ᖃᓄᖅ

ᐅᖃᓕᒫᕆᐊᒃᓴᖅ
ᑲᓇᐱᔅᓄᑦ

ᓇᓗᓇᐃᒃᑯᑕᑦ

1 ᓇᒧᓕᒫᖅ ᐊᔾᔨᒌᓕᖅᑎᓯᒪᔪᖅ ᑲᓇᐱᔅᒧᑦ
ᓇᓗᓇᐃᒃᑯᑕᖅ
ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᑦ ᐴᖅᓯᒪᔪᑦ ᓱᕈᓯᓄᑦ
ᒪᑐᐃᖅᑕᐅᔪᓐᓇᖏᑦᑐᓂᒃ, ᐱᓂᕐᓗᒐᒃᓴᐅᖏᑦᑐᓂᒃ ᐴᒃᓴᓄᑦ. ᑭᓱᑐᐃᓐᓇᖅ ᓴᓇᓯᒪᔪᖅ 10 ᒪᐃᑯᕈᒍᕌᒻᓕᒃ ᐅᖓᑖᓂᓘᓐᓂᑦ ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪᓂᒃ, ᑎᑎᕋᖅᓯᒪᔭᕆᐊᓕᒃ
ᓇᒧᓕᒪᖅ ᐊᔾᔨᒌᓕᖅᑎᓯᒪᔪᕐᒧᑦ ᑲᓇᐱᔅᒧᑦ ᓇᓗᓇᐃᒃᑯᑕᕐᒥᒃ. ᓇᓗᓇᐃᒃᑯᑕᖅ ᐅᔾᔨᖅᓱᖁᔨᕗᖅ ᐃᓄᖕᓂᒃ ᓴᓇᓯᒪᔪᖅ ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪᖃᕐᒪᑦ.

2 ᓂᐅᕕᐊᒃᓴᐅᑉ ᐊᑎᖓ ᐊᑎᖓᓄᓪᓗ ᐊᑕᔪᑦ ᑲᓇᐱᔅᒧᑦ ᐴᑦ ᐱᖃᐃᐅᔾᔨᔭᕆᐊᓖᑦ ᑲᒻᐸᓂᒃᑯᑦ ᓂᐅᕕᐊᒃᓴᒥᓂᒃ ᐊᑎᖓᓂᒃ. ᐃᓚᖓ ᐊᑎᖓᓄᑦ ᐊᑕᔪᖅ, ᓲᕐᓗ ᑕᐃᒎᓯᖅ ᓇᓗᓇᐃᒃᑯᑕᕐᓘᓐᓂᑦ, ᐴᕐᒦᑦᑐᓐᓇᕐᒥᔪᑦᑕᐅᖅ.

3 Cannabinoid potency

ᑲᓇᐱᔅ ᐆᓇᖅᓯᔭᕆᐊᓕᒃ ᑎᒫᓂᐅᖏᑦᑐᖅ 150 ᑎᒍᕇᔅ
ᓯᐊᓪᓯᐊᔅ ᐊᐅᓚᔾᔭᖕᓂᐊᕐᒪᑕ ᑲᓂᐳᓇᐃᑦ. ᑲᓇᐱᔅ
ᐆᓇᖅᓯᓂᐊᖅᑐᖅ ᐊᐅᓚᔾᔭᒃᑎᑕᐅᓗᓂᓗ ᓴᓇᔪᒥᑦ ᓴᓇᔭᐅᓂᖓᓂ ᐅᕝᕙᓘᓐᓂᑦ ᐆᓇᖅᓯᑎᒃᑯᕕᐅᒃ ᓴᓇᐅᒐᖅ ᓱᐴᖅᑐᕐᓗᒍ ᓯᒡᒐᓕᐊᙳᐊᕐᒧᓪᓘᓐᓃᑦ.

ᐴᑦ ᓇᓗᓇᐃᒃᑯᑕᖏᓐᓂ, ᓯᕗᓪᓕᖅᐹᑦ ᓇᐃᓴᐅᑏᑦ, ᑎᑎᕋᖅᓯᒪᔪᑦ “ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪ” “ᐃᓗᐃᑦᑐᑦ CBD” ᓗ, ᑭᒡᒐᖅᑐᐃᔪᑦ ᑲᓇᑉᐸᓄᐃᑦᖃᕐᓂᖏᓐᓂᒃ ᑲᓇᐸᔅᒦᑦᑐᓄᑦ ᓂᐅᕕᖅᑕᐅᓂᖓ ᒪᓕᒡᓗᒍ. ᐸᓂᖅᑎᓯᒪᔪᑦ ᑲᓇᐱᔅ ᐱᖃᓗᐊᔾᔮᖏᑦᑐᑦ ᐃᒃᐱᖕᓇᖅᑐᓂᒃ ᑲᓂᐸᓄᐊᐃᑦᓂᒃ ᓲᖃᐃ ᐆᓇᖅᓯᑎᓯᒪᖏᒻᒪᑦ ᓱᓕ.

ᐊᐃᑉᐸᖏᑦ ᓇᐃᓴᐅᑏᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ ᐃᒪᓐᓇ “ᐃᓗᐃᑦᑐᑦ ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪ” “ᐃᓗᐃᑦᑐᑦ CBD”ᓗ. ᑖᒃᑯᐊ
ᓇᐃᓴᐅᑏᑦ ᑭᒡᒐᖅᑐᐃᔪᑦ ᑲᓇᐸᓄᐊᐃᑦᖃᕐᓂᕐᓂᒃ ᑲᓇᐱᔅᒥ ᐊᑐᒐᒃᓴᐅᓕᕈᓂ. ᓲᖃᐃᒻᒪ ᑭᓂᖅᑐᑦ ᐄᔭᒐᓪᓗ ᓴᓇᓯᒪᔪᑦ
ᓴᓇᓯᒪᒐᒥᒃ (ᑲᓂᐸᓄᐊᐃᓪᓗ ᐆᓇᖅᓯᓯᒪᕙᒌᖅᖢᓂ), ᐊᐃᑉᐸᖓ ᓯᕗᓪᓖᓪᓗ ᓇᐃᓴᐅᑏᑦ ᐊᔾᔨᒌᖕᓂᐊᖅᑐᑦ ᐊᑐᓂ ᓴᓇᓯᒪᔪᓂ.

4 ᖃᓄᐃᖏᓐᓂᕐᓄᑦ ᐅᐊᔅᓯᖁᔨᔪᖅ

ᑕᒪᒃᑮᑦ ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᑦ ᖃᓄᐃᖏᓐᓂᕐᓄᑦ ᐅᐊᔅᓯᖁᔨᔪᖃᖅᑐᑦ ᖁᖅᓱᖅᑕᒥ ᕿᑐᑦᑐᒐᐅᔭᒥ. ᖃᓂᒪᖃᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᑦ ᑲᓇᑕᒥ ᑐᓂᓯᓲᑦ ᖃᓄᐃᖏᓐᓂᕐᓄᑦ ᐅᐊᔅᓯᖁᔨᔪᓂᒃ ᐃᓕᔭᐅᓲᓂᒃ ᑭᓱᓄᑦ. ᑏᓕᐊᑦ ᑲᓇᐱᔅᒥᑦ
ᓴᓇᓯᒪᔪᑦ ᑕᒪᒃᑮᑦ ᑕᐃᒪᓐᓇᑦᑕᐅᖅ ᖃᓄᐃᖏᓐᓂᕐᓄᑦ ᐅᐊᔅᓯᖁᔨᔪᖃᖅᑐᑦ.

5 ᓂᐅᕕᐊᒃᓴᐅᑉ ᐊᑎᖓ ᐊᑎᖓᓄᓪᓗ ᐊᑕᔪᑦ

ᑲᓇᐱᔅᒧᑦ ᐴᑦ ᐱᖃᐃᐅᔾᔨᔭᕆᐊᓖᑦ ᑲᒻᐸᓂᒃᑯᑦ ᓂᐅᕕᐊᒃᓴᒥᓂᒃ ᐊᑎᖓᓂᒃ. ᐃᓚᖓ ᐊᑎᖓᓄᑦ ᐊᑕᔪᖅ, ᓲᕐᓗ ᑕᐃᒎᓯᖅ ᓇᓗᓇᐃᒃᑯᑕᕐᓘᓐᓂᑦ, ᐴᕐᒦᑦᑐᓐᓇᕐᒥᔪᑦᑕᐅᖅ.

6 ᐊᓰᑦ ᐱᑕᖃᕆᐊᓖᑦ ᖃᐅᔨᒪᔭᐅᔪᑦ
ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᑦ ᑎᑎᕋᓖᑦ ᓇᓕᐊᓪᓗᐊᑕᓄᑦ
ᖃᐅᔨᒪᔭᐅᔪᓂᒃ ᓴᓇᓯᒪᔪᕐᒧᑦ. ᐃᓚᖏᑦ ᐱᕐᔪᐊᑦ

ᖃᐅᔨᒪᔭᐅᔪᑦ ᑕᑯᓇᒋᐊᓖᑦ ᐅᑯᐊᖑᕗᑦ, ᑭᓱᒥᑦ ᐱᕈᕐᒪᖔᑦ, ᐊᑐᕈᓐᓃᕐᓂᖓᑕ ᐅᓪᓗᐊ, ᐴᖅᑕᐅᕕᐊᑕ ᐅᓪᓗᐊ, ᓴᓇᓯᒪᔫᑉ ᐅᖁᒪᐃᓐᓂᖓ, ᑎᓕᐅᕈᑕᐅᔪᑦ ᑐᖅᑯᖅᓯᒪᓂᕐᓄᑦ ᑭᓱᒧᓪᓗ ᐊᑐᖅᑕᐅᓂᐊᕐᓂᖏᓐᓄᑦ. ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᓕᒫᑦ ᐱᖃᓯᐅᔾᔨᔪᑦ ᓚᐃᓴᓕᐅᑉ ᐱᕈᖅᓴᐃᔨᐅᑉ ᑐᓴᒐᒃᓴᖏᓐᓂᒃ ᓴᓇᔭᐅᓂᖓᓄᓪᓗ

ᓇᐃᓴᐅᑎᒥᒃ. ᐃᓱᒫᓘᑎᖃᕈᕕᑦ ᓴᓇᓯᒪᔪᒧᑦ, ᐅᖃᐅᑎᓗᒋᑦ ᓴᓇᔭᐅᓂᖓᓄᑦ ᓇᐃᓴᐅᑎᖓᓂᒃ.

7 ᐊᓯᖏᓪᓗ ᐊᑐᕆᐊᖃᖏᑦᑐᑦ ᖃᐅᔨᒪᔭᐅᔪᑦ

ᓚᐃᓴᓖᑦ ᓴᓇᔩᑦ ᐱᖃᓯᐅᔾᔨᔪᓐᓇᖅᑐᑦ ᓱᓕᒃᑲᓐᓂᕐᓂᒃ ᖃᐅᔨᒪᔭᐅᔪᓂᒃ ᖃᓄᖅ ᐊᑐᕆᐊᓄᑦ ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᓂᒃ.

ᑖᒃᑯᐊ ᐱᖃᓯᐅᔾᔨᔪᓐᓇᖅᑐᑦ ᑎᓕᐅᕈᑎᓂᒃ ᐊᑐᕐᓂᕐᓄᑦ,
ᓴᓇᓯᒪᔫᑉ ᓴᓇᓯᒪᓂᖓᓄᑦ, ᐊᓯᓂᒡᓘᓐᓃᑦ ᐅᐊᔅᓯᖁᔨᔪᓂᒃ ᐸᕐᓇᒃᓯᒪᕙᒌᖁᔨᔪᓂᒃ.

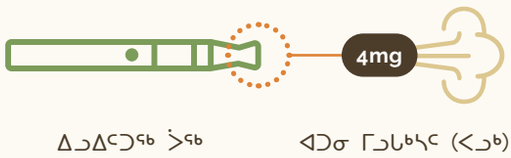
8 ᑎᒥᒧᑦ ᐃᑲᔫᑎᓄᑦ ᖃᐅᔨᒪᔭᐅᓄᑦ ᓇᓗᓇᐃᕈᑎ
ᐊᔾᔨᐸᓗᒋᓪᓗᓂᒋᑦ ᓂᕿᓄᑦ, ᑎᒥᓄᑦ ᐃᑲᔫᑎᓄᑦ ᖃᐅᔨᒪᔭᐅᔪᓄᑦ ᓇᓗᓇᐃᕈᑎᓖᑦ ᐱᑕᓖᑦ ᑕᒪᒃᑮᓂ ᓂᕆᔭᒃᓴᓂ ᑲᓇᐱᔅᒥᑦ
ᓴᓇᓯᒪᔪᓂ ᓯᒥᓚᕐ.

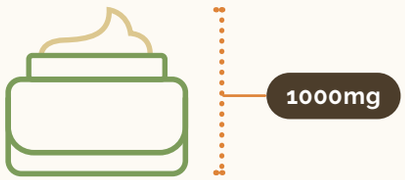
9 ᓇᓗᓇᐃᖅᓯᔪᑦ ᐃᓚᐅᕈᑎᓂᒃ

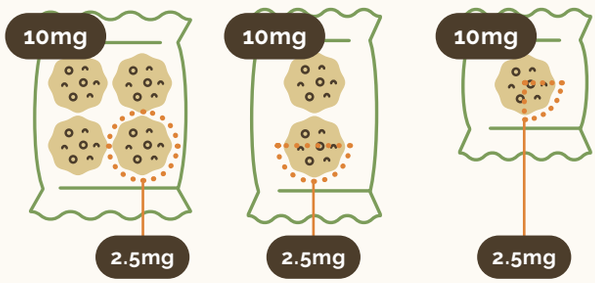
ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᑦ, ᑏᓕᐊᑦ ᓂᕆᔭᒃᓴᓪᓗ ᑎᑎᕋᖃᕆᐊᓖᑦ ᐃᓚᐅᕈᑎᖏᓐᓂᒃ. ᓇᓕᐊᑐᐃᓐᓇᑦ ᓂᕿᑎᒍᑦ ᑎᒥᓄᑦ ᐱᐅᒋᔭᐅᖏᑦᑐᑦ ᑎᑎᕋᖅᓯᒪᓂᐊᖅᑐᑦ.

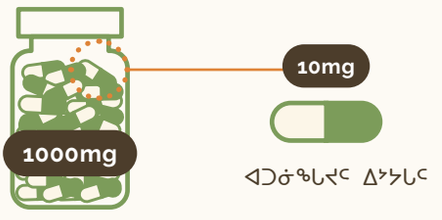
ᐱᕝᕕᐅᔪᖅ: https://www.santepubliqueottawa.ca/fr/public-health-topics/how-to-read-a-cannabis-package.aspx

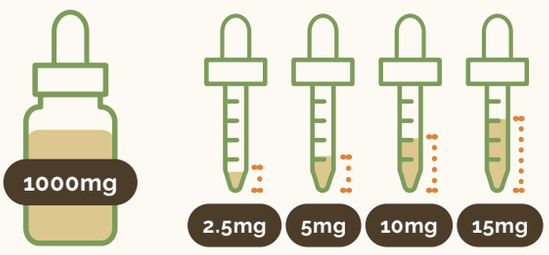
www.nwaccannabised.ca











ᑲᓇᐱᔅ ᑭᓂᖅᑐᖅ

ᐊᐅᓚᑕᐅᔪᑦ ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᑦ ᐊᔾᔨᒌᖏᑦᑐᑦ ᑲᑎᙵᓂᖏᑎᒍᑦ ᐱᖁᔭᑎᒍᓪᓗ ᑭᒡᓕᖃᖅᖢᑎᒃ 1000 ᒥᓕᒍᕌᒻᓂᒃ ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪᓂᒃ ᐊᑐᓂ ᐴᕐᒧᑦ. ᐊᖏᓛᕆᔪᓐᓇᖅᑕᖓ ᐊᔪᙱᑎᑕᐅᔪᖅ ᑲᑎᙵᓂᖅ ᑭᓂᖅᑐᓂ 30 ᒥᓕᒍᕌᒻᖑᕗᑦ ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪᓂᒃ ᒥᓕᒍᕌᒻᒧᑦ. ᑭᒡᓕᖃᖏᑦᑐᖅ CBDᒧᑦ.

1000mg
2.5mg 5mg 10mg 15mg

ᓂᕆᔭᒃᓴᑦ

ᐊᐅᓚᑕᐅᔪᑦ ᓂᕆᔭᒃᓴᑦ ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᑦ ᐊᔾᔨᒌᖏᑦᑐᑦ ᑲᑎᙵᓂᖏᑎᒍᑦ ᐱᖁᔭᑎᒍᓪᓗ ᑭᒡᓕᖃᖅᖢᑎᒃ 10
ᒥᓕᒍᕌᒻᓂᒃ ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪᓂᒃ ᐊᑐᓂ ᐴᕐᒧᑦ. ᑭᒡᓕᖃᖏᑦᑐᖅ CBDᒧᑦ.

10mg 10mg 10mg

2.5mg 2.5mg 2.5mg

ᑳᓇᐱᔅ ᐄᔭᒐᑦ
ᐊᐅᓚᑕᐅᔪᑦ ᓂᕆᔭᒃᓴᑦ ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᑦ ᐄᔭᒐᒃᓴᑦ ᐊᔾᔨᒌᖏᑦᑐᑦ ᑲᑎᙵᓂᖏᑎᒍᑦ ᐱᖁᔭᑎᒍᓪᓗ ᑭᒡᓕᖃᖅᖢᑎᒃ 1000 ᒥᓕᒍᕌᒻᓂᒃ ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪᓂᒃ ᐊᑐᓂ ᐴᕐᒧᑦ. ᑭᒡᓕᖃᖏᑦᑐᖅ CBDᒧᑦ.

1000mg

10mg

ᐊᑐᓃᖓᔪᑦ ᐃᔾᔭᒐᑦ

ᑲᓇᐱᔅ ᓯᒡᒐᓕᐊᙳᐊᑦ

ᐊᐅᓚᑕᐅᔪᑦ ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᑦ ᓂᐅᒐᒃᓴᑦ ᐊᔾᔨᒌᔾᔮᖏᑦᑐᑦ
ᓴᙱᓂᒃᑯᑦ ᐊᖏᓛᖓᓗ ᐱᔪᓐᓇᖅᑎᑕᐅᔪᖅ ᐱᖃᕈᓐᓇᕐᓂᖓ
ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪᒥᒃ ᐊᑐᓂ ᐴᒧᑦ 1000
ᒥᓕᒍᕌᒻᖑᕗᖅ. ᑭᒡᓕᖃᖏᑦᑐᖅ CBDᒧᑦ. ᐃᓗᐃᑦᑐᖅ ᐴᖅ ᐊᑐᓂ ᒥᓗᒐᒃᓴᑦ (ᐸᓗᒃ)

4mg

ᑲᓇᐱᔅᒥᑦ ᒥᖑᐊᑦ

ᐅᓚᑕᐅᔪᑦ ᑲᓇᐱᔅᒥᑦ ᒥᖑᐊᑦ ᐊᔾᔨᒌᔾᔮᖏᑦᑐᑦ ᑲᑎᙵᓂᖏᑎᒍᑦ
ᐊᖏᓛᖓᓗ ᐱᔪᓐᓇᖅᑎᑕᐅᔪᖅ ᐱᖃᕈᓐᓇᖅᑐᓂᒃ
ᑎᐊᑐᕋᕼᐊᐃᑐᕈᑲᓇᐱᓇᓪᓂᒃ ᐊᑐᓂ ᐴᒧᑦ 1000 ᒥᓕᒍᕌᒻᖑᔪᖅ.
ᑭᒡᓕᖃᖏᑦᑐᖅ CBDᒧᑦ.

1000mg

ᓴᙱᓂᕐᓄᑦ ᑭᒡᓖᑦ ᑲᓇᐱᔅᒥᑦ ᓴᓇᓯᒪᔪᓄᑦ ᑲᓇᑕᒥ

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