

What you know about
CANNABIS
matters!

How to read a **CANNABIS** **LABEL**



READING EDIBLE LABELS

In Canada, edible cannabis can only have up to 10 mg of THC per individual package.



2.5 mg

One pack of four edibles will have 2.5 mg maximum of THC in each edible.



5 mg

One pack of two cookies will have 5 mg maximum of THC in each cookie.



10 mg

One single cookie will have 10 mg maximum of THC.

UNDERSTANDING A CANNABIS LABEL:

Excise Stamp

Shows the product is legal and intended for sale in a specific province or territory.

Product Type

Identifies the type of cannabis product, such as dried cannabis, edibles, or extracts.

Weight

Shows how much cannabis is included. Some products also list the equivalent amount of dried cannabis.

THC and CBD Content

Shows how much tetrahydrocannabinol (THC) and cannabidiol (CBD) is in the product. Higher THC levels can produce stronger effects. Consider choosing products with lower THC levels.

Warning Label

Provides important information about the health and safety risks of cannabis. Warning labels must appear in bright yellow.

Brand

Identifies the company or brand that made the product.



Expiration and Packing Date

Shows when the product was packaged. Some products also include an expiration date.

Ingredients

Lists the ingredients in the product. This is required for products such as edibles and extracts.



✓ **REDUCE YOUR RISKS**

Here are some ways to reduce your risks:

- Start low and go slow. If you're trying edibles for the first time, start with a small amount (2.5 mg THC or less). Edibles can take longer to take effect.
- Store cannabis safely. Keep cannabis products locked up and out of sight and reach of children and pets.
- Wait before using more. Different cannabis products affect people differently. Wait until you feel the full effects before taking more.

HELP AND SUPPORT

If cannabis use is affecting your mental health, well-being or relationships, there are many supports to help you.

- + Talk to a health-care provider.
- ♥ Talk to trusted Elders, family and friends.
- ☎ Call the Nunavut Quitline at **1-866-368-7848** for confidential support from counsellors in Inuktitut, English, Inuinnaqtun or French.
- 💬 Text NUQUITS to 123456 for support and tips.
- f Visit Facebook.com/NuQuits.
- globe Visit nuquits.ca.

