Cannabis Edibles 101



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.



| | Effects start | Effect peak | Effect duration |
|---------|---------------|-------------|------------------|
| Edibles | 30 - 90 min | 2 - 3 hours | 4 - 12 hours |
| Inhaled | 5 min | 30 min | 30 min - 2 hours |

Edibles are a smoke- free option for using cannabis

Effects vary, and can include:

| Euphoria | Confusion | Anxiety |
|----------|-----------|-------------------|
| Sedation | Delusions | Memory impairment |

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



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

Overdosing Cannabis overdose is rarely lethal for healthy adults.

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

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

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

Government of Canada. Information for Health Care Professionals: Cannabis (marihuana, marijuana) and the cannabinoids. Spring 2018. Fischer, B., et al (2017). Lower-Risk Cannabis Use Guidelines (LRCUG): An evidence-based update. American Journal of Public Health, 107 (8). DOI: 10.2105/AJPH.2017.303818

