



# THC

---

THC is one of the compounds in cannabis that is responsible for how your brain and body responds after consuming; it's the mind-altering chemical that provides the feeling of being "high". The concentration or strength of cannabis is usually shown as a percentage of THC by weight (or volume in oil).

# CBD

---

CBD is another compound found in cannabis, but it doesn't produce a feeling of being high or intoxicated.

**Cannabis**  
**Know the facts**



[AGLC.CA/CANNABIS](https://www.aglc.ca/cannabis)



## CANNABIS FACTS.

Cannabis may be legal for those **18+** in Alberta, but there are health risks.

AGLC works with key health partners to ensure that information provided is research based.



Cannabis use can impact brain development for people under 25 because their brains are still developing.



Know your ratios: Choose lower-potency products such as those with low THC and high CBD.



There is no known safe amount of cannabis use during pregnancy and breastfeeding.



Limit and reduce your use of cannabis.



Don't mix cannabis and alcohol.



Impaired is impaired. Don't drive a vehicle or operate machinery when using cannabis.



Keep cannabis products in the original packaging and stored in a locked area out of sight and reach of children, teens and pets.



If a child consumes cannabis call Poison & Drug Information Service (PADIS) toll-free 1-800-332-1414 (24/7).

## HEALTH RISKS

How much you use, how often you use and the potency of the product are the most influential on both physical and mental cannabis-related health risks.

### Mental health

In some people, particularly adolescents and young adults, frequent cannabis use may increase the risk for mental health problems like depression, anxiety and psychosis. Consider not using cannabis if you have a history of mental health problems or substance use disorders.

### Lungs

Inhaling cannabis is the most harmful way of using because it directly affects and may damage your lungs. Second-hand cannabis smoke or vapour is harmful, especially around children or women who are pregnant or breastfeeding.

### Stomach

Long-term, frequent cannabis use can cause recurring episodes of severe nausea and vomiting known as Cannabinoid Hyperemesis Syndrome.

### Performance

Using cannabis regularly can negatively affect your physical and mental performance.

### Dependency

Early, regular use of cannabis is one of the risk factors associated with dependency.

## METHODS OF CONSUMPTION

### Inhalation

Cannabinoids, such as CBD and THC, are absorbed by inhaling vaporized or combusted cannabis. Effects are felt within seconds to minutes and can last up to six hours or more.

- Smoking is the direct inhalation of dried cannabis from joints, pipes, bongos or hookahs.
- Vaping uses high heat to turn cannabis extract or dried product into vapour, which is then inhaled.
- Dabbing refers to inhaling cannabis concentrates using equipment like a dab rig.

### Ingestion

This involves eating, drinking or swallowing cannabis. Effects are felt within 30 minutes to two hours and can last for over 12 hours. It may take up to four hours to feel the full effects.

- Edibles come in a variety of food and beverage forms and contain varying amounts of cannabis. Be sure to read the label carefully for information on the THC concentration. Higher levels of THC concentration can cause greater levels of impairment and increase your risk of serious adverse effects.
- Oils can be taken by mouth, put into food or beverages and can also be swallowed as capsules. Capsules have a consistent amount with every use where as liquid oil droppers are controlled by the user.

For more information visit  
[aglc.ca/cannabis](https://aglc.ca/cannabis)