

WHAT ARE MARIJUANA EDIBLES?

Since recreational marijuana became legal in several states, there has been a rise in the number of pot products available for sale, including edibles, or THC-infused foods and beverages. These products resemble normal foods, but contain highly-concentrated doses of THC designed to give the user a high through ingestion rather than through smoking.

Marijuana edibles may also be referred to as cannabis foods, hash brownies, or space cakes.

Marijuana edibles resemble everyday food and can easily be mistaken for normal food items – especially by children.

HOW MUCH IS TOO MUCH?

Let's take a walk down the candy aisle at your local grocery store. A Snickers bar is 1 serving. A bag of M&Ms is also 1 serving.

But what is the average serving of a chocolate bar or bag of candy pieces that have been infused with THC? The answer is that there is no average serving, and that's where marijuana edibles pose big risks – especially to someone unfamiliar with the concentrated level of THC present in these products.

In Colorado, where recreational marijuana became legal in 2014, marijuana edibles cannot have more than 10 milligrams of THC per serving. However, a THC candy bar can measure up to 10 servings in a single product or package, raising the risk of overdose for anyone who unknowingly consumes an entire product.

Several common types of edible marijuana products include:

- **“Cannaboils”** or **“marijuana oils”**: cooking oil products infused with THC.
- **Marijuana butter**: THC-infused butter, also known as *“magical butter,” “cannabutter,”* or *“butterjuana.”*
- **Liqueurs**: such as brandy or rum. High-proof grain-alcohol (such as Everclear) that has been infused with THC is sometimes called *“Green Dragon.”*
- **Baked goods**: cookies, brownies, and cakes.
- **Candies**: chocolate bars, gummies, and chewing gum.



Marijuana edibles resemble everyday food and can easily be mistaken for normal food items – especially by children.

FOR MORE INFORMATION

Go to www.intheknowzone.com for more information on substance abuse. Increase your knowledge using the information, statistics, images, and links. Test your understanding with a quick quiz.

**Don't stay in the dark.
Get In the Know!**

in the know

© 2015 Education Specialty Publishing, LLC
P.O. Box 6986 Metairie, LA 70009 • 877-329-0578
www.ESPublish.com • product #PB-DA249
This pamphlet may not be copied.

MARIJUANA EDIBLES

a hash mellow



CONCENTRATED EFFECTS

Smoking marijuana delivers about 5 mg of THC in one puff. If you ate all of the pieces in a ten piece bag of marijuana candy — considering each as a single 10 mg “serving”—it would be like taking 20 hits of a marijuana joint all at once.

It takes much longer to feel the effects THC when you consume marijuana edibles compared to smoking—sometimes several hours. People are more likely to end up eating more than the recommended serving because they don’t feel the effects right away.

Dense products like cake or brownies take longer to digest, which means it will take longer before you feel the effects. One of the easiest ways to have overdose on marijuana edibles is to go back for a second serving without giving the first serving enough time to take effect.



hallucinations

THC OVERDOSE

Ingesting too much marijuana is a very unpleasant experience. Marijuana contains 500 different chemicals, 66 of which are cannabinoids which have an intoxicating effect. The overdose symptoms from edible marijuana are similar to that of smoking marijuana, but have the potential to be more severe.

Symptoms of a THC Overdose:

- Panic attacks
- Dry mouth
- Elevated heart rate
- Poor coordination
- Difficulty breathing
- Lightheadedness
- Delusions
- Acute psychotic episodes
- Confusion and hallucinations
- Impaired motor ability

DEADLY CONSEQUENCES

THC is virtually non-toxic to healthy human cells and organs, so it is unlikely that you would die from a pure marijuana overdose. However, consuming too much marijuana in one sitting can be a terrifying experience, and it can happen with any type of marijuana product.

Because pot is absorbed through the stomach as opposed to the lungs when eaten, marijuana edibles give users a different kind of high than what they would expect to experience from smoking. The effects are slower to arrive and can be more intense because people unwittingly eat more than they intend to. For some, the effects are overwhelming.

totally baked



LIVES RUINED

Levy Thamba Pongi was a 19-year-old college student from Wyoming who jumped to his death from a Denver hotel balcony after eating a marijuana cookie. Police reported that witnesses said that Pongi was rambling incoherently after consuming a large serving of the cookie. The Denver coroner ruled that “marijuana intoxication” was a significant factor in Pongi’s death.

Richard Kirk of Denver faces first-degree murder charges stemming from the fatal shooting of his wife. Kirk’s wife called 9-1-1 to report that he was rambling incoherently and experiencing hallucinations after consuming marijuana candy and taking prescription medications. Kirk allegedly shot and killed his wife while she was on the phone with a police dispatcher.

NOT FOR CHILDREN!

It is important to keep marijuana edibles away from children. Marijuana products often resemble normal foods that would entice children – such as cakes, cookies, brownies, or candy. Ingesting marijuana edibles can cause severe physical pain and psychological damage to children who are unaware of the high concentrates of THC contained within these products.

WHAT TO DO IN CASE OF AN OVERDOSE

If a person consumes too much marijuana, it is important for them to remain calm and remember that the effects are only temporary. If the sensation of discomfort becomes too intense, the person should be taken to the emergency room or call 9-1-1.

DON'T BITE OFF MORE THAN YOU CAN CHEW

Smoking marijuana is bad enough, but using edible marijuana products can lead to potentially deadly results. Keep your mind and body drug-free.

overwhelming

