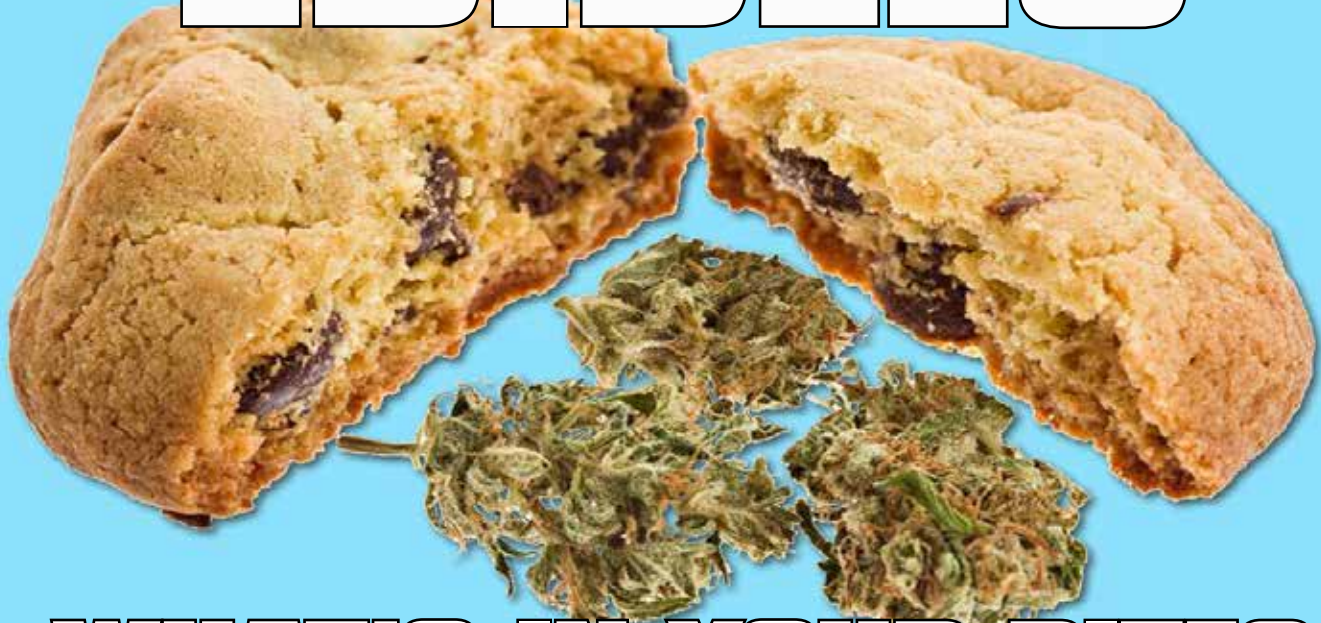


# EDIBLES



## WHAT'S IN YOUR BITE?

Cannabis has had several names over the years. The plant genus Cannabis is also referred to as hemp in agricultural and material use, as well as marijuana, weed, pot, hash, hashish, grass, bud, herb, flower, or dope in recreational use.

Cannabis is one of the oldest cultivated plants in East Asia and has a 2400 year history of use. Sativa and Indica are the most common species of cannabis. Sativa and Indica each contain different levels of the main two cannabinoids: tetrahydrocannabinol (THC) and cannabidiol (CBD).

Sativa is a more stimulating cannabis which contains lower doses of CBD and higher doses of THC. Indica contains higher levels of CBD, although the THC content isn't necessarily less. "Hybrid" cannabis typically refers to a combination of THC and CBD.

### Consumption

Cannabis can be smoked, vaped, consumed as an edible, brewed as a tea, or consumed raw. The effects of cannabis can vary depending on potency, tol-

erance, and the type of cannabis. Edibles have an interesting history as the classic drinks in India or pot brownies in the US have been around for a long time, but recent advances in infusion methods have led to an increased availability of various edible forms such as:

- Baked goods (brownies, cookies, fudge, etc.)
- Gummies or jellies
- Lollipops or hard candies
- Seasoning packets
- Cooking oil
- Butter
- Chocolates
- Breath strips or mints
- Beverages such as sodas or alcohol
- Snacks such as dip, chips, mac and cheese, candy coated peanuts, peanut butter cups, etc.

When purchased from a licensed dispensary, the strength of these products is measured in milligrams. It is recommended to discuss your needs with the dispensary before purchasing. New users may expect to start with either: 2 mg THC, 10 mg of

CBD, or a combination of 2 mg of THC and 2 mg of CBD.

The biggest risk of cannabis edibles is overconsumption or accidental ingestion. These products will usually be sold in bags or wrappers and labeled with THC content, but these warning labels are not yet standardized. Many dispensaries such as Leafly.com have articles on safe dosage, warning labels, and frequently asked questions available on their website for more informed usage.

### Legal in Canada

In Canada, the Cannabis Act came into force on October 17, 2018. The Cannabis Act established a strict framework for controlling cannabis, including the sale, possession, production, and distribution within Canada. The purpose of the Act is to prevent youth from accessing cannabis and to displace the illegal cannabis market. There are criminal penalties for selling or providing cannabis to youth or using youth to commit a cannabis offense.

According to the Cannabis Act, adults can:

- Possess up to 30 grams of legal dried cannabis or its equivalent in non-dried form in public
- Share up to 30 grams of dried cannabis or equivalent with other adults
- Buy cannabis products from a provincial or territorial retailer
- Grow up to 4 plants per residence for personal use



Exceeding limitations of the law can result in criminal penalties ranging from ticketing to a maximum of 14 years imprisonment.

Restrictions are also imposed on packaging and labelling, as products cannot be presented in such a way that makes them appealing to youth, sold through self-service displays or vending machines, and promotion is not allowed unless authorized.

On October 17, 2019, the production and sale of edible cannabis, extracts, and topicals became legal under the Cannabis Act. Provincial and territorial retailers and federally licensed sellers of cannabis for medical purposes are now allowed to sell edibles. Cannabis edibles are subject to regulations that address their unique health and safety risks, including an excise stamp on the package with design and security features unique to each province/territory, as well as a standardized cannabis symbol and mandatory health warning messages.

### What are the risks?

Cannabis edibles are particularly risky for young children and older adults, who have different metabolic rates and pharmacokinetics than other groups.

For children, they may not realize what the product really is and take too much at once. Cannabis edibles should be clearly marked and stored out of reach of children. Youth run the risk of panic attacks, psychosis, and vomiting; long term effects may include impaired brain development and poor mental health. This is why experts recommend not taking cannabis until the brain has developed at 25. Additionally, cannabis addiction is more likely in teens than adults, although withdrawal is mild and includes grouchiness, sleeplessness, decreased appetite, anxiety, and cravings.

For older adults, misunderstanding the product or having memory issues may cause them to take too much at once. Cannabis may run the risk of increasing heart rate and blood pressure, increasing the risk of heart attack. Other risks include cognitive impairment, risk of falls, or heart arrhythmia. Older adults are also more likely to also run the risk of prescription medications interacting with cannabis.

## Remember!

- “Low and Slow”: Start with low amounts.
- It’s a good idea to have someone experienced with you the first time (or just someone responsible, even if they aren’t trying edibles).
- Wait 1-2 hours between further dosages if desired. Only after first few times.
- Overconsumption looks like a panic attack: keep warm, hydrated, and comfortable, and be ready to ride it out.



Hundreds of websites selling illicit edibles with packages designed to look like all types of candy and chocolate bars — everything from Sour Patch Kids, Pop Tarts, Snickers chocolate bars and more. The sites are part of a huge and illegal marketplace that operates openly, under the nose of the government and law enforcement. These websites are operating quite flagrantly considering new cannabis regulatory laws.

Illegal websites look legit.

Complicating the issue is how the websites look. In many cases, it’s hard to tell the difference between legal and illegal sites. Adding to that confusion, are the different rules in different provinces about how pot is sold online. Possessing cannabis purchased from illicit websites is also a crime.

## Remember!

Store your stash of edibles a locked container put in unreachable places for any youngsters or pets who live with you or might visit. It’s better to be safe than the cause of a tragedy.