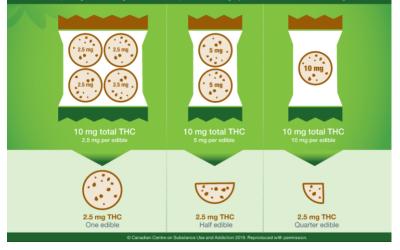
## Edible Cannabis Always read the label

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.



# Start Low, Go Slow.



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



Full effects can peak within 4 hours.



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 CheckItØutNL.ca



