

CANNABIS EDIBLES



WHAT ARE THEY?

Cannabis edibles are products made with the active ingredients from cannabis to be ingested, experiencing the effects through consumption. Edibles are most commonly made from cannabis distillate—refined cannabis that contains THC and/or CBD—and are available in baked goods, candy and chocolate formats.

Other common formats to ingest cannabis include beverages, oils, and capsules that can be consumed, or in the case of oils, taken intra-orally and absorbed under the tongue.

HOW DO THEY AFFECT YOU?

Ingested cannabis differs from cannabis you inhale in how they are consumed, metabolized in the body and experienced. With ingested cannabis, expect longer onset times as well as effects that typically last longer than cannabis products you inhale.

HOW CAN YOU REDUCE YOUR RISK?

Start low and go slow.

Begin with a smaller amount (Health Canada recommends 2.5 mg THC or less to start) and give time for the cannabis to work in YOUR system, as cannabis affects everyone differently.

More information: <https://novascotia.ca/cannabis/edibles-extracts-and-topicals/>

ONSET OF EFFECT	30 min – 2 hours
PEAK EFFECT	Up to 4 hours
LASTING EFFECT	Up to 12 hours