

MARIJUANA INFUSED PRODUCTS (MIPS) DOSAGE GUIDE

WHAT ARE MIPS?

Marijuana Infused Products (MIPs) are products infused with Marijuana that include edible products, tinctures, oils and more.

WHAT ARE EDIBLES?

Marijuana edibles are food products infused with Marijuana extracts that can be taken as pills, baked goods, lozenges and other foods. Edibles offer a pre-determined dose and a longer lasting effect that doesn't require continued dosing throughout the day or night.

LESSON 1 GET YOUR DOSAGE RIGHT

START LOW AND GO SLOW

This is the most important concept with MIPS. Start with a low dosage and do not increase it until you are certain of the impact of your dosage. The mistake some people make is to start with an initial dosage that is too high. Another mistake is to start with a low dosage and add to it after a short period of time without waiting a few hours to see the actual impact of the initial dosage. Remember, you can never go back and have less!

READ THE LABEL

Temescal Wellness labels clearly show the amount of overall milligram (mg) of usable Marijuana. Temescal Wellness offers several products that contain just 5mg – which usually works for first-time users and those with low tolerance.

Every label outlines the cannabinoid profile of the Marijuana in the product. If you are looking for a high-CBD (non psychotropic) product, take a look at the label, which clearly outlines the CBD content of the product. THC is a psychotropic element that can create the impact typically referred to as a "high."

When in doubt about labeling, always consult with a Temescal Wellness staff member.

MARIJUANA INFUSED PRODUCTS (MIPS) DOSAGE GUIDE

LESSON 2

UNDERSTAND DURATION

DURATION

MIPs can take up to two hours to kick in, and can last for up to eight hours or more.

TRACK THE TIME

Remember to note the starting time when you consume an edible and keep track of time.

ABSORBED IN THE STOMACH

MIPs absorbed through the stomach (pills, brownies, etc.) can take up to two hours to kick in, but can be felt for up to eight hours or more.

ABSORBED IN THE MOUTH

Edibles you hold in your mouth (lozenge, tincture, etc.) can be felt more quickly than other edibles and will usually last for between 2-3 hours. However, individual experiences may vary.

LESSON 3

BE RESPONSIBLE ABOUT STORAGE

KEEP AWAY FROM CHILDREN

Keep edibles in original childproof packaging and away from children.

BE SMART

Do not store edibles with other food.

LESSON 4

BE CAREFUL

EATING

Don't eat MIPS on an empty stomach. Eating a full meal before consuming MIPS is recommended as it helps in lowering the intensity of the effects.

ALCOHOL

Do not mix MIPS and alcohol.

TOO MUCH?

Anxiousness and paranoia may accompany accidental over-ingestion. In this event, it is best to stay calm and remain in a comfortable, safe place. With time, these negative effects will pass.

DRIVING AND MACHINERY

Never drive or operate machinery under the influence of Marijuana.

PREGNANCY

There may be additional health risks associated with consumption of Marijuana for women who are pregnant, breastfeeding, or planning on becoming pregnant.