



■ Cannabis Dosage Chart (Beginner Reference)

Form	Starting Dose	Onset Time	Duration
Smoking / Vaping	1–2 inhalations	1–5 minutes	1–3 hours
Edibles	2.5–5 mg THC	30–90 minutes	4–8 hours
Tinctures / Oils	1–2.5 mg THC (sublingual)	15–45 minutes	2–4 hours
Topicals	Apply small amount	15–30 minutes	2–4 hours

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