



## The Differing Strengths of Cannabis Items Sold

In the rapidly evolving landscape of cannabis, the strengths of cannabis products available for sale vary widely. To determine what product and strength are appropriate for you, it's important to understand what is on a cannabis product's package labels and how to interpret the potency numbers. All cannabis products sold legally through dispensaries in New Jersey come with packaging and product labels that let a consumer know what the product is, dosage amounts, quantity, potency along with storage information, expiration dates and warning labels.



\*\*Example for demonstration purposes only\*\*

Potency, or strength, of each cannabis compound or "cannabinoid" is found in the potency analysis section of a package label. Potency is displayed as a Percentage (%) or Milligrams (mg) per weight or by volume of product. As well, cannabis packaging in NJ will display as one of the following chemotypes:

- High THC, Low CBD
  - where the THC to CBD ratio is greater than 5:1 and THC is  $\geq 15\%$
- Moderate THC, Moderate CBD
  - where the THC to CBD ratio is between 5:1 and 1:5 and THC is 5-10%
- Low THC, High CBD
  - where the THC to CBD ratio is less than 1:5 and THC is  $\leq 5\%$



The table below summarizes the different types of cannabis products available for sale in New Jersey, along with their typical THC potencies. As you can see, the potency of cannabis products can vary widely, so it is important to read the labels carefully when making a purchase.

Form	Packaging	THC Potency
Flower	Flower is available as pre-rolls or pre-packaged dried flower with no more than ¼ ounce (7.09 grams) per package. The potency of flower is displayed as a %.	up to 30%
Cannabis Vape Oil	Cannabis oil contained in an electronic smoking device that is meant to be heated, aerosolized, and inhaled are available in sizes ranging from 0.3g to 2g of oil. The potency of vape oils are expressed as a %.	30 to 80%
Concentrated Extracts	Cannabis manufactured either in solid form, including wax and shatter, or in liquid form as oil can be found in packages from 0.5g to 2g. The potency of concentrated extract can be expressed as a % and mg.	40 to 90%
Edibles	Edible products are restricted to contain no more than 100 mg total of active THC. Within each package, each single serving of a cannabis product contains no more than 10 mg of active THC. Package size can vary from 10 to 20 unit packs depending on the potency of THC per serving.	2 to 10mg per serving
Tinctures	<p>Cannabis tinctures are packaged so that you can control the dosage yourself. The dosage bottles generally contain a dropper marked with quarter (0.25) mL measurements as is the quarter dropper.</p> <p>Determining potency of a tincture can be tricky as it can be displayed as a % or mg of the bottle or recommended dose. It is recommended that you speak with the dispensary staff to get the most accurate dosing information for each tincture.</p>	varies
Topicals	Cannabis extract preparations, prepared as an ointment, gel, cream, or lotion and intended to be applied to the skin or hair are packaged in bottles ranging from 1-2 oz. Potency for topicals are expressed in % and mg.	100 - 200mg