

Ingestion

When cannabis is ingested in infused edibles or beverages, the effects usually come on more slowly and wear off longer and slower than other methods of consumption.



How it's absorbed

When you swallow cannabis, the cannabinoids travel into your digestive system, where they are metabolized by your liver before being absorbed into your bloodstream.



Timing of effects

Effects can be felt within 30 minutes to two hours of ingesting. Full effects generally peak around four hours after ingestion. Some cannabis edibles are processed for faster onset.



Tips for minimizing risk

Ingesting cannabis may affect you differently than smoking or vaping. Begin with a lower-dose edible cannabis product (2.5 mg of THC). Wait until you feel the effects to decide if you want to take more.



SOURCES

[Cannabis: Inhaling vs Ingesting](#), Canadian Centre on Substance Abuse and Addiction

[7 Things You Need to Know about Edible Cannabis](#), Canadian Centre on Substance Abuse and Addiction

[Evidence statements](#), Monitoring Health Concerns Related to Marijuana, Colorado Department of Public Health and Environment

[Canada's Lower-Risk Cannabis Use Guidelines \(LRCUG\)](#), CAMH

[Health effects of cannabis](#), Health Canada

[Lower-Risk Cannabis Use Guidelines \(LRCUG\) for reducing health harms from non-medical cannabis use: A comprehensive evidence and recommendations update](#), International Journal of Drug Policy