

# Edible Cannabis

## Always read the label

Edible cannabis products vary in THC levels.

THC is the component of cannabis responsible for the psychoactive effects (the "high").

New to edible cannabis?  
Start with no more than 2.5 mg of THC.

In Canada, packages containing edible cannabis products are legally limited to a maximum of 10 mg of THC.



10 mg total THC  
2.5 mg per edible



2.5 mg THC  
One edible



10 mg total THC  
5 mg per edible



2.5 mg THC  
Half edible



10 mg total THC  
10 mg per edible



2.5 mg THC  
Quarter edible

© Canadian Centre on Substance Use and Addiction 2019. Reproduced with permission.

## Start Low, Go Slow.



**START OF  
EFFECTS**

You will feel effects  
within **30 minutes to  
2 hours** of ingesting.



**PEAK  
EFFECTS**

Full effects can peak  
**within 4 hours.**



**LENGTH OF  
EFFECTS**

Effects can last up to  
**12 hours after use.**  
Some effects can last  
up to **24 hours.**

# IT'S EASY TO HAVE TOO MUCH

Greening out is **not fun** & may require medical attention.  
**Know the signs:**



- Nausea or vomiting
- Severe anxiety
- Panic attack
- Extreme confusion
- Chest pain
- Rapid heartbeat
- Shortness of breath
- Loss of contact with reality



## Label Cannabis Products

- If you make your own edible cannabis products, be sure to properly label them.
- Make sure the label is always clearly visible.



## Store in Child-Safe Containers

- Make sure cannabis products are appropriately re-sealed after use.
- Store in a locked place (e.g., box, cabinet)



## Keep Out of Reach Children & Pets

- Store and dispose of cannabis products in a place that is not easily visible and accessible by children or pets.

**Worried about your substance use?**

Take the first step and try our  
**Substance Use Screening Tool** at

**CheckItOutNL.ca**