

Edible Cannabis

Always read the label

Edible cannabis products vary in THC levels.

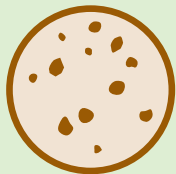
THC is the component of cannabis responsible for the psychoactive effects (the “high”).

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.



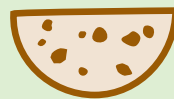
10 mg total THC
2.5 mg per edible



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**.



Canadian Centre
on Substance Use
and Addiction

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Learn about the health effects of cannabis and
how to lower your health risks at

ccsa.ca/cannabis and canada.ca/cannabis

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