



THC

EDIBLE

SAFETY

TIPS

- Use cannabis less than 2-3X/week
 - Start with **5mg**
 - 2.5mg if sensitive or nervous
- Typically, although not always, takes about **ONE HOUR** to kick in.
- *Do NOT redose for 3 hours*
- Lasts **4 to 6 hours**
- Increase by 2.5 to 5mg after 4 hours if needed
- Daily cannabis users start with 5mg – 10mg

