

NEW TO EDIBLES? START LOW!

Most users tend to experience a very different effect from edibles than they do from other methods of marijuana consumption. Even the most experienced smokers can have a very different reaction to edibles compared to their normal smoking routine. This is because when THC & CBD are being digested versus inhaled, the cannabinoids are metabolized differently. This is also why it is hugely important for users to know the potency and portion sizes of edibles as to dose according to individual tolerance levels.

EVERYONE IS DIFFERENT

Many factors play into how cannabis affects users. Body weight, metabolism, health, diet, activity level, and cannabis usage history are all factors that play into how a person will react to cannabis.

DOSING GUIDELINE: START LOW!

Patients with no history of edibles use should always start low and gauge their reaction to their current dose before upping their dosage level. It is much better to start low and slightly increase your dose over time as needed, versus overconsuming and having an unpleasant experience.

BE PATIENT

Edible cannabis can take up to **2 HOURS** before consumers experience any effect. Never take another dose unless you feel and are comfortable with the full effect of your previous dose. Gauge your reaction first and then consider increasing your dosage.

OVERCONSUMPTION

Did you consume a little too much and are having an unpleasant experience? Don't worry! It happens to even the most experienced cannabis users! Just keep calm, listen to your body, and remember that you will be fine. The best remedy for overconsuming cannabis is to rest or sleep it off. The effects will wear off with time.

SAFETY FIRST

Cannabis may temporarily impair your ability to drive or operate heavy machinery. Never consume cannabis with alcohol, prescription medications, or illegal drugs.



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EDIBLES INFORMATION CARD

New Users: Less than 10mg

Little or no experience with cannabis whatsoever. This also includes consumers who use very infrequently (ie: only a few times per year at most).

Occasional Users: 10mg – 25mg

Semi-routine cannabis usage. Users are relatively familiar with their bodily reactions to edible cannabis products.


Frequent Users: 25mg – 50mg

Weekly cannabis usage. Users have a solid understanding of their bodies' reaction to edible cannabis products.

Experienced Users: Greater than 50mg

Daily cannabis usage. Users who consume routinely and have built a tolerance to lower cannabis dosage levels.

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