

# CANNABIS EDIBLES, EXTRACTS AND TOPICALS



Cannabis edibles, extracts and topicals will become legal in Canada on October 17th, 2019. However, it will take time before new cannabis products are available for legal purchase. Here's what you need to know:

## Methods of Consumption

### Oral-Mucosal

- Tincture applied under the tongue or sprayed into the mouth

### Topical

- Applied to the skin and absorbed using an oil extract; used for pain relief

### Ingestion

- Eating a food or beverage created using a fat or oil infused with cannabis that has been heated to activate the cannabinoids
- Delayed onset (30 minutes to 2 hours for initial effects)
- Extreme caution must be taken when first trying edibles due to the delayed effect which can take up to 4 hours to peak and last much longer



## Summary of Final Regulation Amendments:

- Require **child-resistant** and **plain packaging**
- Require label to display **standardized cannabis symbol** and health warning
- Limit of **10mg THC** per package
- **Strict manufacturing controls** to reduce risk of food-borne illness and control quality
- Prohibit cannabis production in a facility where conventional food is manufactured
- Prohibit any claims regarding health benefits
- Ensure strict manufacturing controls are in place

## Food Safety Recommendations:

- Use only from a legal source
- Inspect for mold and mildew
- Follow Safe Food Handler requirements
- Ensure no cross contamination with regular food
- Develop a system to keep cannabis ingredients and finished products labelled and locked away

## Food System Implications:

- Loss of farm land to cannabis growers
- Loss of green house food production
- Transfer of food system human resources to cannabis production
- Smell and security around outdoor cannabis crops

## Harm Reduction Strategies:

- Delay using cannabis until later in life
- Do not use if pregnant or breastfeeding
- Buy cannabis from a regulated seller
- Avoid frequent or daily use
- Avoid smoking cannabis, try vaping or edibles instead
- Start low and go slow when using edibles
- Do not drive while under the influence
- Do not mix with alcohol, nicotine, or other drugs
- Keep locked and out of reach of children and pets
- Seek immediate medical attention for your child if you suspect they have ingested cannabis edibles
- If you consume too much – keep calm, drink plenty of water, eat regular food and wait it out



**WARNING: Do not use if pregnant or breastfeeding.**  
Using cannabis during pregnancy may harm your baby and result in low birth weight.

**MISE EN GARDE : Ne consommez pas si vous êtes enceinte ou allaitez.** Consommer du cannabis pendant la grossesse pourrait être dangereux pour le bébé et réduire son poids à la naissance.

Health Canada/Santé Canada

## [Final regulations for edible cannabis, extracts and topicals](#)

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