

KNOW THE RISKS



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CANNABIS CONCENTRATES



What are cannabis concentrates?



Concentrates are cannabis products with high levels of THC and CBD (e.g., oils, hash, shatter).

THC is the chemical in cannabis that causes the high.

Different products have different amounts of THC.

CONCENTRATES	DRIED FLOWER
 CAPSULES OR OILS HASH SHATTER	
Can reach up to 80-99% THC	10-25% THC

Using products high in THC can be harmful:

- Increased risk of addiction.
- Increased risk of serious mental illness, like psychosis.
- Increased risk of over-intoxication.

If you choose to use concentrates, **start low and go slow.**

- Buy your products legally and read the label.
- Start with one or two puffs of **10% THC (100 mg/g).**
- Avoid products that are high in THC.
- Clearly label and store all cannabis products away from children and pets

To learn more, talk to a health care professional in your community or visit
[CHOOSETOBEINFORMED.CA](https://choosetobeinformed.ca)

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