

SAFER CANNABIS USE IN MINNESOTA

Adult-use cannabis is legal for those 21 and older in Minnesota.
Below are tips for safe and responsible cannabis use.

Understanding potency, onset time, and side effects.

POTENCY

Potency primarily refers to the amount of THC—the main psychoactive compound—in a cannabis product.



Inhaled (flower/vapes): THC is reported as a percentage (%) of the product's weight.

Ingested (edibles/drinks): THC is reported in milligrams (mg) per serving and per package.

TIMING BY ABSORPTION METHOD



Inhalation

Onset: 1-10 minutes
Peak effects: 30 minutes
Duration: 2-4 hours



Ingestion

Onset: 30 minutes-2 hours
Peak effects: 3-4 hours
Duration: 6-12 hours

IMMEDIATE (ACUTE) SIDE EFFECTS



Physical

Dry mouth (cottonmouth), dizziness, red eyes, and increased appetite.



Cardiovascular

Rapid heart rate (tachycardia) and shifts in blood pressure.



Cognitive

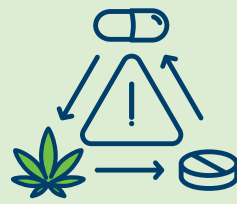
Slowed coordination, delayed reaction times, and difficulty with short-term memory.

Universal safety guidance



AVOID MIXING SUBSTANCES

Mixing cannabis with alcohol, prescription medications, or other substances can drastically increase impairment and risk of adverse effects.



DRUG-TO-DRUG INTERACTIONS

Cannabis can increase or decrease the levels of other drugs in your bloodstream. Always consult with your healthcare practitioner and/or pharmacist for more information.



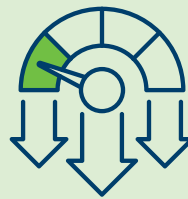
STORE SAFELY

Safe storage is critical to protect against accidental consumption and to ensure responsible use. Always store cannabis in its original child-resistant packaging, locked and out of reach of children and pets.



WATCH FOR SIGNS OF OVERCONSUMPTION

Greening out: This occurs when a user consumes more THC than their body can handle. Symptoms include extreme anxiety, paranoia, severe nausea, vomiting, or dizziness.



START LOW, GO SLOW

Start with a low dose and wait to feel the full effects before consuming more.

Recommended starting doses

Ingested products: <2.5 mg to 5 mg

Inhaled products: One inhalation or puff of a lower-potency product



POISON CONTROL

To report and get free guidance on side effects or accidental ingestion:

Call **1-800-222-1222**

Visit webpoisoncontrol.org

Learn more about [Safer Cannabis Use \(mn.gov/ocm/safer-cannabis-use/\)](http://mn.gov/ocm/safer-cannabis-use/).

