

MARIJUANA MATTERS

WHAT IS THE STANDARD SERVING SIZE OF THC?

10mg

A single serving of Cannabis contains 10mg THC. Read packaging for serving information.
A single cookie, brownie, or chocolate bar may contain MULTIPLE 10mg servings!

New/Occasional users should consider starting with a smaller amount (5mg or less) and allow up to 2 hours for the full effects.

Concerned about your substance use?
Call Counseling and Psychological Services at 618/453-5371.



Source: Illinois Department of Human Services. Division of Substance Use Prevention and Recovery. Let's Talk Cannabis IL, How To Use Cannabis Responsibly (2020).