



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”).

For more info:
algonquincollege.com/umbrellaproject



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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

Start Low, Go Slow

The effects of edible cannabis can take up to **4 hours** to appear and can last up to **12 hours**, with some effects lasting up to **24 hours**.



Content adapted with permission from the Canadian Centre on Substance Use and Addiction.