

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**.



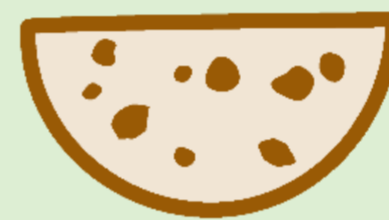
10 mg total THC
2.5 mg per edible



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

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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

Worried about your substance use?

Take the first step and try our [Substance Use Screening Tool](#)

[CheckItOutNL.ca](#)