

BE IN THE KNOW

CANNABIS CT

CANNABIS STRENGTH & POTENCY



Cannabis products come in different forms and potencies, or strengths.

While you cannot fatally overdose on cannabis, it can still be dangerous. If you are trying a cannabis product for the first time or using edibles, start low and go slow.

INCREASED POTENCY

- The potency of THC in cannabis is often shown as a percentage of THC by weight (or by volume of an oil) on the product label.
- The percentage of THC in cannabis has been increasing over the years. This means users can now use too much too fast, causing physical and mental health issues.



RISKS OF TAKING TOO MUCH CANNABIS

Some strains of cannabis plants can have as much as 30% THC. Other cannabis products, such as edibles, can have up to 60%.

Regular use of high-potency cannabis is linked with increased risk of addiction and mental health conditions, including:

- Extreme sedation/inability to move
- Anxiety or paranoia
- Hallucinations, delusions or psychosis
- Rapid heartbeat
- Respiratory depression
- Cannabinoid hyperemesis syndrome (frequent, severe vomiting)



EDIBLES: START LOW, GO SLOW

- Edibles take longer to take effect, last longer and often have higher levels of THC.
- Cut edibles in half or quarters, or have fewer sips of a beverage rather than taking the entire serving, to make sure you aren't taking too much at once.



DID YOU KNOW?

It's a myth to think that cannabis isn't harmful because it's a plant. THC is the psychoactive compound in marijuana. It can affect users differently, creating a high for a longer period of time and in ways you might not expect.



To learn more, visit BelInTheKnowCT.org or scan the QR code.