

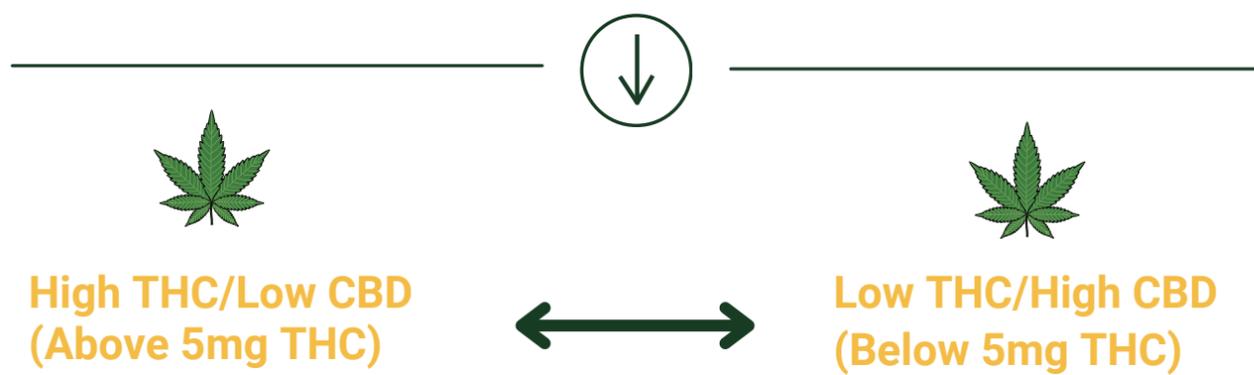


CANNABIS 101



Start low. Go slow.

Physical & psychological effects of cannabis use vary from person to person. These effects can be impacted by underlying health conditions, physical health, interactions with other substances, and tolerance. If you are new to cannabis use proceed with caution. **Buy from a licensed dispensary.**



All cannabis and cannabis products contain some combination of THC and CBD. The higher the THC content the more intense the associated feelings of high, heavy limbs, euphoria, and relaxation.

- Dried flower: 5-30% THC concentration; typically smoked or vaped
- Consumables: gummies, cooked or baked foods
- Vape pens: use oil, or dry herb
- Concentrates: 40 - 80% THC concentration

Smoking



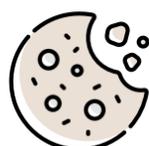
Takes effect: 2 - 10 minutes
Peaks: 30 - 50 minutes
Effects lasts: 4 - 6 hours

Vaping



Takes effect: 2 - 10 minutes
Peaks: 30 - 50 minutes
Effects lasts: 4 - 6 hours

*Consumables



Takes effect: 1- 3 hours
Peaks: 3 hours
Effects lasts: Up to 24 hours

***Note:** Concentration numbers are typical; actual product concentrations may vary. THC concentration and dosage for consumables will vary widely based on recipe and serving size.

If you think you or someone else may have cannabis poisoning or toxicity, call New Jersey Poison Center at 1(800)222-1222 or text/chat with a healthcare professional at www.njpies.org. If the person is unconscious or non-responsive, call 911.