

Cannabis Health and Safety

Safe techniques for proper use of cannabis and paraphernalia

Responsible use of cannabis is of the utmost concern for us at Zen Leaf. Additional educational materials regarding the safe, responsible and ethical usage of cannabis can be found in stores.

CONSUMER PRECAUTIONS

Treat your cannabis the same way you treat your medications. The cannabis may have different effects on others so do not share your cannabis with family members, friends or children.

Don't overuse your cannabis. Follow discretion and listen to the advice you received at the retailer facility. Remember that "less is more" when using cannabis.

Keep cannabis away from children and pets. Edibles may look appealing to children and animals so make sure to avoid any accidental ingestion by keeping your cannabis in a safe and secure location.

Do not drive or operate heavy machinery under the influence of cannabis. If you are using the non-psychoactive form of cannabis (CBD-rich products), try it first at home before you drive or operate heavy machinery to make sure that you do not have noticeable impairment.

Its recommended that you do not use alcohol at the same time that you consume cannabis products. The combination of cannabis with alcohol may lead to dizziness, increased risk of injury, poor judgment, and excessive impairment.

DOSING GUIDELINES

First decide how you want to take your cannabis. Options include ingestion and inhalation, each of which has its own advantages.

Decide if you want THC-rich cannabis, CBD rich cannabis or a combination of the two types of cannabinoids. If you are not sure you can ask your Cannabis Retailer store staff. When cannabis contains both, the products are labeled with a ratio of THC to CBD indicating either, "High THC, Low CBD," "Moderate THC, Moderate CBD," or "Low THC, High CBD."

Start with a low dose especially if you are new or inexperienced with using cannabis. After taking a small amount, wait about one hour for the effects. Take another small dose if you did not get the desired effect. This is called "titrating up" the dose and this method will help you find the dose that will work for you without any risk of taking too much.

Take note of any side effects so that you can discuss these with the Retailer staff. You may be able to alleviate side effects by adjusting the dose, ratio or method of use.

DRUG INTERACTIONS

Be sure to discuss all of your medications with your healthcare provider before using cannabis.

DRUG INTERACTIONS

There is no “one size fits all” with cannabis! You may need to try different products to find what is effective for you. Most consumers who are unfamiliar with cannabis often start with products that have higher amounts of CBD (high CBD: THC ratios, for example between 25:1 or 15:1) and depending on results, may then try products that contain increased amounts of THC (for example products between 8:1 or 1:1).