

EDIBLES EDUCATION



Welcome to the world of edibles... Make sure you **Know Before You Go!**

KNOW
BEFORE
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- 1.) **How Experienced Are You:** Have you eaten or smoked before? Your answer will indicate where you should begin in milligrams.
- 2.) **Pay Attention to Your Body:** Your gender, age, metabolism, body mass and chemistry will influence the results of THC.
- 3.) **Never Use on an Empty Stomach:** Just like when drinking alcohol or taking medication it is important to use edibles while eating or after a balanced meal. Drink lots of water.
- 4.) **Measure Your Milligrams:** 10 milligrams is a dosage and where we recommend you start if you're a first time user. Know your dosages and measure them out.
- 5.) **Try Different Brands:** Different brands will have a different reaction. Experiment with different brands to find your desired effects and dosage.
- 6.) **Wait it Out:** Start slow with minimal dosages from 10mg. Wait 45 minutes. How do you feel? Some edibles can take from 30 minutes to two hours to fully kick in.
- 7.) **Expect a Different Effect:** Just because you smoke a large amount each day doesn't mean you will have a high tolerance to ingesting edibles.
- 8.) **You CAN Get Too High:** No, you aren't dying and yes, you will recover. Try and remain calm. Do not drive anywhere. Also, smoking a strain with a higher CBD content can combat this anxiety.
- 9.) **Label Your Pot Food:** If you're making your own infused edibles label them so others in your household or visitors don't accidentally eat it.
- 10.) **Never Prank:** Giving someone cannabis-infused products as a joke is dangerous and should never be done.

20% of the population will not feel the effects of THC infused edibles.

Everyone is different and some peoples bodies metabolize the THC differently.

The information contained in this brochure is not and should not be considered legal or medical advice. Please refer to and comply with all warnings contained on your product's packaging. Seek health care if adverse effects or accidental consumption occurs or call the poison control hotline 1.800.222.1222.