Levin Health Balance

Cannabinoid medicines are not suitable for people who:

- Have an active or previous history of mental health problems, including psychotic or anxiety disorders
- Are pregnant, planning on becoming pregnant, or breastfeeding
- Have unstable cardiovascular disease.

If any of the above apply to you, you should mention it to your doctor or pharmacist before taking Levin Health Balance.

### Driving or operating machinery

You should NOT drive or operate machinery while taking cannabinoid medicines.

Drug-driving is a criminal offence, and you should discuss the implications for safe and legal driving with your doctor. Check with your doctor when it is safe to drive after stopping taking Levin Health Balance.

You should check with your state/territory Health Department and also discuss the implications for safe and legal driving with your doctor before taking Levin Health Balance.

### Travelling

Possession of medicinal cannabis is not legal in all countries.

If you are travelling internationally with your medication, you will need to check the legality of medicinal cannabis in all countries you plan to visit or transit through. Domestic travel in Australia with medicinal cannabis is permitted, but it is recommended to carry a copy of your prescription in case you are required to present it to officials.

**For more information on Levin Health Balance, please read the Consumer Medicines Information leaflet supplied in your Levin Health Balance pack.**

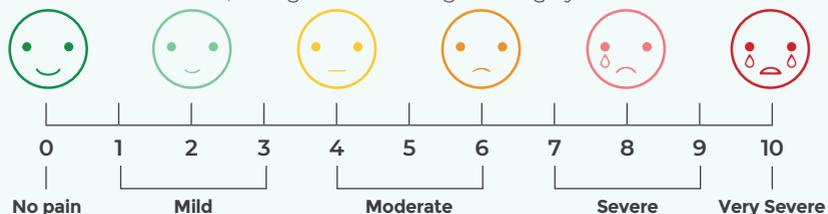
## Levin Health Balance

Use this Dose Tracker to help you measure the effects of Levin Health Balance.

Start date: \_\_\_\_\_

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Dose taken (mL)</b>							
<b>Dose frequency</b> (once, twice or three times each day)							

Thinking about the symptom (e.g. pain) that has the greatest impact on your daily life, rank the intensity at the start of the day, before taking Levin Health Balance, using the following scoring system:



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Symptom intensity (1–10) at the start of the day</b>							

At the end of each day, after taking Levin Health Balance, reflect on improvements or worsening of this symptom, using the following scoring system:



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Symptom intensity (1–5) at the end of the day</b>							
<b>Comments</b>							

Share this tracker with your doctor to help them assess the effectiveness of the medication and dose, to see if any adjustment is required.