FRESHNESS YOU CAN GROW

premium, handpicked cannabis seeds

growerschoiceseeds.com
2016 Edition
Our Story

Grower’s Choice Seeds is a trusted North American company dedicated to natural health and wellness. We procure and deliver premium cannabis seeds to a community of consumers and retailers. After dedicating 20 years to industry research, our team of horticultural and medical experts are proud to offer an exceptional collection of the world’s finest marijuana seeds, coupled with an amazing customer experience.

Our Vision

We are committed to our customers for the long term, and look forward to your feedback about our products and services. We will look to your comments to direct future improvements, ensuring we remain a leader in the cannabis seed market, and you remain a satisfied member of our wellness community.

Our Promise

We believe in selling only the freshest cannabis seeds with the highest germination rate in the industry. Our strong privacy assurance and business ethics safeguard a completely secure and enjoyable buying experience whether you choose to browse our premium cannabis seeds online or visit a local retailer.
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Exceptional Freshness

We believe in selling only 100% fresh cannabis seeds. Our seeds are handpicked, inspected, and tested for your satisfaction before they are packaged in our medical-grade glass vials and sealed for exceptional freshness.

Germination Promise

We take great pride in providing you with the highest quality cannabis seeds available. We are proud to offer the highest germination guarantee in the industry and promise at least 90% of your seeds will germinate or we will replace them free of charge.
We can help you get started

After more than 20 years of experience in the industry, we have developed a guide that ensures germination. Our Germination Guide will help you from the moment you remove the seeds from the package, all the way to harvest. We want you to have peace of mind every step of the way.

Flexible delivery

We know your time and privacy are important. We're proud to offer fast, discreet shipping, from our distribution centre in California to anywhere in the world.

Premium strains

We are always seeking new strains of premium quality cannabis for our collection, and will continue to expand our products to serve every customer’s need.
TYPES OF CANNABIS
A native of colder climates, small and stocky Cannabis ruderalis developed the ability to move automatically from the vegetative stage to the flowering stage without any change in daylight hours.

When ruderalis is crossed with sativa or indica plants, the result is an auto-flowering strain that maintains most of its purebred traits.

Sativa comes from countries close to the equator and often grows quite tall, up to 20 feet. Sativa branches tend to be spaced far apart, and each leaf has narrow, splayed leaflets.

Sativa creates the “euphoric” high cannabis is known for, and can cause hallucinations. Because sativa tends to energize, it is best suited to daytime use, and can alleviate depression and stress.

Indica originates in more northern countries, and rarely grows more than three to four feet tall. These dense and bushy plants have wide leaflets that overlap one another.

Indica can create a “couch lock” effect – deep relaxation progressing to a lazy or sleepy state. It is best suited to evening use, and offers relief from pain and sleep disorders like insomnia.

Ruderalis is a native of colder climates, small and stocky Cannabis ruderalis developed the ability to move automatically from the vegetative stage to the flowering stage without any change in daylight hours.

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Cannabis sativa comes from countries close to the equator and often grows quite tall, up to 20 feet. Sativa branches tend to be spaced far apart, and each leaf has narrow, splayed leaflets.

Sativa creates the “euphoric” high cannabis is known for, and can cause hallucinations. Because sativa tends to energize, it is best suited to daytime use, and can alleviate depression and stress.
PREMIUM FEMINIZED SEEDS

Maximize your harvest

Feminized seeds allow growers to plant fewer seeds initially, and eliminate the time and knowledge required to identify and remove the male plants.

They can produce stable plants of uniform size, without any loss of flavour or aroma. Some growers even find feminized seeds grow buds with greater potency.
CINDERELLA 99
Sweet, Fruity & Earthy
Cinderella 99 is high in THC, and quite potent. With 70% sativa, this citrus-scented strain offers plenty of energy, and is best saved for daytime use. Medically, it is recommended for aiding stress, anxiety, and depression. It is particularly helpful for mild pain and migraines, as well as battling nausea and increasing appetite.

DIESEL
Sweet, Acidic & Pungent
Diesel offers users a potent high best experienced in the morning or early afternoon. In addition to a powerful dose of energy that aids in relieving stress, anxiety and depression, a secondary relaxing effect may be useful for lessening chronic pain. Some users find Diesel stimulates appetite in those suffering from eating disorders.

JACK HERER
Earthy, Pine & Peppery
Despite the indica-inspired “sugaring” of resinous trichomes on its buds and leaves, long-lasting Jack Herer grants the user a sativa-driven high: an uplifting, happy sensation that affects both body and mind. Medically, Jack Herer provides relief from depression, reduces pain, and stimulates appetite.

AMNESIA
Earthy, Citrus & Pungent
With a fresh, fruit-flavored smoke and happy high, Amnesia can aid emotional disorders, alleviate stress and stress-related insomnia, improve mood and increase energy. Amnesia combines the psychedelic effects of the Haze strain with the high resin content more commonly found in indicas.
FEMINIZED SEEDS

AMERICAN HAZE
Sweet, Spicy & Herbal

A popular cannabis strain developed in the 1970s, American Haze offers a high level of THC that leaves the user feeling energized, happy and creative. Though the CBD percentage is low, American Haze can help those suffering from stress, and can have a delayed relaxation effect.

WHITE WIDOW
Earthy, Pine & Citrus

This much sought-after strain causes a sativa-driven euphoric high, while the indica in the blend offers relaxation at the same time. White Widow is credited with treating anxiety, insomnia, cramps, chronic pain, migraines, and even Multiple Sclerosis and seizures. Recently, research explored the strain’s ability to aid sufferers of the blood disease Hepatitis C.

Super Silver Haze
Sweet, Spicy & Citrus

Known for its long-lasting, energetic high, Super Silver Haze’s long, sticky buds, thickly coated in THC resin (hence the “silver” in its name), have a spicy, citrusy flavor. Super Silver Haze is effective for treating stress, lack of appetite, and nausea. Some find it helpful for chronic pain, as well as fatigue, migraines, and mood disorders.

Power Plant
Earthy, Peppery & Woody

Power Plant provides a cheerful, social high with a peppery, spicy flavour. The strain should be ingested with care, as it can be too strong for certain users. Medically, Power Plant can treat sufferers of depression and fatigue, and lessen or eliminate migraines.
**GREAT WHITE SHARK**
*Sweet, Earthy & Citrus*

A calming effect makes this strain best for evenings, or days reserved for meditation or creative pursuits. GWS also relieves pain and boosts the appetite, while a gentle mood lift and relaxation help battle stress and anxiety. GWS is particularly effective in treating attention deficit disorders, PTSD, nausea, depression, and migraines.

**OG KUSH**
*Earthy, Pine & Woody*

This strain’s resin-coated, neon green buds offer heavy euphoria with both a physical and mental high. OG can treat migraines and stress, as well as depression, bi-polar disorder and PTSD. Some users find the strain provides a stomach-calming side effect that can fend off nausea.

**MAZAR**
*Fruity, Citrus & Nutty*

The deep relaxation effects of Mazar can aid sufferers of insomnia, as well as those battling stress and anxiety. Body-soothing qualities help relieve chronic pain and a variety of discomforts including migraines and headaches. Mazar can induce appetite, a useful side effect for patients undergoing chemotherapy or radiation, or those suffering from eating disorders.
EASY AUTO FLOWERING
Remove the guesswork and get rapid results

Auto-flowering cannabis plants undergo an automatic shift from the vegetative stage to the flowering stage about two weeks after planting.

Regular, feminized indica and sativa strains must be exposed to a full twelve hours of light, followed by a full twelve hours of darkness, in order to enter the flowering stage and begin to develop buds, but thanks to the presence of Cannabis ruderalis in auto-flowering strains, this manual prompt is not required. Ruderalis is a type of cannabis native to Russia. In the country’s cooler temperatures and shorter growing seasons, ruderalis naturally developed the ability to trigger its flowering stage based on time rather than light exposure.

Our feminized auto-flowering seeds maintain the qualities and medical benefits of the original, non-auto strains and offer a simple alternative to traditional growing. Not only do these seeds require less monitoring, they also take up less space thanks to the short stature of their ruderalis parent.
This strain, which has an intense, fruity scent and taste, is unique for its therapeutic traits: it offers increased energy as well as considerable pain relief, allowing patients to alleviate pain while remaining active throughout the day. In addition to cheerful relaxation, Tangerine Dream provides mental clarity, and can treat stress, anxiety, and depression.

**TANGERINE DREAM**  
*Sweet, Orange & Citrus*  

Auto-Flowering  
Evening Use  

<table>
<thead>
<tr>
<th>Best Value</th>
<th>25 seeds / pack</th>
<th>10 seeds / pack</th>
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<td>$229</td>
<td>$99</td>
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**NORTHERN LIGHTS**  
*Sweet, Pine & Earthy*  

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Evening Use  

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With a sweet and spicy flavour, Northern Lights offers users a full-body high and the relaxing benefits of indica. The low percentage of sativa in the strain adds a touch of euphoria for a happy calm, making Northern Lights a common choice for muscle relaxation and pain relief, insomnia, depression, anxiety, and migraines.
AK

Sweet, Spicy & Earthy

The sweet, potent, resin-coated buds of AK offer a relaxed, happy high that leaves users feeling lazy and creative. This strain is a great choice for mood regulation, and relief from depression, bi-polar, and other mood disorders. AK may also lessen stress and anxiety, and relieve headaches.

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Auto-Flowering

Evening Use

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$99   10 seeds / pack
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Auto-Flowering
Despite its indica-dominance, Cheese offers a happy and euphoric high. Once the elation has died down, the effect ebbs to a strong, couch lock-like sedation and a sense of bliss. The total-body relaxation of this strain makes it suitable for chronic or recurring aches and pains, while the euphoria can relieve stress and anxiety.

Afghan’s strong relaxation effect can help patients suffering from sleeping disorders. The strain induces sleepiness, which can advance to lethargy at higher doses. As well, Afghan encourages appetite, a useful benefit for those undergoing chemotherapy or radiation, or battling an eating disorder.

Primarily a relaxing strain, thanks to high indica content and moderate levels of cannabidiol (CBD), Blueberry can offer a boost in creativity or induce deep sleep, depending on the user. The strain is effective in treating stress, insomnia, migraines and headaches, as well as depression, anxiety, bi-polar disorder, and ADHD.

Experience heavy relaxation and total, sleep-inducing sedation with this Critical Mass-based strain. Critical Purple can reduce chronic pain, anxiety, stress, migraines and nausea. It can also serve as an appetite enhancer for those suffering from eating disorders or undergoing chemotherapy.
UNLOCK THE SECRET TO CBD

Medicinal properties that rival conventional wisdom

Cannabis contains more than 80 compounds called cannabinoids. The most predominant and best known of these is THC (tetrahydrocannabinol), which is the primary source of cannabis’ psychoactive effect. The second most prevalent cannabinoid is CBD (cannabidiol), this compound provides many of the plant’s therapeutic properties.

A strain with 3% CBD or higher is considered a CBD-rich strain. Medical cannabis is bred to have high CBD and low THC, offering patients major therapeutic benefits with minimal psychoactivity.

CBD is a natural treatment for chemotherapy-induced nausea, and seizures. It also possesses anti-inflammatory and antioxidant properties. Recent studies suggest CBD may even play a role in fighting cancer.
CBD BLUEBERRY
**Fruity, Sweet & Berries**
The 7% CBD content in this Blueberry variety provides a long, relaxing high topped up with a sense of euphoria. This strain can serve as a mood enhancer, relieving stress and depression when used with care. Blueberry’s relaxation helps those suffering mild to severe pain, and the cheerful calmness fades into sedation, which can combat insomnia.

Best Value
- $299 25 seeds / pack
- $139 10 seeds / pack
- $79 5 seeds / pack
- $49 3 seeds / pack

CBD CRITICAL MASS
**Sweet, Earthy & Pungent**
This strain offers a numbing high that leaves patients feeling creative and focused, though rather sluggish. Critical Mass can combat chronic or recurring pain, including migraines and headaches. The relaxing quality of this long-lasting strain can also ease stress.

Best Value
- $299 25 seeds / pack
- $139 10 seeds / pack
- $79 5 seeds / pack
- $49 3 seeds / pack

CBD MOBY DICK
**Sweet, Citrus & Spicy**
This strain treats anxiety, muscle pain and spasms, and depression, along with other symptoms of a wide variety of conditions. This naturally therapeutic option also increases appetite – a useful side effect for those undergoing chemotherapy treatments, or suffering from an eating disorder.

Best Value
- $299 25 seeds / pack
- $139 10 seeds / pack
- $79 5 seeds / pack
- $49 3 seeds / pack
It’s easy to identify sources of stress, but warding off the day-to-day effects can be more difficult. Here are three strains handpicked by our experts as top contenders for reducing stress and promoting relaxation.

**AMERICAN HAZE**
*Sweet, Spicy & Herbal*

The high level of THC in American Haze has an energizing, creative effect that cheers away stress and anxiety. The sensation fades over time to a deep relaxation.

![Feminized](0.24)
*Daytime Use 0.05%*

**CBD CRITICAL MASS**
*Sweet, Earthy & Pungent*

This high-CBD version of traditional Critical Mass leaves users feeling focused and lazy, allowing outside stressors to fall away. The long-lasting strain eases pain while providing hours of stress relief.

![Medical](0.24)
*Anytime Use 7%*

**AFGHAN**
*Pine, Citrus & Sweet*

This calming strain creates a sense of deep relaxation: stress of the day will ease away as users are lulled into sleep. Afghan should be used sparingly, as high doses can cause lethargy.

![Auto-Flowering](0.24)
*Evening Use 18%*
NATURALLY MEDICINAL

A whole new realm of therapeutic possibilities

Doctors around the world have been prescribing cannabis for millennia, for pain relief and many other ailments. In the past century or so, there have been more than 20,000 published studies and reviews investigating the medicinal benefits of cannabis.

Two cannabis compounds, THC and CBD, have been researched extensively. While the ratio of these compounds in each strain determine how the body and brain will be affected, both offer natural benefits that can treat a wide range of symptoms from headaches and migraines to seizures and cancer.
THC & CBD

American Haze 24% 0.05%
Jack Herer 18% 0.2%
Amnesia 20% 1%
Diesel 17% 1.5%
Great White Shark 16% 0.15%
Cinderella 99 22% 0.07%
OG Kush 27% 0.2%
White Widow 26% 0.7%
Super Silver Haze 16% 0.2%
Power Plant 19% 0.08%
Mazar 18% 0.2%
Northern Lights 19% 0.2%
Blueberry 16% 1.9%
AK 10% 0.4%
Cheese 10% 0.1%
Critical Purple 27% 0.5%
Afghan 18% 0.87%
Tangerine Dream 24% 1.8%
CBD Blueberry 7% 7%
CBD Critical Mass 7% 7%
CBD Moby Dick 5% 5%

Feminized
Auto-Flowering
Medical
GERMINATION GUIDE

Getting Started
Germination is the first step of the growth process for your cannabis seeds. If your seeds germinate successfully, they should grow into healthy, high-producing cannabis plants.

Cannabis seeds need three things in order to germinate quickly and successfully:

1. **Moisture**
   When the taproot breaks free of the seed shell, it must have easy and immediate access to water in order to develop.

2. **Darkness**
   Because plant roots are buried beneath the soil, this first tiny root needs complete darkness to develop.

3. **Warmth**
   Like most living things, cannabis roots develop best when they are kept comfortably warm, around 25°C.

4. **Additional**
   Place a paper towel on a plate. At the end of the soaking period, pour the water and seeds onto the paper towel in the plate, and drain off any excess water.

5. **Final check**
   Space the seeds out at least an inch apart and fold the wet paper towel over the seeds so they are completely covered. Place the plate in a warm, dark space.

Keep the paper towel well-saturated with water during the entire germination process. You can check the seeds a few times a day to see if the taproot has begun to grow.

The seeds are ready for planting when the taproot is 1/4 to 3/4 inch long. This generally takes between three and seven days. Some seeds could take up to two weeks, depending on environmental conditions.

Caution: Your order is no longer eligible for the Grower’s Choice Seeds Germination Promise policy if you did not follow the above methods exactly. For the full germination guide, please visit us online at www.growerschoice.com
What's next?

After your cannabis seeds develop their first taproots, they are ready for planting.

Planting
You can choose to plant your seedlings in soil, or opt for a hydroponic medium.

Vegetative Stage
The vegetative stage can last as little as one week, or as long as six months depending on the strain and your space or time restraints.

Flowering Stage
The flowering stage takes two to three months on average. Some strains may be ready for harvest in as little as one month, while others may take up to four.

For more information, please visit growerschoicessseeds.com
YOUR
MOMENT
OF ZEN

Rest assured. Literally.
Our impeccable germination promise protects your purchase and ensures your experience as a part of our community is always pleasant and satisfying.

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