



WEED WISDOM

What you need to know to buy in New Jersey

Daily buying limits

28.35 grams of flower, or
4 grams of concentrates
or resin, or
4 grams of oil, or
1000 mg of edibles

6 ounces

The possession limit of
cannabis per New
Jersey state law



Customers must be 21
years or older

Side effects

Altered sense of time
Changes in mood
Impaired body movement
**Difficulty thinking &
problem solving**
Impaired memory

THC acts on specific brain cell receptors that ordinarily react to natural THC-like chemicals. These natural chemicals play a role in brain development and function, causing the “high” that people feel.

When taken in high doses:
Hallucinations
Delusions
Psychosis (highest with regular
high dose use)

Effects of too much consumption:

Extreme confusion
Anxiety
Paranoia
Panic
Fast heart rate

Know
when
you've had
too much.

Cannabis items sold have differing strengths

Read dosing labels.

Dried flower can range
anywhere between 15-35% THC.

**New users: start low
and go slow.**

**Don't mix
cannabis
with other
substances.**

Contact your doctor if
you take any
prescription meds that
may interfere with
cannabis.

**Accidentally
overdone it?**

1-800-222-1222

Call the New Jersey Poison
Control Center

You might not get an instant high.

Different consumption methods have different onset times.

Edibles - cannabis infused food & beverage
Tinctures - liquid extracts of cannabis or its cannabinoids
Topicals - applied directly to skin for localized relief
Vaping - heating of cannabis to produce vapor
Smoking - cannabis is heated and combusted into smoke
Dabbing - vaporizing concentrates on a hot surface

Keep this as a little reminder of the different onset times!

30 min to
1 hour

Edibles

15 min to
30 min

Tinctures

15 min to
30 min

Topicals

1 min to
10 min

Vaping

1 min to
5 min

Smoking

5 min to
15 min

Dabbing

Know the signs.

Understanding the signs of addiction can help you decide if it's time to seek help.

- Problems at work, school, or home
- Using even if it risks physical safety
- Trouble with law enforcement that stems from substance abuse
- Continuing to use even though it causes problems in one's life.

**1-844-REACHNJ
(1-844-732-2465)**

Call immediately for help finding addiction treatment services.

Need help?

Visit www.nj.gov/cannabis and click "Safe & Responsible Consumption" for more information.

Tolerance, dependence, and withdrawal

These are all important considerations for cannabis consumers. It's essential to use cannabis responsibly and seek support if experiencing difficulties managing consumption.

Tolerance: needing more of the substance to achieve the same effects over time

Dependence: relying on cannabis to function normally

Withdrawal: may occur once stopping after prolonged use of cannabis. Symptoms include irritability, insomnia, and decreased appetite.