

How to Read Cannabis Labels



1 The standardized cannabis symbol
All cannabis products are packaged in child-resistant, tamper-proof packaging. Any product that has 10 micrograms (µg) or more of THC, must be labelled with the standardized cannabis symbol. The symbol warns people that the product has THC in it.

2 The brand name and brand element
Cannabis packages must include the company's brand name. One other brand element, like a slogan or logo, can be on the label too.

3 Cannabinoid potency
Cannabis needs to be heated to at least 150 degrees Celsius to activate the cannabinoids. The cannabis will be heated and activated by the producer during its processing or when you heat the product by smoking or vaping it.

On package labels, the first numbers, listed as “THC” and/or “CBD”, represent the cannabinoid levels in the cannabis as purchased. Dried cannabis will have a low level of active cannabinoids because it hasn't been heated yet.

The second numbers are listed as “Total THC” and “Total CBD.” These figures represent the active cannabinoid levels in the cannabis when ready for consumption. Because oil and capsule products have been processed (and the cannabinoids heated already), the second and first numbers will be the same between products.

4 Health warning
All cannabis products have a health warning in a yellow box. Health Canada provides the health warnings that are rotated on products. Topical cannabis products all have the same health warning.

5 The brand name and brand element
Cannabis packages must include the company's brand name. One other brand element, like a slogan or logo, can be on the label too.

6 Other required information
Cannabis products are labelled with specific information about the product. Some important information to look for is the type of strain, expiry date, packaged date, product weight, recommended storage, and intended use. All cannabis products include the licensed producer's information and a lot number. If you have concerns about a product, contact the producer and tell them the lot number.

7 Other non-required information
Licensed producers can include more information on how to use the cannabis product. This could include directions for use, product form, or other warnings or precautions.

8 Nutrition facts table
Similar to food products, a nutrition facts table is on all edible cannabis products.

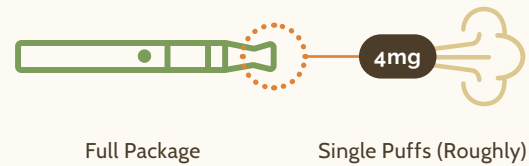
9 List of ingredients
Cannabis extracts, topical and edibles must have a list of ingredients. Any food allergens will be listed.

Source: <https://www.ottawapublichealth.ca/en/public-health-topics/how-to-read-a-cannabis-package.aspx>

Potency Limits on Cannabis Products in Canada

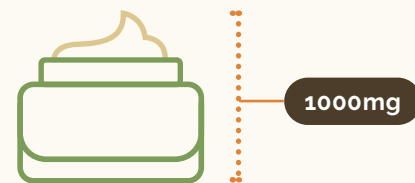
Cannabis Vapes

Regulated cannabis extracts for inhalation purposes will vary in concentration and the maximum allowable amount of THC per package is 1000mg. There is no limit for CBD.



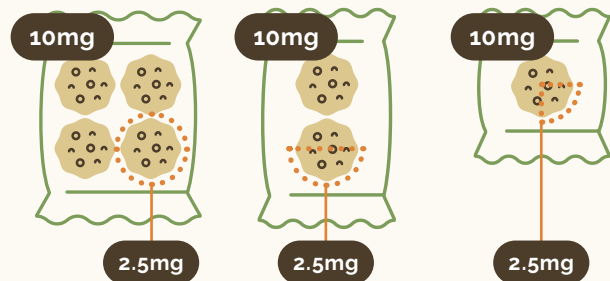
Cannabis Creams

Regulated cannabis topical products will vary in concentration and the maximum allowable amount of THC per package is 1000mg. There is no limit for CBD.



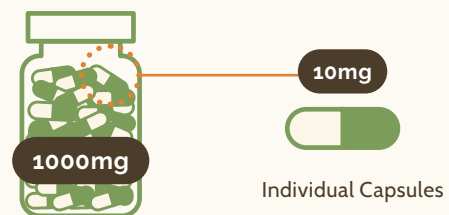
Edibles

Regulated edible cannabis products vary in concentration and have a legal limit of 10mg THC per package. There is no limit for CBD.



Cannabis Capsules

Regulated cannabis extract products for ingestion vary in concentration and have a legal limit of 1000mg THC per package and 10mg THC per unit (such as capsule). There is no limit for CBD.



Cannabis Oil

Regulated cannabis extract products vary in concentration and have a legal limit of 1000mg THC per package. The maximum allowable concentration in an oil is 30mg THC/mL. There is no limit for CBD.

