WARNING: Marijuana/Cannabis Food Products

Marijuana food products are an alternative to smoking marijuana.

Packages often are designed to appeal to youth, and may closely resemble familiar brands.

Marijuana food and snack products tend to be more potent and contain higher levels of THC.

The safety, potency and quality of these products are often unknown to the user.

Edibles can look similar to popular food products.

Marijuana oils can be added into baked goods, candies, and drinks.

The psychoactive effects or “high” from eating marijuana-laced food may not appear for 30 to 60 minutes depending upon an individual’s metabolism and last meal.

The high felt from eating marijuana may last 4 to 8 hours.
Individuals eating marijuana food products have side affects that have resulted in emergency department visits, including:

- Anxiety
- Hallucinations
- Paranoia
- Panic

In some cases packaging will display the product as containing marijuana (Tetrahydrocannabinol or THC – the main psychoactive ingredient).

However, once the packaging is removed there is no way of determining whether the product contains marijuana!

Unlike other foods, there is no local or federal oversight on these products.

While packaged as a single serving, they may be intended for multiple “doses” over time. If eaten all at once, effects may be severe.

For more information on marijuana edibles visit mpisdcounty.net

Funded by the County of San Diego, Health and Human Services Agency
Developed by the Center for Community Research

Rev. 9/10/2016