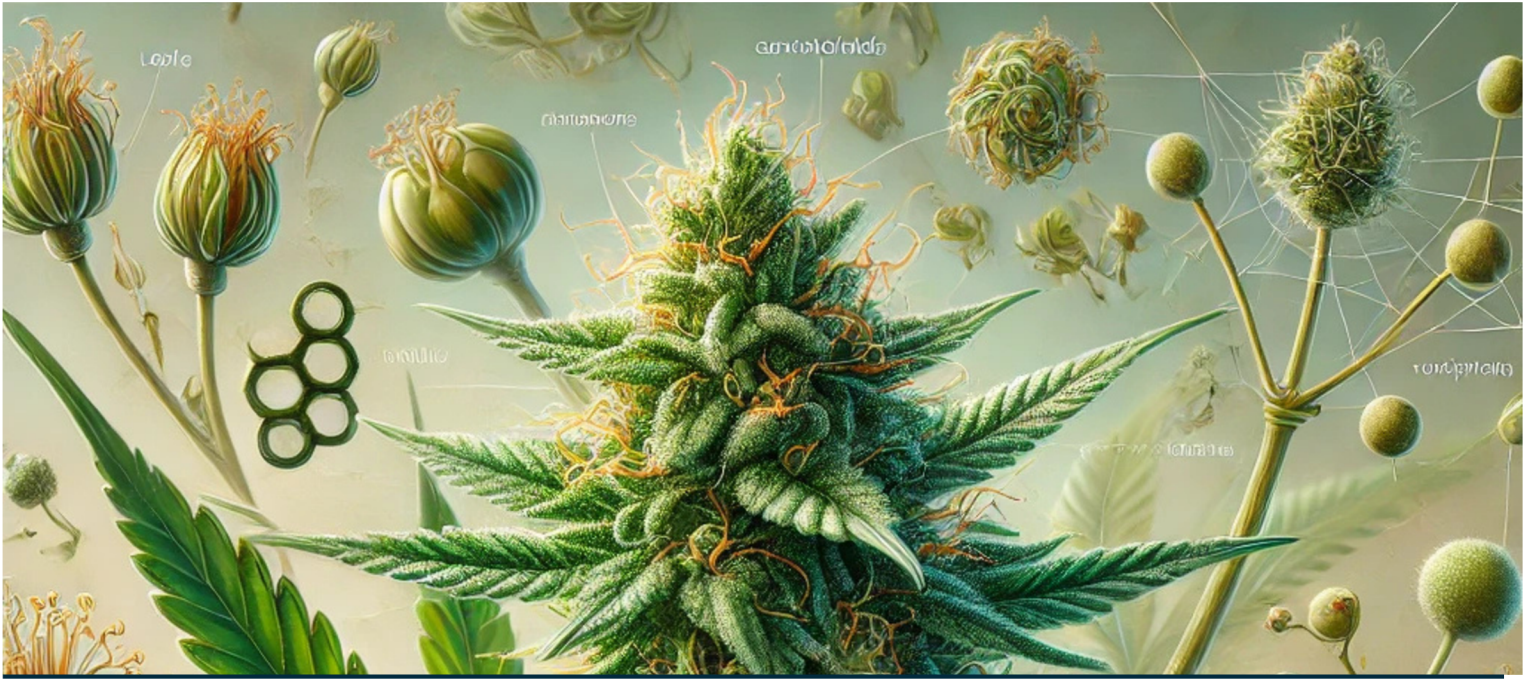


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## OFFICE BASICS

Dr. J. Anderson, MD, CCFP

# LEGAL VS ILLEGAL

### ILLEGAL/GREY MARKET IN CANADA

#### 1. NO SAFETY STANDARDS

- PRODUCTS MAY BE CONTAMINATED, MISLABELLED, OR NOT ACCURATELY DOSED.
- NO OVERSIGHT MEANS INCREASED HEALTH RISKS – ESPECIALLY FOR VULNERABLE PATIENTS OR NOVICE USERS. MAY CONTAIN HEAVY METALS AND PESTICIDES

#### 2. NO REGULATION

- GROWN AND SOLD OUTSIDE OF FEDERAL AND PROVINCIAL OVERSIGHT.
- RISK OF CRIMINAL CHARGES FOR SELLERS AND SOMETIMES BUYERS.

#### 3. AGE ACCESS UNREGULATED

- NO GUARANTEED AGE VERIFICATION – YOUTH ACCESS IS A MAJOR CONCERN. (WEBSITES)

#### 4. HIGHER POTENCY, MORE VARIETY

- PRODUCTS MAY EXCEED LEGAL THC LIMITS (E.G., 1000MG EDIBLES)
- SOME PATIENTS PREFER THIS FOR COST-EFFECTIVENESS.

#### 5. OFTEN CHEAPER, BUT RISKIER

- LOWER PRICES DUE TO NO TAX OR REGULATION.
- QUALITY AND RELIABILITY ARE MORE UNPREDICTABLE. UNKNOWN PESTICIDE CONTENT.

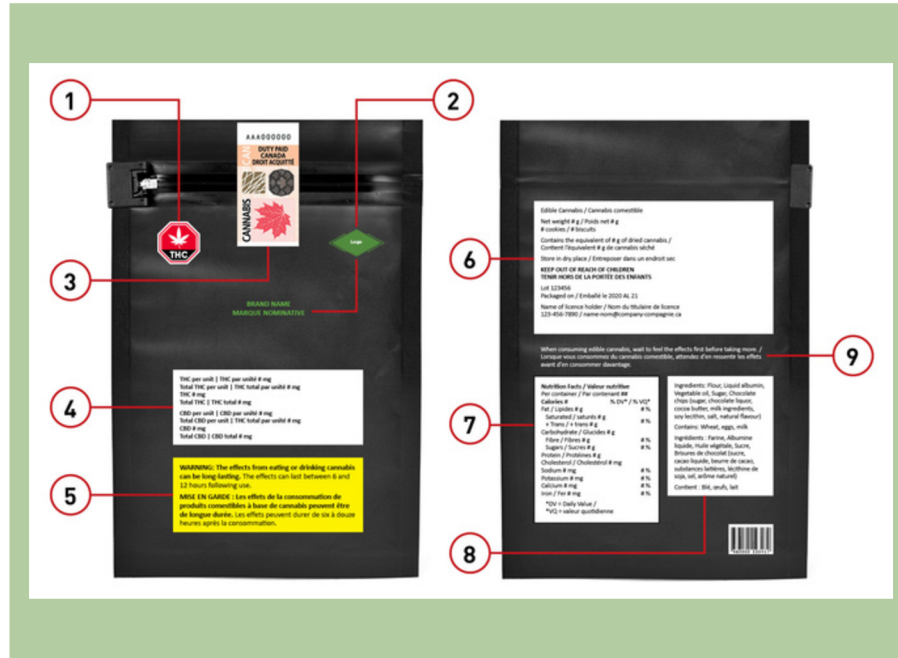
## STATS AND FACTS

- Medical cannabis has been legal federally in Canada since 2001.
- Recreational cannabis became legal in 2018.
- The products on both have same packaging requirements.
- Medical is mail order through a physician or NP authorization. (Max 12 mo)
- “Recreational” refers to products from the Brick and Mortar stores. Many have similar brands to the Medical for adult users. Legal age varies by province and is 19 in Manitoba.

# LEGAL LABELS

## »» 9 PARTS TO A LABEL

1. THC Logo (Standardized Cannabis Symbol)
2. Product Brand Name and Brand Element
3. Sticker (Excise Stamp)
4. THC and CBD amount
5. Health Warning Message
6. Other Required Information
7. List of Ingredients
8. Nutrition Facts Table
9. Optional Information



## LEGAL CANNABIS PRODUCTS (MEDICAL AND RECREATIONAL)

### 1. Safety & Quality Assurance

- Tested Products: Legal cannabis is tested for THC/CBD levels, pesticides, heavy metals, microbial contaminants, and mold. Packaging is regulated across Canada.
- Standardized Labeling: Accurate dosing, ingredient transparency, and expiry dates are provided.

### 2. Regulation & Oversight

- Must follow Health Canada regulations under the Cannabis Act, ensuring consistent practices across cultivation, processing, and retail.

### 3. Age Verification & Responsible Sales

- Age restrictions are enforced both online and in stores (typically 18 or 19+, depending on province).
- Education and guidance for safe consumption are often provided.

### 4. Product Variety (but limited THC levels)

- Edibles, extracts, topicals, dried flower, and oils are available — all capped by Health Canada limits (e.g., 10mg THC per edible unit).
- Packaging can seem excessive due to child-proofing and branding regulations.

### 5. Price & Accessibility

- Prices have dropped significantly in recent years, but legal products are still usually more expensive due to taxes and regulatory costs and shipping (medical)
- Available through licensed retailers and government-run websites.

**PATIENTS CONTINUE TO USE ILLEGAL PRODUCTS BECAUSE THEY CAN BE HALF THE PRICE. UNTIL THIS CHANGES WE WILL ALWAYS HAVE AN ILLEGAL MARKET. EDUCATION IS IMPORTANT.**



### **Endocannabinoid System History**

Maccarrone M. Tribute to Professor Raphael Mechoulam, The Founder of Cannabinoid and Endocannabinoid Research. *Molecules*. 2022 Jan 5;27(1):323. doi: 10.3390/molecules27010323. PMID: 35011553; PMCID: PMC8746417.

### **Cannabis Product Labelling**

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/personal-use/how-read-understand-cannabis-product-label.html>

### **Possessing and Storing Cannabis**

<https://www.canada.ca/en/health-canada/services/people-registered-designated-produce-cannabis-medical-purposes.html>

### **Information for Health Care Professionals - Health Canada**

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/information-medical-practitioners.html>

### **Information on Terpenes**

<https://leafwell.com/blog/difference-between-terpenes-and-cannabinoids>

<https://www.mybpg.com/blog/cannabis-terpenes/>

### **Health Canada Medical Document:**

[https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp-mps/alt\\_formats/pdf/marihuana/info/med-eng.pdf](https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp-mps/alt_formats/pdf/marihuana/info/med-eng.pdf)

### **Health Canada Information for Health Care Professionals**

<file:///Users/jenniferanderson/Downloads/information-for-health-professionals.pdf>

### **List of Licensed Producers by Lift & Co:**

[https://lift.co/producers?per\\_page=12&sort=-reviewCount&page=1](https://lift.co/producers?per_page=12&sort=-reviewCount&page=1)

\*Unless otherwise noted, all content my own. (Dr. Jen Anderson, MD, CCFP)

