

KNOW THE RISKS



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EDIBLES

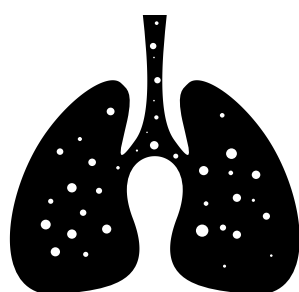


What are edibles?

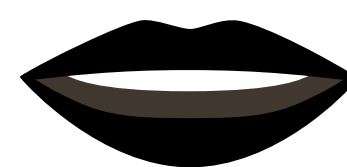


Edibles are foods and drinks made with THC and CBD

Edibles affect you differently than smoking or vaping cannabis.



INHALED



EATEN

How long until the effects start?	
Seconds to minutes	30 minutes to 2 hours
How long for the full effect?	
Up to 30 minutes	Can take up to 4 hours
How long can it last?	
Up to 6 hours	Up to 12 hours
Effects like drowsiness can last for 24 hours.	

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

- Start low by trying a cannabis product with **2.5 mg or less of THC**.
- Be patient: it can take up to 4 hours to feel the full effects.
- Taking more during this time increases the risk of unwanted effects (anxiety, vomiting, paranoia).
- Mixing cannabis with other substances—like alcohol—can have unexpected and harmful effects.
- Clearly label and store all cannabis products away from children and pets.

To learn more about edibles, talk to a health care professional in your community or visit **CHOOSETOBEINFORMED.CA**

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