## KNOWLEDGE IS THE KEY get the facts on MARIJUANA Concentrates and Edibles

Marijuana is no longer just a plant. It now comes in a variety of forms such as oils, waxes, and solid and liquid food products.

**Concentrates** are products with high levels of THC (the mind altering part of the plant). Concentrate THC levels can be near 60-90% and they can be smoked, vaped, dabbed, or infused into food products.

**Marijuana edibles** contain varying amounts of THC. These products include chocolate and hard candy, baked goods, fruit drinks, and more. They are often indistinguishable from regular food.

Unlike smoking marijuana which produces effects almost immediately, eating marijuana produces its effect anywhere between 30min to 2hrs. In addition, the high associated with ingestion can last much longer, often up to 12 hours.

## These products are harmful to health and can cause a variety of effects:

- altered senses and changes in mood and behavior
- difficulty with thinking and problem-solving, impaired memory, learning, and attention
- mental health impacts including hallucinations and paranoia



- Talk to your children about the dangers of all forms of marijuana.
- Be aware that marijuana concentrates can be hidden in plain sight.

## **Resources:**

Marijuana "Edibles" Make Candy Complicated <u>http://goo.gl/GRrvXq</u> DrugFacts: What is Marijuana <u>https://goo.gl/yslKaq</u>

