

EDIBLES 101



NEWBIE 1-5 mg

If you've never had an edible, start here.



WEEKEND WARRIOR 5-10 mg

This is a single serving, eating more than 10 mg is not recommended.



FREQUENT FLIER 10-15 mg

Only if you're experienced or a medical patient.

Begin with one small serving, wait at least 2 hours for the effect, don't mix cannabis and alcohol and keep edibles away from curious kids and pets.

START LOW, GO SLOW



Public Health

Prevent. Promote. Protect.

Muskegon County

NATIONAL POISON CONTROL CENTER HOTLINE

1-800-222-1222

cannabisfacts4you.com/safe

