

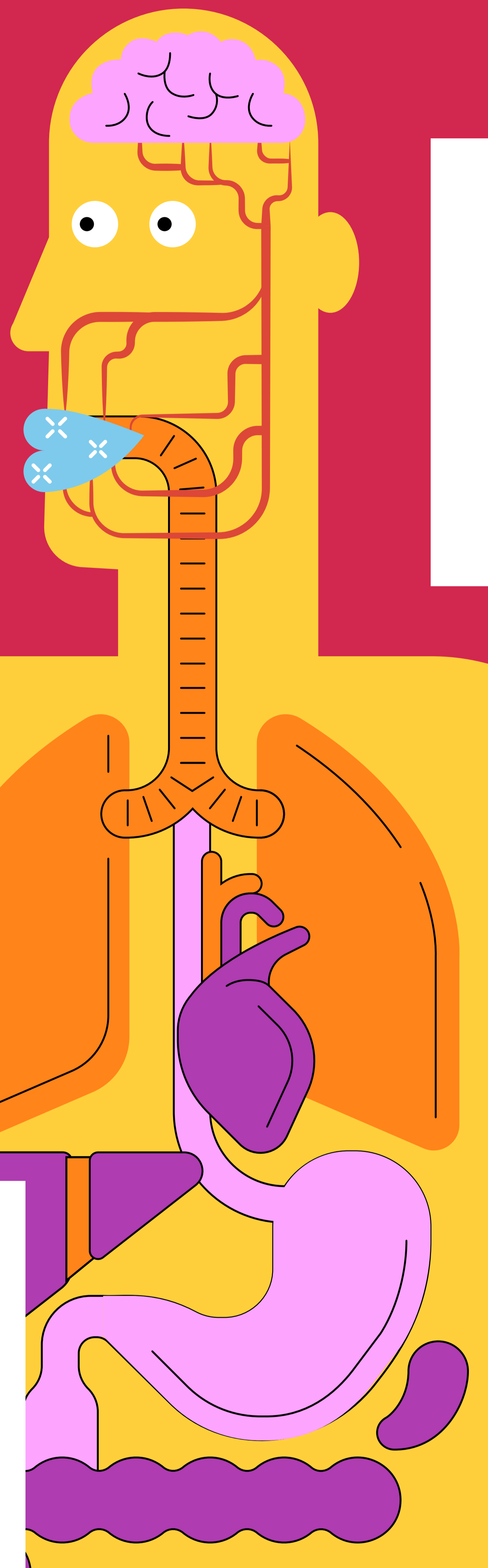
Oral Absorption

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



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.



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.



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