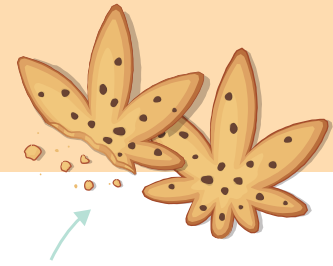


Cannabis Edibles 101



1 What are edibles?

Food products that contain cannabinoids. Edibles (and oils and capsules) are taken orally.



Commonly sold as baked goods, beverages, chocolates, and candies.



2

Edibles

Effects start

30 - 90 min

Effect peak

2 - 3 hours

Effect duration

4 - 12 hours

Inhaled

5 min

30 min

30 min - 2 hours

Edibles are a smoke-free option for using cannabis

3

Effects vary, and can include:



4

Check the dose

Most overdoses involve cannabis edibles.



Legal edibles have a max of 10mg of THC per package



10mg is a moderate to high dose for most people

2.5mg



2.5mg

If it's your first time, start with a low dose (2.5mg or less)

Unregulated

Be careful dosing unregulated edibles

Check the package for advice on a single dose

Be patient; It takes up to 4 hours to feel the full effect

5

Overdosing

Cannabis overdose is rarely lethal for healthy adults.

Signs you've taken too much and may need medical attention include:

- chest pain
- difficulty breathing
- psychosis
- erratic behaviour
- intense anxiety
- thoughts of harming self or others



Kids who accidentally ingest an edible may be lethargic, unco-ordinated, and have involuntary muscle movements