

# “20:10 SOFT CHEWS”

## Pastilles

Active ingredient(s): 20mg delta-9-tetrahydrocannabinol(THC) and 10mg cannabidiol (CBD) per piece

### Consumer Medicine Information (CMI)

This leaflet provides important information about using “20:10 SOFT CHEWS”. If you would like further information or if you have any concerns or questions about using “20:10 SOFT CHEWS”, you should also speak to your Doctor or Pharmacist.

## 1. Why am I using “20:10SOFT CHEWS”?

“20:10 SOFT CHEWS” is a medicinal cannabis flower product that contains 20mg delta-9-tetrahydrocannabinol (THC) and 10mg cannabidiol (CBD) per piece.

“20:10 SOFT CHEWS” is not approved for any specific indication and should only be used to treat specific conditions or symptoms prescribed by your doctor.

“20:10SOFT CHEWS” may be used to:

- Relieve chronic pain
- Improve sleep
- Decrease inflammation
- Reduce tremors
- Provide relief from nausea
- Reduce spasticity from neurological conditions
- Stimulate appetite in anorexia or wasting conditions associated with chronic illness.

Your doctor may prescribe “20:10SOFT CHEWS” for another purpose. Ask your doctor if you have any questions about why “20:10SOFT CHEWS” has been prescribed for you.

“20:10SOFT CHEWS” is an alternative therapeutic option when medicines and lifestyle treatments have not been beneficial. The therapeutic benefit or effects of “20:10SOFT CHEWS” may vary between individuals.

This medicine is only available with a doctor’s prescription.

## 2. What should I know before I use “20:10SOFT CHEWS”?

### Warnings

**Do not use “20:10 SOFT CHEWS” if:**

- You are allergic to cannabis, cannabis-based medications, or any of the ingredients listed at the end of this leaflet.

Always check the ingredients to make sure you can use this medicine.

**Check with your doctor if you:**

Have any other medical conditions such as:

- Allergies to any other medicines
- Any problem with your liver
- Any problems with your kidneys
- Any problems with your heart
- Any previous psychotic or concurrent disorder
- Any other medical conditions

Consult with your doctor if you take any medicines for any other conditions or have a current or historical substance use disorder (abuse, dependence) to alcohol, opioids, benzodiazepines, or illicit stimulants.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

### Pregnancy and breastfeeding

Do not use “20:10SOFT CHEWS” if you are pregnant, planning to become pregnant, or breastfeeding. THC can pass into your breastmilk if you are breastfeeding.

Check with your doctor if you are pregnant or intend to become pregnant.

## 3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

You should also tell any health professional who is prescribing a new medication for you that you are taking **“20:10 SOFT CHEWS”**.

If you see a different doctor or go into hospital, inform them of the medicines you are taking.

#### **Some medicines may interfere with “20:10 SOFT CHEWS” and affect how it works.**

Avoid taking **“20:10 SOFT CHEWS”** with alcohol and/or other CNS depressants/sedatives including prescription medications, e.g., benzodiazepines. Using **“20:10 SOFT CHEWS”** at the same time as alcohol and/or other sedative drugs may cause more severe levels of impairment and adverse effects and side effects.

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect “20:10 SOFT CHEWS”.**

## **4. How do I use “20:10 SOFT CHEWS”?**

### **How much to take/use**

- Follow all directions given to you by your doctor.
- They may differ to the instructions in this leaflet.
- If you do not understand the instructions on the label, ask your doctor or pharmacist for help.
- A titration period is required to reach optimal dose. The number and timing of doses will vary between individuals.
- Your doctor will provide you with a treatment schedule based on your needs. Always use **“20:10 SOFT CHEWS”** in accordance with your doctor’s instructions.
- Your doctor will assess you from time to time to see if you should continue taking **“20:10 SOFT CHEWS”**.
- Your doctor may increase your dosage until a dose is reached which works best for you. This is known as titration.
- Note that higher doses of **“20:10 SOFT CHEWS”** are associated with an increased risk of experiencing side effects.
- Follow the instructions provided. Cease using this product when your doctor tells you to stop.

### **When to take /use “20:10 SOFT CHEWS”**

- **“20:10 SOFT CHEWS”** should be used as directed by your doctor.
- **“20:10 SOFT CHEWS”** can be taken before or after food.

## **How to use “20:10 SOFT CHEWS”**

- Dosages are individualized based on your doctor’s recommendation and may be titrated. The rate and speed of dose adjustment is dependent on each individual response. It is recommended to start low and titrate the dose slowly. The optimal dose is the lowest dose that achieves the highest benefit.
- Follow the instructions provided. Cease using this product when your doctor tells you to stop.
- If you have any further questions on the use of **“20:10 SOFT CHEWS”**, ask your doctor or pharmacist.

### **If you forget to use “20:10 SOFT CHEWS”**

**“20:10 SOFT CHEWS”** should be used regularly at the same time each day. If you have trouble remembering when to use your medicine, talk to your doctor or pharmacist.

**If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.**

**Do not take a double dose to make up for the dose you missed.**

### **If you use too much “20:10 SOFT CHEWS”**

If you think that you have used too much **“20:10 SOFT CHEWS”**, you may need urgent medical attention.

**You should immediately:**

- phone the Poisons Information Centre (**by calling 13 11 26**), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

## **5. What should I know while using “20:10 SOFT CHEWS”?**

### **Things you should do**

- Take **“20:10 SOFT CHEWS”** as your doctor directs.
- If you are about to start any new medicine, remind your doctor and pharmacist that you are taking **“20:10 SOFT CHEWS”**.
- Take special care if you drink alcohol while using **“20:10 SOFT CHEWS”**. Using **“20:10 SOFT CHEWS”** and alcohol together may increase their effects (such as loss of balance or ability to respond quickly) and potential side effects.

### **Call your doctor straight away if you:**

- Are pregnant or become pregnant while taking **“20:10 SOFT CHEWS”**.

- Need to have medical tests while you are taking “20:10SOFT CHEWS”. It may affect the results of some tests.
- Tell your doctor if your symptoms do not improve.

Remind any doctor, dentist, or pharmacist you visit that you are using “20:10SOFT CHEWS”.

### Things you should not do

- Do not stop using this medicine suddenly without telling your doctor. If you stop taking it suddenly or change the dose, your condition may worsen, or you may have unwanted side effects.
- Do not use “20:10SOFT CHEWS” to treat any other conditions unless your doctor tells you to.
- Do not give your medicine to anyone else, even if they have the same condition as you.

### Travelling overseas with “20:10 SOFT CHEWS”

- Check that it is legal for you to take “20:10 SOFT CHEWS” into any countries you are travelling to and countries you are travelling through.
- “20:10SOFT CHEWS” is a Controlled Drug in Australia, and its legal status will vary between countries.

### Driving or using machines

**Do not drive or use machinery while taking “20:10 SOFT CHEWS”.**

“20:10SOFT CHEWS” may cause dizziness or drowsiness in some people.

### Drinking alcohol

**Tell your doctor if you drink alcohol.**

Alcohol may increase the effects of “20:10 SOFT CHEWS” (or increase the likelihood of side effects) and “20:10SOFT CHEWS” may increase the effects of alcohol (such as loss of balance or ability to respond quickly).

### Looking after your medicine

- Keep your “20:10SOFT CHEWS” in its packaging until it is time to take it.
- If you leave “20:10SOFT CHEWS” out of its packaging, it may not keep well.

Follow the instructions provided on the label on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on windowsills.

**Keep it where young children cannot reach it.**

A cupboard at least one and a half meters above the ground is a good place to store medicines.

### Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

### Less serious side effects

Less serious side effects	What to do
<ul style="list-style-type: none"> <li>• daytime drowsiness</li> <li>• dizziness</li> <li>• fatigue</li> <li>• dry mouth</li> <li>• dry eyes</li> <li>• headache</li> <li>• increased appetite</li> <li>• difficulty concentrating</li> <li>• nausea</li> <li>• memory impairment</li> <li>• blurred vision</li> <li>• constipation or diarrhoea</li> <li>• euphoria</li> </ul>	<p><b>Speak to your doctor if you have any of these less serious side effects and they worry you.</b></p>

### Serious side effects

Serious side effects	What to do
<p><b>Allergy-related:</b></p> <ul style="list-style-type: none"> <li>• swelling of the face, lips, mouth, tongue, or throat which may cause difficulty in breathing</li> <li>• shortness of breath or difficulty in breathing</li> <li>• skin reaction which may include rash, itching, redness, blistering or peeling of the skin</li> </ul> <p><b>Cardiovascular:</b></p> <ul style="list-style-type: none"> <li>• rapid heartbeat</li> <li>• chest pain</li> <li>• low blood pressure/feeling faint</li> </ul> <p><b>Brain/Nervous system:</b></p> <ul style="list-style-type: none"> <li>• convulsions</li> <li>• numbness</li> <li>• burning sensation</li> <li>• vomiting</li> <li>• loss of coordination balance</li> <li>• disorientation</li> </ul>	<p><b>Call your doctor straight away or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b></p>

<ul style="list-style-type: none"> <li>• confusion</li> <li>• depression</li> <li>• agitation</li> <li>• hallucinations</li> <li>• psychosis</li> <li>• thoughts of suicide</li> </ul> <p><b>General:</b></p> <ul style="list-style-type: none"> <li>• upper respiratory infection</li> <li>• strong abdominal pain</li> </ul>	
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**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side-effects you experience, you can report side effects via email at [info@acppharma.com.au](mailto:info@acppharma.com.au) and at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems).

By reporting side effects, you can help provide more information on the safety of this medicine.

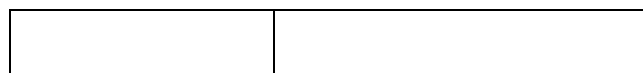
**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

This medicine is only available with a doctor's prescription.

### What “20:10SOFT CHEWS” contains

<b>Active ingredient (main ingredient)</b>	<p>Tetrahydrocannabinol (THC), Cannabidiol (CBD)</p> <p>20mg delta-9-tetrahydrocannabinol (THC) and 10mg cannabidiol (CBD) per piece</p>
<b>Other ingredients (inactive ingredients)</b>	<p>Organic Tapioca Syrup, Organic Cane Sugar, Water, Pectin, Ascorbic Acid</p> <p>Less than 2%:</p> <p>Natural Flavour, Vegetable Juice (Colour), Citric Acid, Sodium Citrate, Medium Chain Triglycerides (MCT) Oil</p>



**Do not take this medicine if you are allergic to any of these ingredients.**

### What “20:10SOFT CHEWS” looks like

“20:10SOFT CHEWS” is a pastille presented in a plastic jar. Each jar contains 60 pieces.

### Who distributes “20:10SOFT CHEWS”

“20:10SOFT CHEWS” is supplied in Australia by:  
 ACP Pharmaceuticals  
 Telephone: 03 87803800  
 Email: [info@acppharma.com.au](mailto:info@acppharma.com.au)  
 This leaflet was prepared in July 2025.