



EDIBLES 101

START LOW, GO SLOW

Start with ONE serving.

Until you know how edibles will affect you, start with a single serving or low dose product.

Rookie:
1-5 mg



Novice:
5-10 mg



Pro:
10-15 mg



Wait. Be patient...it's coming.

Because of the unique way each person's metabolism will process edibles, it's very important to be patient.

Edibles can take up to 2 hours (or longer) to take effect, depending on the individual.





REMEMBER, WHEN YOU EAT THC...

The effects of can be much different than smoking it. Most experience more of a "body high" and less of a "head high."

Edibles work much differently than alcohol. Food won't absorb THC like it does alcohol. In fact, food will push the THC into your system, impacting you even more.

Use caution when mixing with alcohol and never mix with controlled substances — effects can be unpleasant and unpredictable.