



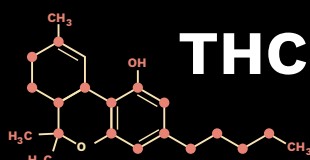
3LEAF

THE ULTIMATE GUIDE TO DOSING EDIBLES

This guide teaches you how to dose properly
to achieve the perfect experience.

CANNABINOIDS

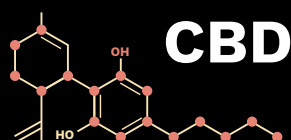
Products that comply with State regulations will list
the cannabinoid content on the front of the package.



THC

[Tetrahydrocannabinol]

Psychoactive. Sensations can range
from mildly elevated to full euphoria.



CBD

[Cannabidiol]

Non-intoxicating.
Relaxes the body.

KNOW YOUR DOSE



MICRO-DOSE

2.5mg of THC

FEELING

Focused, mildly uplifted,
less anxious.

BEST TIME OF DAY TO TRY

Morning, noon, or evening.

A good starting dose for
beginners.



LOW-DOSE

5mg of THC

FEELING

Creative and energized.

BEST TIME OF DAY TO TRY

Afternoon or evening.

Great for inspiring new
projects or for elevating
your yoga practice.



1:1 RATIO

5mg THC + 5mg CBD

FEELING

Relief from pain,
centered, calm.

BEST TIME OF DAY TO TRY

Afternoon or evening.

A balanced experience
that is both healing and
mildly elevating.



MEDIUM-DOSE

10mg THC

FEELING

Completely and utterly
relaxed.

BEST TIME OF DAY TO TRY

Evening or before bed.

A healthy alternative to a
glass of wine after work.
Helps you unwind and enjoy
a full night's rest.

LOW & SLOW

Beginner consumers should start with a low dose, between 2.5mg and 5mg,
and wait at least two hours before consuming more.

**8
HOURS**

The effects of edibles can last
up to 8 hours.



**30 TO 90
MINUTES**

It can take 30 to 90 minutes to
feel the effects of edibles.