

# Marijuana Edibles: What You Need to Know



Edibles are any baked good, candy or drink that is made with THC.

THC is the active ingredient in marijuana that causes people to feel high when they use marijuana.

You must be 21 or older to use marijuana edibles.

## How is eating or drinking marijuana different than smoking it?

When smoking marijuana the THC is absorbed quickly into the bloodstream so the effects of it can be felt within minutes.

When eating or drinking marijuana products, the THC has to be metabolized through the digestive system so it takes longer to feel the effects.

### Be Smart

Keep your edibles and other marijuana products locked up and out of reach of children.

### Be Safe

Using any marijuana product, including edibles, may impair your ability to drive. **Driving while high is illegal in all 50 states.**

### Go Slow

It can take 30 minutes to 2 hours before you feel the full effects of an edible. Wait 2-4 hours before eating or drinking more to avoid taking too much.

**If you think a child has eaten a marijuana product call: Poison Control at 1-800-222-1222 or 911 for immediate assistance**