

- 1. Utensils:** TY Roor, Silver surfer and Plenty, Headquarter pure hemp papers
- 2. Taste descriptors:** Use numbers 1-9 that apply to the taste where 1 indicates a subtle presence and 9 indicates a very pronounced presence  
 Fruit 8, Hash 7, Spice 2
- 3. Taste:** 9 Impression of the taste from 1-10 unpleasant-delicious.
- 4. State of dryness:** 5 1-10 wet-dry where 5 is ideal.
- 5. Smoke ability:** 9 smoke ability of the sample from 1-10 harsh-smooth.
- 6. Smoke expansion:** 10 smoke expansion in the lungs from 1-10 stable-explodes.

**Smoke Test Comments:** - Growing up in the UK cheese has been a staple of mine for year's and every seed company has a cheese strain in there line up but very few are close to the original exodus cheese! We were very pleased with the outcome of the dinafem cheese it is not 100% true UK cheese but ticks most of the boxes. The super fruity smell is there and the underlying tones of a premium cheese are present on the exhale. The smoke is super thick and explodes in your lung's leaving a lovely mature cheese taste merged with fruit behind. Such a great tasty mouth watering strain that leaves you in a very euphoric mind set.

**FOLLOW UP QUESTIONS**

- 1. Dosage:** - to reach desired effects.
- 2. Effect onset:** - Rate of how quickly the effect hit from 1-10 immediate-major creeper.
- 3. Sativa influence:** - Sativa influence (best described as a clear and energetic mental effect) detected from 0-10 none-extreme.
- 4. Indica influence:** - indica influence (best described as a sedative, lethargic or numbing effect) detected from 0-10 none-extreme.
- 5. Potency:** - Rate the potency of the sample from 0-10 none-devastating.
- 6. Duration of effect:** -
- 7. Tolerance build up:** - Rate of how quickly tolerance builds from 0-10 none-rapid.
- 8. Usability:** - from 1-9, a one indicates the worst time of day to consume this strain and a nine represents the ideal time of day.  
 Morning/wake up - Day/work - Evening/relax - Night/sleep -
- 9. Overall satisfaction:** - Rate your overall satisfaction from 1-10 poor-Holy Grail.
- 10. Ability and conditions:** - Rate your overall ability to judge from 1-10 low-high.
- 11. Do you personally consider this strain a keeper for long term use?** -
- 12. Effect:** What effect did the strain have write P if the you got a POSITIVE effect and N if you had a NEGATIVE effect

- |                                |                     |
|--------------------------------|---------------------|
| - Ability to rest or sit still | - Paranoia relief   |
| - Anxiety relief               | - Sex drive         |
| - Appetite                     | - Sleep             |
| - Audio perception             | - Speech process    |
| - Humor perception             | - Taste perception  |
| - Imagination/creativity       | - Thought process   |
| - Pain relief                  | - Visual perception |

**Extended Medical Survey:**

- |                                  |                                   |                                    |
|----------------------------------|-----------------------------------|------------------------------------|
| - ADD/ADHD                       | - Depression                      | - Muscular movement disorders      |
| - Allergic rhinitis              | - Diarrhea                        | - Nausea                           |
| - Amphetamine Dependence         | - Epilepsy                        | - Panic Attack                     |
| - Anorexia                       | - Glaucoma                        | - Peripheral nerve pain            |
| - Arthritis/Musculoskeletal pain | - Hepatitis                       | - Post traumatic Stress Disorder   |
| - Asthma/Cough                   | - High blood pressure/Racingpulse | - PreMenstrual Syndrome            |
| - Bipolar disorder               | - Insomnia                        | - Sedative/Opiate Dependence       |
| - Cancer/Chemotherapy            | - Itching                         | - Schizophrenia                    |
| - Chronic fatigue                | - Migraine/vascular headache      | - Spasticity in Multiple Sclerosis |
| - Crohn's/IBS                    | - Muscle Spasm                    |                                    |

**FINAL COMMENTS:** - This strain has really surprised me as it is very close to what I know as cheese. The smell, taste and aroma are all there but the effect's from the Dinafem version does not last as long as I would expect from true UK cheese but it still was a very tasty and effective smoke. From all the various cheese genetics I have tried this is up there with the best of them and has some excellent medicinal effects which is all I really care about. Is this true UK cheese the answer to that is No but that does not take away the beneficial medicinal effects this strain has, so on that note I will say great job Dinafem this is a great medicinal strain and I will grow it again. Great job!

