

# Marijuana Edibles



## WHAT ARE MARIJUANA EDIBLES?

Marijuana edibles are THC-infused food and drink products. THC stands for delta-9-tetrahydrocannabinol, and is the mind-altering ingredient in marijuana that gives the user the intoxication “high”.<sup>1</sup>

## WHAT DO MARIJUANA EDIBLES LOOK LIKE?

Chocolate bars, hard candy, lollipops, gummy bears, cotton candy, breakfast cereals, cookies, brownies, other baked goods, ice cream, soda pop, fruit drinks, and more.<sup>7</sup>

## IS MARIJUANA MORE POTENT THAN IT USE TO BE?

**Yes.** In the 70s, the THC potency in marijuana was approximately 1-3%. In recent years, samples tested from law enforcement seizures have ranged approximately 12-37% THC, which is an increase of 300-800%.<sup>2</sup> Marijuana edibles are often marketed to contain even higher levels of THC.<sup>3</sup>

## WHAT IS THE EFFECT OF EATING MARIJUANA VERSUS SMOKING IT?

It only takes seconds to feel the effects of smoking marijuana and it takes an hour or more to feel the effects of eating it. This is why people often end up eating more when they don't “feel high”. Smoking marijuana delivers about 5mg of THC in one puff. If you ate 10 gummy bears, and each one is 10mg of THC, it would be like taking 20 hits of a marijuana cigarette at one time.<sup>4</sup>

## IS EATING MARIJUANA SAFE?

Eating, smoking, dabbing, and/or vaporizing marijuana are all harmful to health, just in different ways. There is no approved dosage for marijuana.<sup>4</sup>

## CAN PEOPLE GET SICK OR DIE AFTER EATING MARIJUANA?

More research is needed to determine the risks associated with eating marijuana. However, several reported incidents have connected eating marijuana with hallucinations, difficulty breathing, varying levels of paralysis, suicide and homicide.<sup>5</sup>

## CAN ANIMALS GET SICK OR DIE AFTER EATING MARIJUANA?

Yes.<sup>6</sup>

## ARE MARIJUANA PRODUCTS PACKAGED WITH HEALTH WARNINGS?

Unlike tobacco, marijuana products are not required to have printed health warnings.<sup>7</sup>

## HOW CAN I TELL IF IT'S MARIJUANA?

Read all packaging carefully. If a marijuana edible is outside the packaging it can be very difficult to tell the difference. When in doubt, only consume a product you know to be safe.<sup>7</sup>



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## Citations and References

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