

The Facts: Marijuana Edibles

"Edibles" are made by infusing marijuana flower or concentrates into substances like butter or oil that can be used to produce food or drink products like brownies, cookies, sodas, and candies. These products may contain THC, which produces a psychoactive effect when consumed; CBD, which is not psychoactive; or both.



Digesting and absorbing THC through the stomach and liver **takes much longer** than absorption through the lungs and may be impacted by stomach contents, gender, weight, and tolerance level.

Here are 6 things to know if you choose to use edible marijuana products:

1

KNOW YOUR DOSE

The **potency and serving size** of THC in edibles **may vary**. Know how much THC you are consuming to lower your risk of overdose.

2

START SMALL

Start with a 5-10 mg dose of THC. **If you take too much you can't undo it.**

5-10 mg

3



BE PATIENT

Wait to eat more. The psychoactive **effects are DELAYED** (30 minutes to 2+ hours to feel) and **LAST LONGER** (4-12 hours) than other marijuana products.

4

AVOID DRIVING

It's **illegal** to drive while under the influence of marijuana. The uncertain dosing and timing of edibles make it even more dangerous.



5



KNOW THE SIGNS

of accidental ingestion. Children who accidentally eat an edible may have **problems walking or sitting up, difficulty breathing, or be sleepy**. Call 911 or the poison control center (1-800-222-1222) if this happens.

6



LOCK THEM UP

Store edibles securely and away from other food to **prevent youth use and accidental ingestion** by pets or kids.



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services