

Infused Products Dosing Guide

Are you new to cannabis edibles? Here are a few important things to remember:

Onset & Duration

Inhalation	Ingestion	Sublingual	Topical
Approx. Onset Time 0-15 MIN	Approx. Onset Time 1-3HOURS	Approx. Onset Time 30-60 MINS	Approx. Onset Time 15-20 MINS
Approx. Duration Time 2-4HOURS	Approx. Duration Time 4-8+ HOURS	Approx. Duration Time 4-8+HOURS	Approx. Duration Time UP TO12 HOURS

Ingestion Vs. Inhalation Tolerance

If you're new to cannabis edibles it's important to understand that ingesting cannabis will have different effects than inhaling because of how it metabolizes in the body. As such, the onset and duration of ingestion is notably longer and stronger than inhalation. Even you've used cannabis for many years via inhalation, you're still considered a new user when it comes to infused products.

Start Low and Go Slow

The first time you ingest cannabis, it should begin with a low-dose until you are aware of how it will affect you. Besides the onset and duration difference between ingestion and inhalation, the way cannabis edibles affect people depends on their metabolism, body weight, experience, and tolerance. Due to the strength of edibles, it is important to start with a low dose and wait a full 1-3 hours for the onset effects.

Be Patient

Every person is different so some may feel the effects in a half hour while others can take up to three hours. Trust the dosage your Zen Leaf team member recommended and wait a full two hours before you consider ingesting more edibles.

Micro-dosing

This method of taking low dose edibles (approx. 2.5mg in dose), allows for the user to receive the benefits from cannabinoids with very little or no euphoric effects from psychoactive components.

Consistency and Regular Doses

Zen Leaf encourages adult users to be consistent with their doses so we can work together to find a regimen that works for you. It's important that you understand the products you are taking, so always ask a team member any questions you may have!

Warning: Frequent and prolonged use of cannabis can contribute to mental health problems over time, including anxiety, depression, stunted brain development and impaired memory. Consumption while pregnant or breastfeeding may be harmful. Cannabis has intoxicating effects and may be habit forming and addictive. Consuming more than the recommended amount may result in adverse effects requiring medical attention.

Under Federal Law cannabis remains a schedule 1 substance. Do not use cannabis if you are under twenty-one years of age. Keep cannabis out of the reach of children.