

## WHAT ARE MARIJUANA EDIBLES?

Marijuana edible products resemble ordinary food products but are made with an oil, butter, or extract that contains cannabinoids.<sup>1</sup>



» Examples of commercially available edible products include cookies, chocolate bars, candies, and beverages.



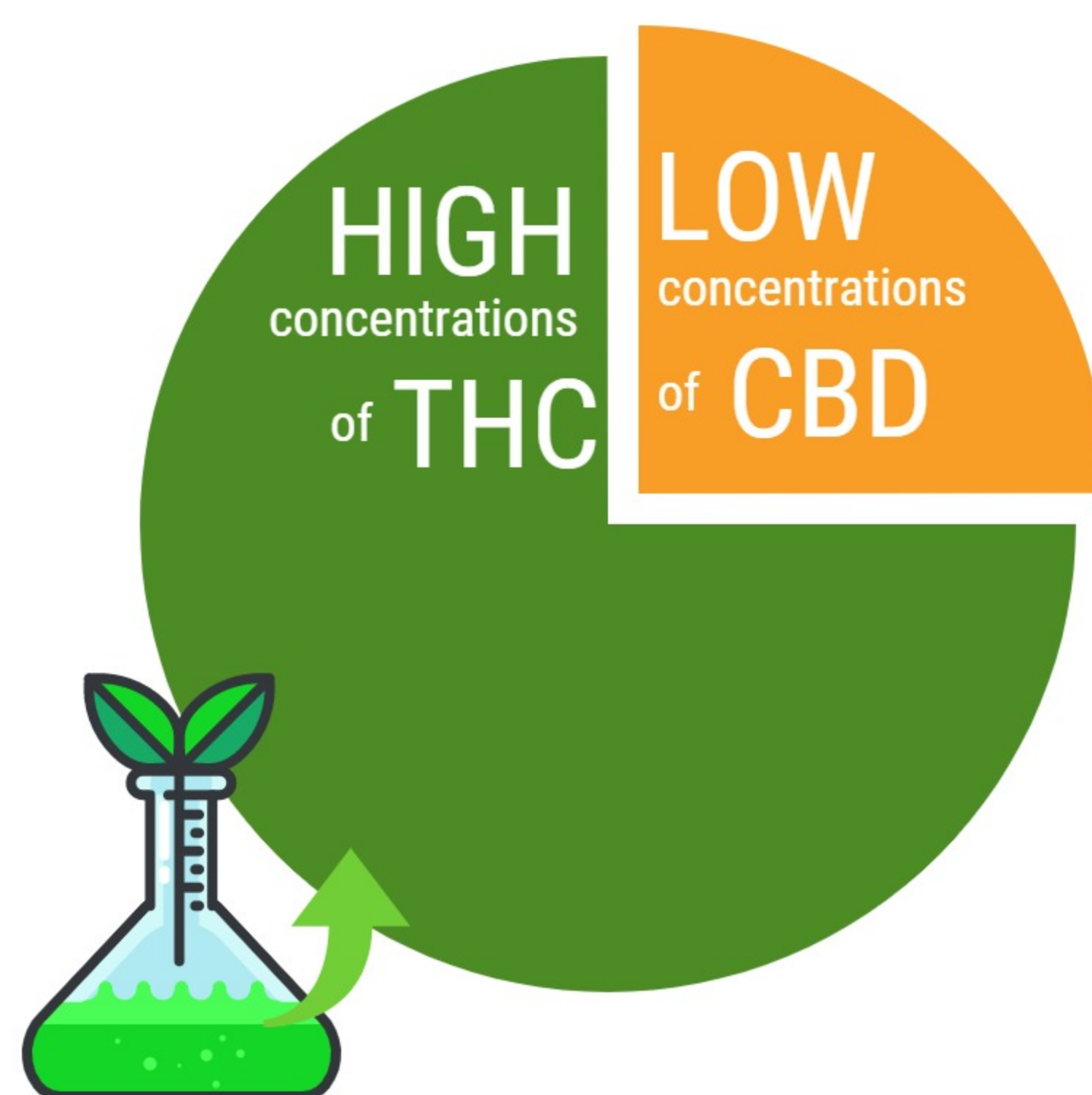
## WHAT ARE CANNABINOIDS?

Cannabinoids are chemical compounds found in the cannabis plant which act on receptors in the brain. There are approximately 100 different cannabinoids, including THC and CBD.<sup>1</sup>

Users experience **MORE ADVERSE EFFECTS** after consuming edible products with:<sup>1</sup>

**THC:** is considered the strongest contributor to the 'high' effect and is also responsible for many of the negative psychiatric effects of marijuana products.

**CBD:** may balance the negative effects of THC.



CBD potency is not regulated, the amount of CBD in edible products **does not need to be labeled**, and products labeled to contain CBD often contain no traceable amount.<sup>1,2</sup>

## HOW DO THE EFFECTS OF EDIBLE MARIJUANA DIFFER FROM COMBUSTIBLE MARIJUANA?

Edibles produce a **delayed**, yet **stronger** and **longer lasting** effect than combustible marijuana products.<sup>3</sup>



**WHY?** The THC from edible marijuana is converted into a more psychoactive chemical in the liver. This chemical is present in higher levels in the blood after ingestion of edible products compared to inhalation of smoked marijuana.<sup>3</sup>

## DOES THE EFFECT VARY ACROSS INDIVIDUALS?

Yes. The effect of an edible product is unpredictable.

» Everybody processes food differently. An individual's weight, metabolism, gender, and eating habits effect how quickly any product they ingest is absorbed into their bloodstream.<sup>1</sup>



▶ This also effects how individuals will react to edible marijuana products.<sup>1</sup>

» The degree of intoxication varies widely across individuals.<sup>1</sup> Some reach intoxication after consuming an edible product that contains 1.5 mg of THC and others do after more than 50 mg.<sup>3</sup>



▶ Individuals can develop tolerance after sustained high-dose usage of edible marijuana products.<sup>3</sup>

## IS THERE EVIDENCE TO SHOW CONSUMING EDIBLES CAN BE HARMFUL?

Yes. Edibles were responsible for an increase in negative health consequences in Colorado between 2013-2014. For example, marijuana-related ER visits increased by 25%.<sup>4</sup>

### AFTER COLORADO RECREATIONAL MARIJUANA LEGALIZATION IN 2014, MARIJUANA RELATED POISON CONTROL CALLS INCREASED.



Poison control calls related to **unintentional marijuana exposure** increased 63% for children less than nine years old between 2013-2014.



Poison control calls related to **intentional exposure** increased 74% for individuals nine years of age and older between 2013-2014.



For children younger than nine, more poison control calls were made related to edibles than any other type of marijuana.

#### Sources

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4. Wang, G., Hall, K., Vigil, D., Banerji, S., Montem A., VanDyke, M. (2017). Marijuana and Acute Health Care Contacts in Colorado. *Preventative Medicine*, 104, 24-30.