

Office of Medical Marijuana Use

Florida's Official Source for Responsible Use

Know the Facts:
Edibles

Start Low, Go Slow and WAIT

What are Edibles?

In 2017, section 381.986(8)(e)8, Florida Statutes, established the criteria for the production of edible medical marijuana products.

Edibles are commercially produced food items made with marijuana oil, but no other form of marijuana, that are produced and dispensed by a medical marijuana treatment center (MMTC).¹

Who can legally receive edibles as a route of administration?

Qualified patients with an active physician certification, including edibles as an approved route of administration.

What types of edibles are available in Florida?²

- Lozenges
- Gelatins
- Baked goods
- Chocolates
- Drink Powders

What should I expect the first time I consume edibles?

Unlike smoking or vaping marijuana, the effects of edibles can take longer to set in. Edibles take longer to digest, which results in them taking longer to produce an effect. The effects of edibles may not emerge for up to 3 hours after ingestion.³ Do not consume more to feel the effects faster. This could lead to you consuming very high doses and result in negative effects like anxiety, paranoia and, in rare cases, an extreme psychotic reaction.⁴

What should I do if I overconsume edibles?

The signs of using too much (medical) marijuana may include extreme confusion, anxiety, paranoia, panic, fast heart rate, delusions or hallucinations, increased blood pressure and severe nausea or vomiting.⁵

If you suspect that you or someone you know has overconsumed medical marijuana, call the **Poison Control Hotline at 1-800-222-1222** for free, fast, expert help anytime. If the symptoms are severe, call 911 or go to a hospital emergency department.

Know what you are consuming.

- Check the label and know how many servings are in the package.
- Know how many milligrams of tetrahydrocannabinol (THC) you are consuming, and how often you are consuming it.
- Follow your physician's instructions and only consume the recommended daily dose.
- In Florida, multi-serving edibles may not contain more than 200 milligrams of THC, and a single serving portion of an edible may not exceed 10 milligrams of THC.⁶
- Edibles may not be attractive to children; be manufactured in the shape of humans, cartoons or animals; be manufactured in a form that bears any reasonable resemblance to products available for consumption as commercially available candy; or contain any color additives.⁶

For more information about Florida's Office of Medical Marijuana Use, please visit: **KnowTheFactsMMJ.com** or call **800-808-9580**.

Sources:
1 s. 381.986(1)(c), Florida Statutes
2 Florida Department of Health Emergency Rule 64ER20-35
3 Medical News Today. "What are the effects of cannabis edibles?"
4 Marijuana and Public Health, CDC. "How Is Eating and Drinking Foods That Contain Marijuana (Edibles) Different from Smoking Marijuana?"
5 CDC. "Is it possible to "overdose" or have a "bad reaction" to marijuana?"
6 s. 381.986(8)(e)8, Florida Statutes