



## ■ Safe-Use Guide

### **Golden Rule: Start Low, Go Slow**

- Begin with the lowest possible dose.
- Wait 60–90 minutes before taking more, especially edibles.
- Keep a journal of what you try and how you feel.

### **Reading Product Labels**

- THC % = strength of psychoactive effect.
- CBD % = balance; may reduce anxiety or counteract THC.
- Serving Size = what one dose looks like.
- Check for expiration date & lab testing information.

### **Safe Storage**

- Keep cannabis in a locked container.
- Store away from children and pets.
- Label products clearly to prevent accidents.

### **Avoid Unsafe Use**

- Do not drive or operate machinery while impaired.
- Avoid mixing with alcohol or sedating medications.
- If unwell, hydrate, rest, and seek help if necessary.