

# Understanding Cannabis Edibles

## What are Edibles?



Cannabis edibles are food products made with cannabis flower or extract

## Examples of Edibles



Baked goods



Candy



Chocolates & bars



Capsules



Beverages

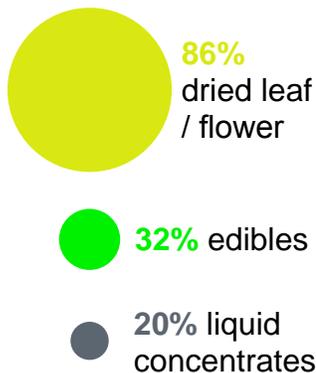


Tinctures

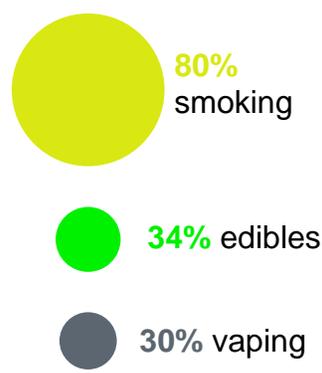
## Prevalence

Among Canadians that have used cannabis, edibles are the second most popular type of cannabis product used by adults and youth

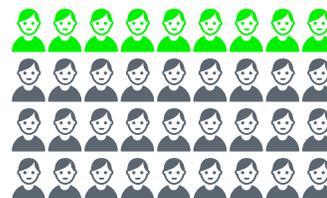
### Adults<sup>1</sup>:



### Youth<sup>2</sup>:



41% of women that use cannabis report using edibles

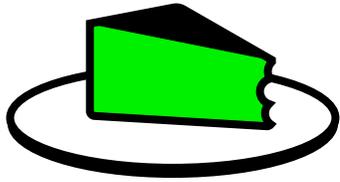


26% of men that use cannabis report using edibles

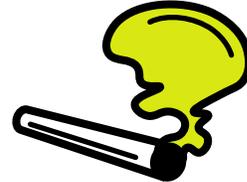
<sup>1</sup> adults who reported using cannabis in the past three months

<sup>2</sup> youth who reported using cannabis in the past 12 months

# Ingestion vs. Inhalation

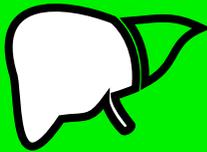


## INGESTION



## INHALATION

Edibles are absorbed by the stomach and liver, and then enter the bloodstream and other parts of the body



When cannabis is inhaled, THC is passed from the lungs to the bloodstream. Blood then carries THC to the brain and other parts of the body



### TIME TO TAKE EFFECT

Edibles can take **15-90 minutes to take effect**, due to a slower absorption process

The effects of smoking are felt **within a few minutes** and can **take 1 hour to fully develop**

The effect of ingesting cannabis usually **lasts 4 - 12 hours**



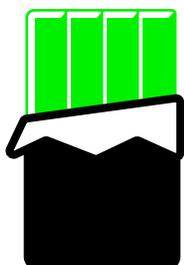
The effects of smoking cannabis usually **lasts 2 - 4 hours**



Some research suggests that when cannabis is applied in the cheek or under the tongue like in sprays and tinctures, it has a similar onset effect as oral ingestion but effects may not last as long. Please note that these times are approximate and can vary significantly depending on the consumer and product.

# THC Content

In most jurisdictions with legalized cannabis, the maximum THC content **per serving** is either 5mg or 10mg, and the maximum THC content **per product** is either 50mg or 100mg.



**50mg THC**  
per product



**5mg THC**  
per serving



**100mg THC**  
per product



**10mg THC**  
per serving

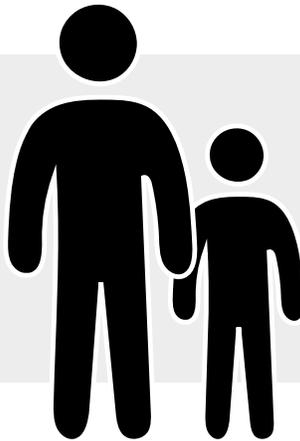
# Caution

Evidence suggests that accidental ingestion of cannabis may become more common as legalization comes into effect



The majority of health visits for cannabis-related issues are due to edibles use

Overconsumption of edibles by adults is associated with an increase in emergency department visits resulting from severe agitation, nausea, vomiting, panic attacks, and anxiety



Children exposed to edibles are more likely than adults to experience adverse health effects, such as severe respiratory depression, which can lead to airway compromise or risk of aspiration



Keep out of reach of children and pets



Read the label carefully



Do not mix with drugs or alcohol



Store securely



Don't drive high

**If you choose to use..  
Start Low, Go Slow!**

For more information please visit [DrugSafe.ca](http://DrugSafe.ca)

# References

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