

Cannabis (Weed) Product Labels

This guide will show you how to read the labels on cannabis products. You will learn about the most important parts of the label, so you can choose the products that are right for your health and wellness.



1. Product Name

This tells you the name of the product and what kind of cannabis product it is (example: flower, edible, tincture).

2. Cannabinoid Strength (THC, CBD, etc.)

This shows how much product is inside, usually in grams or ounces. Knowing the amount helps you understand how much you are getting and how to use the right dose.

3. THC Per Serving

Edible cannabis products show how much THC is in each serving, usually in milligrams (mg). Always look at this number so you know how much you are taking. If you are new to edibles, start with a small amount.

4. Net Weight, Quantity or Volume

This shows how much product is inside, usually in grams or ounces. Knowing the amount helps you understand how much you are getting and how to use the right dose.

5. THC Symbol

The THC symbol shows that the product has THC in it. THC can make you feel high, so this symbol reminds you to use the product carefully and responsibly.

6. QR Code or Additional Info Panel

Some products have a QR code or an extra panel you can look at. If you scan the QR code with your mobile device's camera, it will show you more details about the product.



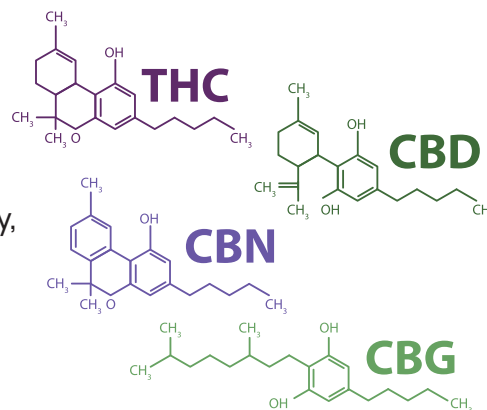
Note: Keep in mind that products containing high levels of THC may not be suitable for everyone and can cause unwanted side effects.

Other Label items

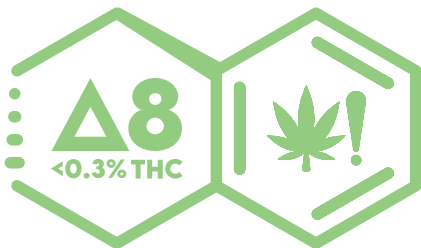
- **Warning Statements** - Indicates that consuming the contents of the package may pose significant health risk for certain consumers. This product is not approved by the FDA to treat, cure, or prevent any disease. FDA has not evaluated this product for safety, effectiveness, and quality. There may be long term adverse health effects from consumption of cannabis, including additional risks for women who are or may become pregnant or are breastfeeding.
- **Expiration Date** - This date indicates how long the product is expected to maintain its quality and effectiveness. It is important to check the expiration date so you use the product before it goes bad.
- **Contains Allergens Statement** - This lets you know if the product has ingredients that might cause allergies, like nuts or coconut oil.
- **Perishable Statement** - If the product can go bad, this tells you how to store it the right way. It may need to be kept in the fridge or away from sunlight to stay fresh.

Popular Cannabinoids

- **THC (tetrahydrocannabinol)**: cannabinoid responsible for the “high” feeling when using cannabis. THC can be used to alleviate pain, insomnia, nausea, and more. Negative effects may include anxiety and paranoia.
- **CBD (cannabidiol)**: does not cause a feeling of being “high.” It does have therapeutic benefits that may help with inflammation, epilepsy, and anxiety.
- **CBN (cannabinol)**: cannabinoid with a more sedative effect often beneficial for sleep.
- **CBG (cannabigerol)**: cannabinoid with a variety of therapeutic benefits that may help with inflammation and pain management.



Delta-8 and Manmade Weed



Delta-8 THC products are lab-made from hemp. Unlike natural cannabis, it goes through a chemical process that can leave behind harmful byproducts. Because Delta-8 is not well-regulated, these products may contain unknown additives, unsafe levels of THC, or even contaminants. Some people have reported side effects like dizziness, confusion, and nausea. **Avoid Delta-8 products unless they have been properly tested for safety.**

Track Your Cannabis Use

Every time you use cannabis, keep a log of exactly what product you used, how much you used, and how it made you feel. This helps you figure out which products and amounts work best for you.

Read the labels and know your medicine!



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