

Cannabis: Inhaling vs Ingesting

To lower your risk of the harmful effects of cannabis, you need to understand the differences between the two most common ways of consuming it.

INHALING

— smoking or vaping —

Cannabis smoke or vapour delivers THC, the chemical that gets you high, into your lungs where it passes directly into your bloodstream and then your brain.



INGESTING

— eating or drinking —

Edible cannabis travels first to your stomach then to your liver before getting into your bloodstream and brain. The liver converts THC into a stronger form and this combined with the THC from the original product adds to the intensity of the high.



You will feel the effects from **seconds to a few minutes** of inhaling.

Full effects can peak within **30 minutes**.

Effects can last up to **6 hours after use**. Some residual effects can last up to **24 hours**.

START OF EFFECTS



PEAK EFFECTS



LENGTH OF EFFECTS



You will feel effects within **30 minutes to 2 hours** of ingesting.

Full effects can peak within **4 hours**.

Effects can last up to **12 hours after use**. Some residual effects can last up to **24 hours**.

TIPS FOR LOWER-RISK USE

- Inhaling and vaping are less harmful to your lungs than smoking.
- If you are new to edible cannabis or cannabis, start low by consuming an edible cannabis product with no more than 2.5 mg of THC. For smoking or vaping cannabis, start with a product that contains no more than 100 mg/g (10%) THC content.
- Inhaling too much THC at one time or consuming more edible cannabis within 4 hours can lead to over-intoxication.
- Be sure to read the label carefully for information on the THC concentration.
- Using high-strength cannabis regularly – more than once per week – can lead to tolerance and dependence. Try to limit your use of these products.
- Avoid mixing cannabis with alcohol or other substances, which can lead to serious adverse health effects.



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