



# The Healing Co.'s

## GUIDE TO DOSING EDIBLES



### First Timer 5 - 10 mg

If you have never indulged in cannabis before, it's best to take things slow. Start with 5 to 10 mg of an edible from a reputable company, so you know exactly how much you're ingesting.



### Novice 10 - 15 mg

You've dabbled in edibles before, but don't consider yourself a regular user. Be sure to build up slowly and start with 10 to 15 mg.



### Regular User 15 - 30 mg

You enjoy edibles on an almost daily basis and know how much your body can handle. Start with 15 to 30 mg and build up from there.



### Enthusiast 35+ mg

You use cannabis daily and may do so for extreme pain management. Dosages can begin at 35 mg to relieve symptoms as needed.



## Our Approved Edible Providers

Twisted Extracts // Mota // Euphoria Extractions  
 CBDMove // Sweet Jane // SeC  
 Farm and Florist // Miss Envy

A friendly reminder that it can take an hour, sometimes up to two hours, to feel the effects of edibles. Start slow and enjoy in moderation!

Learn more at [www.thehealingco.ca](http://www.thehealingco.ca)

