

# Oral Absorption

Cannabis is consumed orally by absorbing the cannabinoids in a product (such as oil or hard candies) through the mucous membranes in the mouth.



## How it's absorbed

While in your mouth, the cannabinoids travel through the oral mucosa (in your cheeks and under your tongue) and into the bloodstream.



## Timing of effects

Absorbing cannabinoids orally is slow and can be erratic.



## Tips for minimizing risk

Begin with a low dose, approximately 0.2 mL of oil, and then wait 30 minutes to two hours to determine the effects prior to consuming more.



## SOURCES

[Consumer Information—Cannabis](#), Health Canada

[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