

Cannabis and THC Consumption & Effects

change
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by Allina Health

This fact sheet shows how **vaping, edibles, and smoking** differ in dose, timing, and risk.



What **5 mg** THC looks like:



1 gummy = **5 mg**
(one full dose)



1-2 vape puffs
≈ **5 mg**



1-2 small joint puffs
≈ **5 mg**

How THC Enters the Body Matters

Everyone processes cannabis products differently. An individual's weight, metabolism, gender and eating habits can affect how quickly a product gets absorbed into the body. It also depends upon how it is consumed, how much, and how often.





FEATURE	VAPE (CART)	EDIBLES	SMOKING
How it's used	Inhale vapor from cartridge	Eat/drink (gummies, drinks)	Inhale smoke into lungs
Onset (how fast you feel it)	Fast: 1-5 minutes	Slow- 30 min. - 2 hours	Fast: 1-5 minutes
Typical dose	~2-5 mg per puff	5 mg per serving [MN legal standard]	~2-5 mg per puff
Control over the dose	Easy to keep taking more hits	Pre-measured in 1 gummy or beverage	Moderate control, done as joint is finished
Total THC available	VERY HIGH (300-900 mg per cart)	Moderate (10-50 mg per package)	Moderate (varies by amount used)
Duration of effects	2-4 hours	6-8+ hours	2-4 hours
Biggest risk	Taking many hits in a short time	Consuming more before it kicks in	Taking many puffs in a short time

Many teens accidentally take **10-20+ mg** without realizing it.



Why Vaping can be Riskier for Overuse

- No clear stopping point (unlike finishing a gummy).
- Easy to take repeated hits in minutes.
- Effects felt quickly encourages more use.
- A few extra puffs can quickly equal multiple doses.



Why Edibles can Lead to Overdose

- Effects are delayed (up to 2 hours).
- People may think: "It's not working" and take more.
- Effects last much longer → harder to manage.
- Some think it's okay to eat the whole bag of gummies (example 10 servings) in one setting.

Teen Brain Impact

Compared to adults, teens are more likely to experience:



Loss of control



Nausea



Anxiety or panic



Trouble focusing or remembering



Stronger and less predictable highs



Psychosis or hallucinations



Key Takeaways

5 MG
is a full dose



Just a
FEW PUFFS
can equal a full
edible dose



VAPE CARTS
contain
hundreds of
mg of THC

(500 mgs = 100 doses)



Most
negative
experiences
come from
taking
**TOO
MUCH
TOO
FAST**



Discussion Questions

1. Why might someone take more THC than they intended?
2. Which method seems easiest to accidentally overuse? Why?
3. How might this affect decision-making in the moment?
4. Why do you think teens might have stronger reactions than adults?

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