



TWISTED EXTRACTS

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EDIBLE CANNABIS SAFETY GUIDE

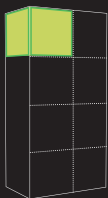
NEW TO EDIBLES?

Even if you're an experienced cannabis smoker, edibles can make you feel like a total amateur if you're not careful. It will affect you differently than when you smoke. We've all heard party pot brownie horror stories so here's a few guidelines when trying cannabis edibles to make your experience awesome, not "holy crap where did my face go"?

HOW MUCH SHOULD YOU TAKE?

Eating the entire edible is not a smart way to find your dose. Low and slow is the golden rule. Not all edibles on the market are divided into doses but generally, a standard dose is 10 mg THC. Most new cannabis edible users feel the effect with as little as 5 mg THC. We recommend starting with a 5 - 10 mg THC dose, even if you do already smoke or vape.

HOW IS OUR JELLY BOMB DOSED?



Each gummy is fully infused with 80 mg using our proprietary Cannabis extract.



1 Serving = 10 mg

The size, shape and dosing allows you to choose your perfect dose.



BE PATIENT

Cannabis edibles can take up to 90 minutes to kick in. Don't consider taking another serving until 90 minutes has passed.



READ THE LABEL

This step could make or break your experience. Make sure you read the label and know exactly how much to consume to achieve the dose you're going for. Have food allergies? Always check out the list of ingredients.



IT LASTS A LONG TIME

The effects of a cannabis edible typically last 4 - 8 hours. Make sure you don't have any responsibilities or commitments within 12 hours of eating a cannabis edible.



DRIVING WHILE HIGH IS A DUI

Cannabis edibles alter your reaction time and mental perception. Do not operate a motor vehicle if you're under the influence of cannabis.



KEEP IT AWAY FROM KIDS AND PETS

Edibles are often candies or cookies, tempting for children and pets. Do not leave your edibles unattended. Always store your edibles in a locked, secure space.



CANNABIS AND ALCOHOL DON'T MIX

Consuming cannabis with alcohol or other controlled substances can alter its effects. Don't consume cannabis or cannabis products while under the influence of alcohol or controlled substances.