



# Edibles Education

## Start Low, Go Slow



### Start with Less than One Serving

Start with a low-dose or single serving product until you know how edibles will affect you.



### Wait, Go Slow

Edibles can take up to 2 hours or longer to take effect.



### Don't Mix

Edibles should not be mixed with alcohol or controlled substances.



### Out of Reach

Keep away from children, pets or ANYONE under 21, and store in original packaging.

# An Introduction To Edibles Tolerance

Everyone's metabolism is different and therefore has a different reaction to cannabis edibles. It is important that you understand your edible tolerance to have a safe and enjoyable experience.

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**Less Than  
5mg**

## **New Consumer**

If you have never experimented with edibles, you should start here. It is important to make sure your body can digest cannabis comfortably.



**5mg**

## **Occasional Consumer**

This is considered a single serving. Eating more than 10mg is not recommended.



**5-10mg**

## **Frequent Consumer**

Reserved only for those with a high edible tolerance or medical needs.