



MARIHUANA MEDICAL ACCESS REGULATIONS **DAILY AMOUNT FACT SHEET (DOSAGE)**

Marihuana is not approved as a therapeutic drug in any country in the world. It cannot be approved in Canada without scientific evidence proving its benefits and defining its risks. At present, while pointing to some potential benefits, scientific evidence does not establish the safety and efficacy of cannabis to the extent required by the *Food and Drug Regulations* for marketed drugs in Canada. However, the *Marihuana Medical Access Regulations* provide a mechanism for patients to access marihuana for medical purposes with the support of their physician.

When considering marihuana for medical purposes it is understandable that patients and physicians may have questions regarding the daily amounts of marihuana that would be appropriate. The following has been prepared to provide applicants and their physicians with information related to the dosage of marihuana.

- **Health Canada's examination of the current available information suggests most individuals use an average daily amount of 1 gram to 3 grams of dried marihuana for medical purposes, whether it is taken orally, or inhaled or a combination of both.**
- Based on the World Health Organization (1997), a typical joint contains between 0.5 and 1.0 gram of cannabis plant matter. Accordingly, a daily amount of 3 grams will result in approximately 3 to 6 joints. Actual dose of THC absorbed when smoked is not easily quantified. It has been estimated that 20-70% of the actual THC level is delivered in the smoke.
- It is reported that an elevated daily dosage of more than 5 grams may increase risks with respect to the effect on cardiovascular, pulmonary and immune systems and psychomotor performance, as well as potential drug dependency.
- An authorized patient can choose to order marihuana from Health Canada. With that option he/she can access a standardized and tested source of supply produced under contract for Health Canada. It is comprised of flowering heads and female plants with a tetrahydrocannabinol (THC) level of $12.5 \pm 1.5\%$.
- Authorized patients also have the option of cultivating marihuana for themselves or having a person designated to cultivate for them. The number of marihuana plants they can cultivate is based on the daily amount identified in the application. For instance, a daily amount of 3 grams is approved for indoor production of 15 plants and a storage quantity of 675 grams of marihuana.
- For more information consult "*Information for Health Care Professionals - Marihuana*" or "*Information for the Patient - Marihuana*". Both documents as well as information on the marihuana product produced by Health Canada can be found on the Web site or by calling the toll-free number.

For more information contact the Health Canada Web site at www.healthcanada.gc.ca/mma or call toll-free at 1-866-337-7705.

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