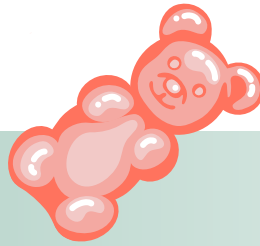


EDIBLES

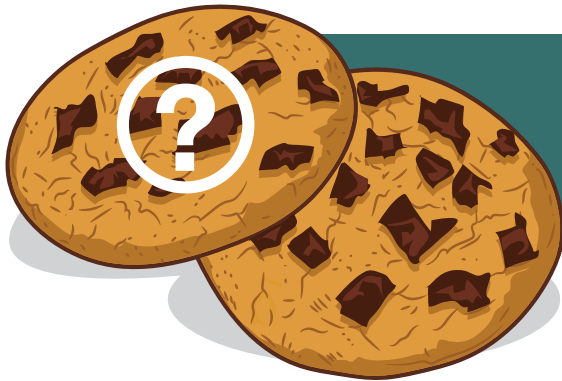


What is an Edible?

Edibles are cannabis-infused foods and drinks such as gummies or baked goods.

What is THC?

The main active ingredient in cannabis that causes a response in the body or "high" when taken.



How Edibles are Processed in the Body

Edibles are digested & then enter the bloodstream and brain. In the liver, **THC is converted into a stronger form** & adds to the intensity of the high.

SERVING SIZE

The serving size of edibles can significantly vary in amounts of THC making it very easy to accidentally exceed the recommended dosage.

THE FACTS



For most, it takes **between 20 minutes and 1- 2 hours** to feel the effects of the cannabis.

The high typically lasts for hours.

The THC **concentration varies greatly**, even within the same batch of edibles.

Residual effects can last up to 24 hours.

HEALTH CONCERNS



May increase the risk of **schizophrenia, depression, & anxiety.**

Can lead to **impaired learning**, memory, & impulse control.

Can have hallucinogenic & other effects throughout the body.

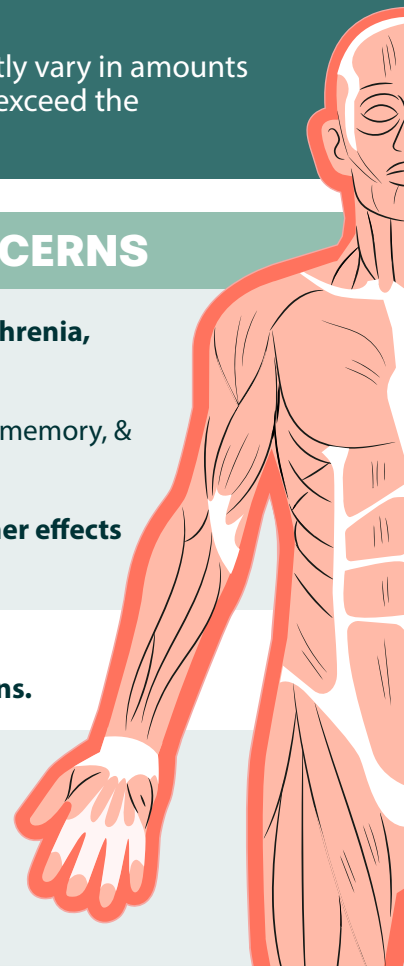


Large doses of THC can cause **nausea & intense stomach pains.**



Increases heart rate by 20-50 BPM.

Can **increase blood pressure, decrease heart function, & cause irregular heart beats.**



Because it takes so long to feel the effects, people may take more & more until the high kicks in, so **it is very easy to take way too much.**

REFUSAL TECHNIQUE

"I don't want to use cannabis because it causes increased blood pressure."



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