CANNABIS: LOWER YOUR RISKS

START LOW, GO SLOW

If you choose to consume cannabis, how much you consume and how quickly you consume can influence whether or not you experience adverse effects. Take your time to understand how your body reacts to cannabis as everyone’s response is different. Until then, start low and go slow to minimize health risks and the risks of overconsumption.

Start with a low amount of THC and wait to feel the effects before taking more.

WHAT ELSE SHOULD I KNOW?

Certain cannabis extracts like hash, kief, wax, or shatter contain a high concentration of THC. To minimize your risk, particularly if you are a new or occasional user, avoid using cannabis extracts as higher amounts of THC can cause greater levels of impairment and increase your risk of experiencing serious adverse effects.