



KNOW YOUR EDIBLES

New York

EDIBLES 101

Cannabis edibles may take up to **2 hours** to fully take effect, making it easy to eat too much (overconsume). When you eat or drink cannabis products, they can feel several times stronger than cannabis products that are smoked. When THC is broken down through the liver (which happens when you eat or drink cannabis) it affects your body differently – this is why many people feel the effects of edibles more intensely than other forms of cannabis consumption.

ORAL PRODUCTS



Are digested and metabolized in the liver
Onset: Up to 2+ hours
Duration: 4-12 hours



Food Products

Cannabis is added to different foods like gummies, baked goods, and drinks and is metabolized (broken down) through the liver as the product is digested.



Capsules/Tablets

Swallowed and absorbed into the digestive system, similar to a pill that does not contain cannabis.

SUBLINGUALS



Absorb quickly and directly into the mouth
Onset: 15 min - 1 hour
Duration: 90 min - 3 hrs



Tinctures

Cannabis liquid that is placed under the tongue with a dropper or syringe and absorbed in the mouth.



Lozenges

Dissolve in the mouth or under the tongue.

CHOOSING A SERVING SIZE

The “right” amount or serving size of cannabis is different for everybody! The “right” amount also depends on what kind of cannabis experience you want. Different things can impact how cannabis will affect you – this starts with the kind of cannabis product you consume and how potent (strong) that product is. Other things that may impact how cannabis affects you include:

- Body size
- Product form and potency
- Metabolism
- Stomach contents
- Cannabinoid and terpene profile
- Set and setting
- Frequency of cannabis consumption





START LOW & GO SLOW

Cannabis edibles in New York State may have up to 10 milligrams of THC per serving. Serving sizes vary from person to person and differ depending on product form! 10 milligrams may be too much for you, so when you hear **Start Low and Go Slow** keep in mind:

- **Start Low** with a low serving size. If you're newer to cannabis that may mean starting with **2.5 milligrams**. You may have to cut your edible in a half or into quarters to start with or have fewer sips of a beverage rather than taking the entire serving at once.
- **Go Slow** before consuming more. It can take up to **2 hours** to feel the effects of edibles. Wait before you consume more.
- **A higher THC percentage (or more potent product) does not necessarily mean a better cannabis experience.** It's about the product – the terpenes and other cannabinoids (like THC or CBD) present in the product contribute to the overall effect just as much as potency.

WHAT IF YOU'VE OVERCONSUMED?

Consuming too much cannabis too quickly can be overwhelming and scary.

- Remind yourself that the effects are **temporary**
- Hydrate and rest
- Take deep breaths
- Call your support system
- Find an activity that offers you comfort
- Re-evaluate your serving size the next time you consume edibles.

SAFELY STORE CANNABIS PRODUCTS



Always keep edibles locked, stored out of reach and out of sight. Never store edibles near other foods or beverages where accidental consumption can occur by adults, young people or pets. Keep edible products in their original child-resistant packaging.

If there is an accidental exposure or an adverse reaction to cannabis – call 911 if it's a medical emergency and the Poison Center **(800)-222-1222** for non-urgent matters. Contact the Poison Center or your veterinarian immediately if your pet has accidentally ingested cannabis.

Purchasing cannabis products from the NY regulated cannabis market is safer than buying unregulated products. When you buy legal products, they are lab tested and labeled accurately with all the information you need.



Scan this QR code to report concerns about a cannabis product or business.



Office of Cannabis Management

cannabis.ny.gov

To contact the Office of Cannabis Management, please call us at: 1-888-OCM-5151 (1-888-626-5151) or email us: info@ocm.ny.gov