



Final Regulations for New Cannabis Products

Edible Cannabis, Cannabis Extracts and Cannabis Topicals

June 14, 2019



Government
of Canada

Gouvernement
du Canada

Canada 



Highlighting the key elements of the new regulations

Understanding the health effects of the new products

Highlighting the key elements of the new regulations



Amended *Cannabis Regulations* to permit the legal production and sale of a diversity of cannabis product types

- The regulations allow for a broad variety of product forms, consistent with the Government's objective of displacing the illegal market, subject to regulatory controls to reduce public health and public safety risks
- The amendments to the *Cannabis Regulations* control the production and sale of three new cannabis products:
 - i. Edible cannabis, such as baked goods and beverages
 - ii. Cannabis extracts, such as vaping liquids, tinctures, wax, hash and cannabis oil
 - iii. Cannabis topicals, such as creams, lotions and balms, and similar products that are meant to be applied to a person's skin, hair or nails

Highlighting the key elements of the new regulations



Strict THC limits to reduce the risk of overconsumption and harm in the event of accidental consumption

- Maximum of 10 mg of THC per package of edible cannabis
- Maximum of 10 mg of THC per unit (such as capsule) or dispensed amount of ingested cannabis extract AND maximum of 1000 mg of THC per package of cannabis extract (ingested or inhaled)
- Maximum of 1000 mg of THC per package of cannabis topical

Highlighting the key elements of the new regulations



Controls to reduce appeal to youth

- Prohibited to sell any cannabis product that can reasonably be considered appealing to a young person
- Cannabis must be packaged in child-resistant containers
- Plain packaging to reduce appeal of products
- Standardized cannabis symbol for products containing THC
- Mandatory health warning messages
- Prohibited to brand cannabis products with alcohol or tobacco-related terms
- Prohibited to use sugar, other sweeteners, and colourants in cannabis vaping products and other cannabis extracts



Highlighting the key elements of the new regulations



Controls to reduce the risk of contamination and food-borne illness, and support the production of quality-controlled cannabis products

- Drawn heavily from Canada's existing regulatory frameworks for food safety, vaping, and cosmetics, the amended regulations set rules for:
 - a. proper handling and storage of ingredients
 - b. restrictions on the use of certain ingredients (e.g., shelf-stable, must not cause injury to health)
 - c. preparation and implementation of preventive control plans
 - d. prohibition of cannabis production in a facility where conventional food is manufactured

Highlighting the key elements of the new regulations



Timing of product availability

June 26, 2019

Regulations published in *Canada Gazette, Part II*

July 15, 2019

Licence holders can begin to submit requests for licence amendments

October 17, 2019

Regulations come into force; licence holders can begin to submit new product notifications

December 16, 2019

Earliest date new products could be available for purchase online and/or in stores

2020 onward

Greater variety of legal products become available in stores and online





Highlighting the key elements of the new regulations

Understanding the health effects of the new products

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Health effects of consuming cannabis

- Short-term effects of consuming THC:
 - experiencing euphoria or a high
 - drowsiness
 - anxiety
 - impaired ability to remember, concentrate or react quickly
- Long-term effects associated with daily or near-daily use can include:
 - increased risk of problematic cannabis use and addiction
 - harm to memory and concentration
 - impaired ability to think and make decisions
- Populations at greater risk of harms
 - teenagers and young adults
 - individuals who are pregnant or breastfeeding



Understanding the health effects of the new products



What you need to know if you choose to consume cannabis

- Everyone's response to cannabis can differ
- And it can vary from one time to the next
- It can take longer to feel the effects of eating or drinking cannabis and the effects can last longer than when it is smoked or vaporized
- The higher the THC content in a product, the more likely one will experience adverse effects and greater levels of impairment



Understanding the health effects of the new products



How to lower the risks

- Start low, go slow
- Choose a product with a low amount of THC and equal or higher level of CBD
- If consuming edibles, look for products that contain 2.5 mg of THC or less, and wait to feel effects before taking more
- Avoid smoking cannabis
- Avoid frequent use
- Avoid consuming with nicotine, alcohol, other drugs or health products
- Store all cannabis products securely and out of the reach of children and pets
- Don't drive high

CANNABIS: LOWER YOUR RISKS
START LOW, GO SLOW

If you choose to consume cannabis, how much you consume and how quickly you consume can influence whether or not you experience adverse effects. Take your time to understand how your body reacts to cannabis as everyone's response is different. Until then, start low and go slow to minimize health risks and the risks of overconsumption.

Start with a low amount of THC and wait to feel the effects before taking more.

Edibles:

- Look for products that contain 2.5 mg of THC or less
- Effects felt within 30 minutes to 2 hours
- It can take up to 4 hours to feel the full effects

Vapes:

- Start with 1 or 2 puffs of a vape or joint with 10% (100 mg/g) or less THC
- Effects felt in seconds to minutes
- It can take up to 30 minutes to feel the full effects

Remember, the total amount of THC in the package of edible cannabis can be up to 10 mg. Always read the label to understand the strength of the product. Choose products with a low amount of THC and an equal or higher amount of CBD.

The concentration (% or mg/g) of THC can be found on the label. Always read the label to understand the strength of the product. Choose products with a low amount of THC and an equal or higher amount of CBD.

WHAT ELSE SHOULD I KNOW?

Certain cannabis extracts like hash, kief, wax, or shatter contain a high concentration of THC. To minimize your risk, particularly if you are a new or occasional user, avoid using cannabis extracts as higher amounts of THC can cause greater levels of impairment and increase your risk of experiencing serious adverse effects.

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Understanding the health effects of the new products

An updated consumer information sheet and health warning messages provides information on the health effects of cannabis use

- Updated **Consumer Information Sheet** is intended to be provided to consumers whenever they purchase cannabis
- Updated **health warning messages** are required to be displayed on the labels of cannabis products

CONSUMER INFORMATION — CANNABIS

Cannabis contains substances that affect the brain and body, including THC and CBD. THC causes the intoxicating effects of cannabis. CBD is not intoxicating and may reduce some of the effects of THC; however, it does have an effect on the brain.

Everyone's response to cannabis differs and can vary from one time to the next. To minimize your risk or if you are a new consumer, look for a product containing 2.5 mg of THC or less or 10% THC (100 mg/g) or less, and an equal or higher amount of CBD.

COMMON IMMEDIATE EFFECTS OF THC

- Euphoric ("high"), drowsiness, anxiety, impaired ability to remember, concentrate or react quickly.

IMPORTANT NOTES ABOUT EATING OR DRINKING CANNABIS AND CONSUMING PRODUCTS WITH HIGH THC

- It can take up to 4 hours to feel the full effects from eating or drinking cannabis. Consuming more within this time period can result in adverse effects that may require medical attention.
- The higher the THC content of a product, the more likely you are to experience adverse effects and greater levels of impairment.
- Store all cannabis (particularly edible cannabis) securely and out of reach of children and pets.
- If you or someone you know has accidentally consumed cannabis or consumed too much cannabis and is not well, contact your local poison centre or seek medical attention.

Ways of using cannabis	When effects could begin	How long effects could last
Smoking/vaporizing	Seconds to minutes	Up to 6 hours*
Eating/drinking/swallowing	30 minutes to 2 hours	Up to 12 hours*



*some effects could last as long as 24 hours

WHAT ARE SOME HARMS AND HOW TO LOWER THE RISKS

- **Delay using cannabis to later in life.** Teenagers and young adults are at greater risk of harms because the brain continues to develop until around the age of 25.
- **Don't drive or operate heavy equipment after using cannabis.** Cannabis can cause drowsiness and impair your ability to concentrate and make quick decisions.
- **Avoid frequent use.** Frequent and prolonged use (daily or near-daily use across months or years) increases the risk of dependence and may bring on or worsen disorders related to anxiety and depression.
- **Avoid smoking cannabis.** The smoke from cannabis contains the same harmful chemicals found in tobacco smoke.
- **Avoid combining cannabis with alcohol and/or other substances.** Using cannabis at the same time as alcohol and/or other drugs can cause more severe levels of impairment and adverse effects.

KNOW THE RULES

- It is your responsibility to know the rules and to follow them. To find out more about the rules for cannabis, visit [Canada.ca/cannabis](https://canada.ca/cannabis)
- Talk to your health care practitioner if you have any questions or concerns regarding cannabis use and your health.
- For questions or concerns about a product, or to report adverse reactions, contact the manufacturer. You can also report concerns, complaints or adverse reactions to Health Canada.

Part 1: All of the cannabis health warning messages in this Part apply to cannabis products of all classes of cannabis listed in Schedule 4 to the Cannabis Act, with the exception of cannabis topicals.

WARNING: The smoke from cannabis is harmful. Toxic and carcinogenic chemicals found in tobacco smoke such as polyaromatic hydrocarbons, aromatic amines, and N-heterocyclics are also found in cannabis smoke.

WARNING: Do not use if pregnant or breastfeeding. Substances in cannabis are transferred from the mother to child and can harm your baby.

WARNING: Do not drive or operate heavy equipment after using cannabis. Cannabis can cause drowsiness and impair your ability to concentrate and make quick decisions.

WARNING: Frequent and prolonged use of cannabis containing THC can contribute to mental health problems over time. Daily or near-daily use increases the risk of dependence and may bring on or worsen disorders related to anxiety and depression.

WARNING: Adolescents and young adults are at greater risk of harms from cannabis. Daily or near-daily use over a prolonged period of time can harm brain development and function.

WARNING: The higher the THC content of a product, the more likely you are to experience adverse effects and greater levels of impairment. THC can cause anxiety and impair memory and concentration.

WARNING: It can take up to 4 hours to feel the full effects from eating or drinking cannabis. Consuming more within this time period can result in adverse effects that may require medical attention.

WARNING: The effects from eating or drinking cannabis can be long-lasting. The effects can last between 6 and 12 hours following use.

Part 2: The cannabis health warning message in this Part applies only to cannabis products that are cannabis topicals.

WARNING: Do not swallow or apply internally or to broken, irritated or itching skin. There may be health effects and risks associated with cannabis topicals that are not fully known or understood.

Understanding the health effects of the new products



Research

- The Canadian Institutes of Health Research has invested \$32 million over 9 years through its Integrated Cannabis Research Strategy
- Budget 2018 included \$10 million over 5 years to the Canadian Centre on Substance Use and Addiction and \$10 million over 5 years to the Mental Health Commission of Canada to support research on cannabis and examine the impacts of legalization
- The Government has a number of tools to monitor the impacts of legalization and regulation of cannabis, including surveys, health service databases and information from poison centres

Annex – full-size images

Regulations
come into force



Earliest date new
products may be
available for purchase



October 17, 2019

December 16, 2019

2020 onward



Greater variety of
products become
available in stores
and online

[CANADA.CA/CANNABIS](https://canada.ca/cannabis)

Canada



WHAT YOU NEED TO KNOW IF YOU CHOOSE TO CONSUME CANNABIS

Disclaimer: This information should not be considered legal or medical advice. Consumers, patients and healthcare practitioners are encouraged to report side effects (adverse reactions) from cannabis products to the producer of the product. Side effects may also be reported to Health Canada's **Canada Vigilance Program**.

Cannabis use can cause adverse effects. Adverse effects can include rapid heart rate, dizziness, varying levels of anxiety, disorganized thoughts, memory loss, nausea, or vomiting. Serious adverse effects can also include psychotic episodes (abnormal behaviour, hallucinations, loss of touch with reality, and delusions), and seizures.

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Start with a low amount of THC and wait to feel the effects before taking more.



- ▶ Look for products that contain 2.5 mg of THC or less
- ▶ Effects felt within 30 minutes to 2 hours
- ▶ It can take up to 4 hours to feel the full effects

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