



# Marijuana Edibles

## Facts and Your Health

Marijuana edibles are food items made with marijuana or marijuana oils which can be used as an alternative to smoking or vaporizing marijuana.

### Are there different types of marijuana edibles?

Edibles come in many different liquid forms and food types, including:

- Brownies
- Cookies
- Drinks
- Popcorn
- Candies, including animal or fruit-shaped gummies, suckers and chocolates



### How should edibles be stored?

Marijuana edibles and their packages are often brightly colored and grab the attention of kids. They may look like candy, drinks, or other types of foods to young children. It is extremely important to keep these products locked up and out of reach of children and pets.

### Will ingesting marijuana affect me differently than smoking it?

Yes. Unlike smoking marijuana, where the effects can be felt almost immediately, effects from edibles can:

- Take from 30 minutes to 2 hours to take effect
- Last longer than expected depending on the dose, last meal, and/or medications or alcohol used at the same time.

### Why do edible marijuana products seem stronger?

The amount of tetrahydrocannabinol (THC) - the main psychoactive ingredient in marijuana- can vary in marijuana edible products. This makes it harder to control how much THC is consumed. The amount of THC in homemade marijuana edibles can vary even more. Many users can be caught off-guard by the stronger potency and long-lasting effects of edibles.

### Who can buy edibles?

In Washington state, both medicinal and recreational marijuana are legal. Adults 21 and over can purchase up to one ounce of useable marijuana (the harvested flowers, or “buds”), 16 ounces of marijuana-infused edibles in solid form, 72 ounces in liquid form, and 7 grams of marijuana concentrates.

### What is the recommended dosage for edibles?

- Washington’s definition of one edible dose is 10 milligrams (mg).
- Some edibles have more than one dose of THC, and may come with directions to only consume part of the product.
- Eating too much of an edible may product unwanted health effects.
- The effects of marijuana use of any kind can vary from person to person, and each person may have a different tolerance level.
- Always read the dosing recommendations and know exactly how much THC is in the edible.

**Call the Washington Poison Center at 1-800-222-1222 immediately for medical advice if you are worried about the health and safety of yourself, others or if your child has accidentally eaten an edible. All calls are free and confidential.**

