

Facts about Ingested, Marijuana-Infused Products:



Marijuana edibles are consumed rather than smoked. All marijuana edibles contain delta-9 THC, the active ingredient in marijuana that causes a person to experience feelings of being “high.”

Edible, or ingested marijuana products, are products containing cannabinoids (chemical compounds found in marijuana) that you eat or drink. Cannabinoids in marijuana can affect the consumer’s mind and body when consumed. All marijuana

edibles contain delta-9 THC, which can be described as the active ingredient in marijuana that causes a person to feel “high”.

Edible marijuana products provide an alternative to smoking marijuana and marijuana products, such as marijuana concentrates and extracts. As adult-use marijuana is now legal in many states across the country, marijuana edibles are increasing in popularity and use.

With edible marijuana products, there are some important factors to consider.

#1-Edible marijuana products vary widely in their appearance and ingredients:



Marijuana edibles come in a wide assortment of foods and beverages. The products will vastly vary in their ingredients. Pay special attention to the ingredients label if you suffer from any major food allergens.

- o With a variety of products available, it is always recommended to **read the ingredients label** to ensure there are no allergens present in the product that may cause an adverse reaction.

#2-Marijuana-infused edibles are not intended to provide nutritional benefit:



Marijuana edibles do not provide the human body with nutritional value and they can be high in calories due to the added sugars and fats.

- o Although marijuana edibles are often manufactured into a variety of foods, they are not intended to provide an individual with nutritional value.
- o Calories in marijuana edibles tend to be elevated. However, this is not from the marijuana itself. The calories in marijuana edibles are often high because of the amounts of sugars and fats used in the recipe for that marijuana edible.

#3-The effects of ingesting marijuana can take longer to feel versus inhaling marijuana:



Most edible marijuana products must be processed by the digestive system before the delta-9 THC enters the bloodstream and brain.

- o The effects of inhaling or smoking marijuana and marijuana products tend to hit a consumer more quickly (on average 10 minutes or less) versus an edible. When marijuana is inhaled, it enters the lungs, hits the bloodstream, and then travels to your brain quickly.
- o In contrast, edibles are processed in the stomach and liver. Edibles must first be digested and metabolized, so it often takes longer to feel the effects of a marijuana edible versus smokable marijuana and marijuana products.

#4-The effects of ingesting marijuana often last longer (and feel stronger) than inhaling marijuana:



Edible marijuana products are often reported to hit consumers differently than inhaling marijuana. Start with a small amount and be patient. Keep in mind that many edibles contain more than 1 serving.

- o Because edible marijuana must be broken down in the digestive system before entering the bloodstream, it could take up to **two more hours** for the consumer to feel the effects.
- o Effects of edible marijuana can last up to 12 hours after use, with reports of residual effects occurring up to 24 hours after consumption.
- o As edible marijuana can take longer to kick-in, it is important to be patient and not overconsume the product.

- o Many ingestible marijuana products contain more than 1 serving. Read the label carefully and start with 1 serving or 1 small dose.

#5-Avoid mixing alcohol with your edible marijuana (or any marijuana):

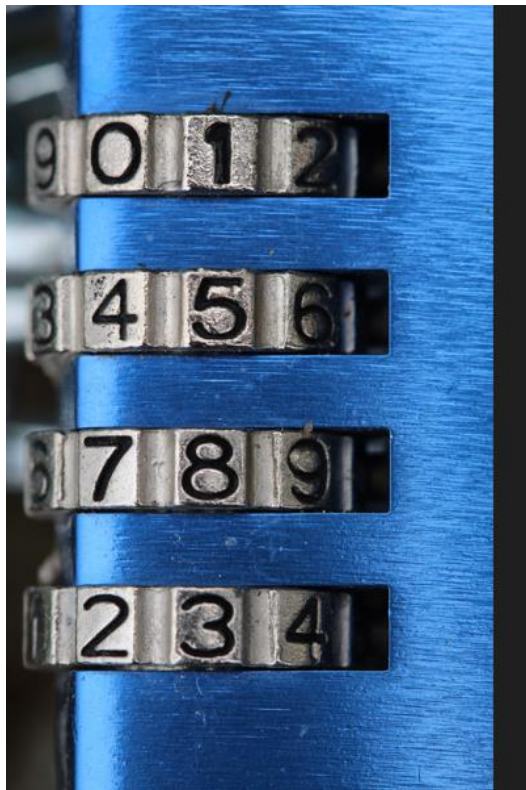


Using alcohol, and other substances, in conjunction with edible marijuana is not advised. It can result in overconsumption of marijuana and product, and unwanted side effects.

- o Alcohol can increase the intoxicating effects of marijuana. This can raise a marijuana consumer's level of impairment.
- o Using alcohol with marijuana can increase an individual's risk of over-intoxication. These symptoms can include anxiety or panic, nausea, and vomiting.

- o If you take prescription medications, it is always recommended to speak with your medical provider and/or pharmacist to ensure that consuming marijuana will not interfere with your prescription(s) or health issues.

#5-Safely store your marijuana edibles (and all marijuana):



Marijuana and marijuana products should be kept in their original packaging and labeling, locked away from minors and pets. Correctly storing marijuana and marijuana products can also prevent them from deteriorating rapidly.

- o Many marijuana edibles look like food that do not contain marijuana; it can be difficult to distinguish them apart (especially when they are not in their original packaging and labeling).

- o Consumption of marijuana by minors and pets can have major health consequences. A safe or lockbox can be an especially useful tool for securely storing marijuana and marijuana products away from minors and pets.

- o Marijuana can degrade easily. When exposed to excessive light, it will dry out more quickly. When it is in conditions that are too humid, it can grow mold. Proper storage of all marijuana can prevent it from deteriorating and losing its potency (strength).

Sources:

- o Canadian Centre: <https://www.ccsa.ca/sites/default/files/2019-06/CCSA-7-Things-About-Edible-Cannabis-2019-en.pdf>
- o Insider.com: <https://www.insider.com/guides/home/how-to-store-weed>