



# 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 **BelnTheKnowCT.org** or scan the QR code.