



# Guide to Edibles



## Start with One Serving

Start with a low-dose product or a single serving until you know how edibles will affect you.



## Wait

Edibles can take up to 2 hours or longer to take effect.



## Don't Mix

Edibles should not be mixed with alcohol or controlled substances.



## Out of Reach

Keep away from children, pets, **ANYONE** under 21 and store in original packaging.



## Berkeley Patients Group

Open 9 am - 9pm ✨ myBPG.com ✨ 510.540.6013  
2366 San Pablo Ave. ✨ Berkeley, CA

NOW SERVING EVERYONE OVER 21



# An Introduction to Edibles Tolerance

Everyone's metabolism is different and therefore has a different reaction to cannabis edibles. It is important that you understand your edible tolerance to have a safe and enjoyable experience.



1-5mg

## New Consumer

If you have never experimented with edibles, you should start here. It is important to make sure your body can digest cannabis comfortably.



5-10mg

## Occasional Consumer

This is considered a single serving. Eating more than 10mg is not recommended.



10-15mg

## Frequent Consumer

Reserved only for those with a high edible tolerance or medical needs.

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The information contained in this brochure is not and should not be considered legal or medical advice. Please refer to and comply with warnings contained on your product's packaging. Seek health care if adverse effects or accidental ingestion occurs. Poison Control: 800-222-1222.