

# Edibles Education



## Start with ONE Serving

Start with a low-dose or single serving product until you know how edibles will affect you. Remember that edibles affect everyone differently.

## Wait

Edibles can take up to 2 hours or longer to take effect.



## Out of Reach

Keep away from children, pets or ANYONE under the age of 21. Store in original packaging.



## Don't Mix

Edibles should NOT be mixed with alcohol or controlled substances.

**SANTÉ**  
alternative wellness

The information contained in this brochure is not and should not be considered legal or medical advice. Please refer to and comply with all warnings contained on your product's packaging. Seek health care if adverse effects or accidental ingestion occurs or call the poison control hotline at 1-800-222-1222

## An Introduction To Edibles Tolerance

*Everyone's metabolism is different and therefor has a different reaction to cannabis edibles. It is important that you understand your edible tolerance to have a safe and enjoyable experience.*



1-5mg

## New Consumer

If you have never experimented with edibles you should start here. It is important to make sure your body can digest cannabis comfortably.



5-10mg

## Occasional Consumer

This is considered a single serving. Eating more than 10mg is not recommended.



10-15mg

## Frequent Consumer

Reserved only for those with a high edible tolerance or medical needs.