



▶ How to read and understand a cannabis product label

CANNABIS RESOURCE SERIES



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BRIEFS AVAILABLE IN THIS SERIES:

- ▶ How to read and understand a cannabis product label
- ▶ Health effects of cannabis on adults over 55
- ▶ Growing cannabis at home safely
- ▶ Cannabis accessories for inhalation: minimizing your risk when smoking, vaping and dabbing
- ▶ Is cannabis safe to use? Facts for youth aged 13–17 years.
- ▶ Is cannabis safe to use? Facts for young adults aged 18–25 years.
- ▶ Does cannabis use increase the risk of developing psychosis or schizophrenia?
- ▶ Is cannabis safe during preconception, pregnancy and breastfeeding?
- ▶ Is cannabis addictive?

PURPOSE:

This document describes the health and safety information found on legal cannabis product labels and how to use this information to minimize the potential for harm when consuming cannabis. It is intended to provide source material for the general public as well as for public education and awareness activities. Information and key messages can be re-purposed as appropriate into materials, including brochures, posters, etc.

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This page describes the health and safety information found on legal cannabis product labels. It's important to know how to read and understand cannabis product labels to reduce harm when using cannabis.

Terms on a cannabis product label

Cannabis contains hundreds of chemical substances. Over 100 of these are cannabinoids. Cannabinoids are responsible for the [effects of cannabis](#). THC and CBD are the 2 cannabinoids that are the most common in cannabis.

THC

Delta-9-tetrahydrocannabinol (THC) is the main cannabinoid responsible for the intoxication (feeling high) that cannabis users experience as well as other effects typically associated with cannabis use (for example, dry mouth, red eyes, increased heart rate).

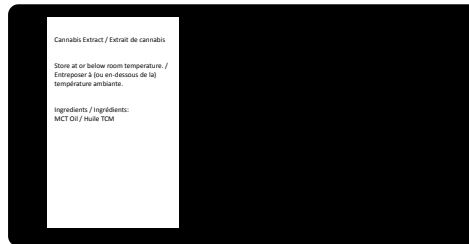
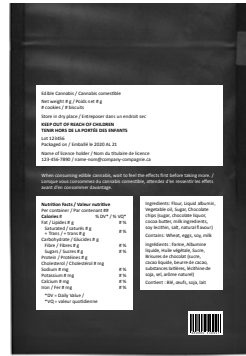
CBD

Unlike THC, [Cannabidiol \(CBD\)](#) doesn't produce a high or result in intoxication. However, it can still have other types of effects on the body and brain.

To learn more about cannabis, its uses and forms, refer to [About cannabis](#).

Information on a cannabis product label

Cannabis product packages vary in size and shape, but they all must follow the same labelling requirements. This includes having French and English on all labels. Below are a few examples of product packages.



This section goes over how to find important information to [reduce harm when using cannabis](#).

1. Standardized cannabis symbol



This symbol is required on the front of cannabis products that contain more than 10 micrograms per gram of THC.

2. Product brand name and brand element



The label needs to have the brand name of the product.

It can also have a small brand element, such as a logo.

3. Excise stamp



The excise stamp tells you that the product came from a Health Canada licence holder. However, certain low-THC cannabis products (under 10 micrograms per gram) or prescription cannabis products don't need excise stamps. Each [province and territory](#) has a different coloured cannabis excise stamp.

4. THC and CBD amount

The front of a label must display the total quantity or concentration of THC (Total THC) and CBD (Total CBD) contained in the product. It can be presented in different ways. For example:

- ▶ **Amount by weight:** If a 30-gram package of dried cannabis says, “Total THC 180 mg/g”, that means that the entire package contains 5,400 mg of THC (180 mg multiplied by 30 g)
- ▶ **Amount by unit:** If a package of 4 pieces of edible cannabis says, “Total THC per unit 2.5 mg”, it means that the entire package contains 10 mg of THC (2.5 mg multiplied by 4 pieces)
- ▶ **Total amount:** If a package of edible cannabis says, “Total THC 10 mg”, that means that the entire package contains 10 mg of THC
- ▶ **By activation:** If an oral spray says, “Total THC per activation 8 mg”, it means that 8 mg of THC will be dispensed per spray



Total THC per unit | THC total par unité
 Total THC | THC total
 Total CBD per unit | CBD total par unité
 Total CBD | CBD total

5. Health warning message



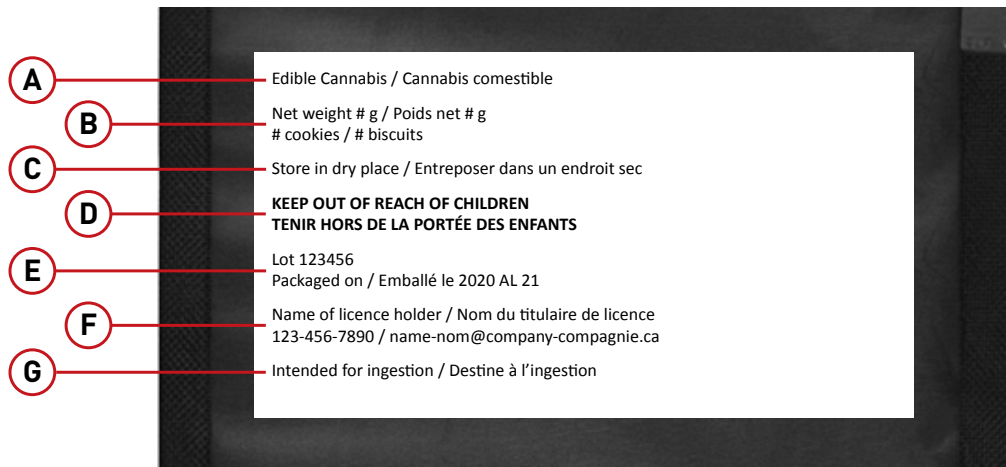
WARNING: It can take up to 4 hours to feel effects from eating or drinking cannabis. Consuming more before feeling an effect can cause cannabis poisoning including severe anxiety and panic attacks.

MISE EN GARDE : Cela peut prendre jusqu'à quatre heures pour ressentir les effets du cannabis après en avoir mangé ou bu. En consommer plus avant d'en avoir ressenti les effets peut causer un empoisonnement par le cannabis entraînant de l'anxiété grave et des crises de panique.

[Using cannabis can put your health at risk.](#) As such, all cannabis products must have a health warning message in a yellow box on the front of a product label.

[Health warning messages](#) include important information about the effects and risks of cannabis. In early 2025, Health Canada updated its list of messages, which were informed by the latest scientific evidence on the risks of using cannabis, public opinion research with diverse Canadians on message impact, and a peer-review process by international scientific experts.

6. Other required information



A. Class of cannabis product

The class of cannabis needs to appear on the product label. Classes of cannabis can be:

- ▶ dried cannabis (such as dried flower or pre-rolls)
- ▶ fresh cannabis
- ▶ cannabis plants
- ▶ cannabis plant seeds
- ▶ edible cannabis (such as candy, chocolate, cookies or beverages)
- ▶ cannabis extracts (such as infused pre-rolls, oil/tinctures, vape liquids, kief, hash, resin, rosin, wax or shatter)
- ▶ cannabis topicals (such as creams, ointments or bath bombs)

B. Net weight and number of units

The product label has to contain:

- ▶ **net weight or volume:** this includes the net weight or volume per package and per unit, if applicable
- ▶ **units:** the number of individual pieces found inside the package (such as 10 chocolates, 10 capsules or 10 seeds)

C. Recommended storage conditions

The product label needs to indicate recommended storage conditions such as temperature, light conditions, or humidity to ensure the product's quality.

D. Warning statement

All product labels need to indicate “KEEP OUT OF REACH OF CHILDREN / TENIR HORS DE LA PORTÉE DES ENFANTS”.

E. Lot number and packaging date

The product label will contain the lot number and the date when the product was packaged.

F. Contact information

The product label includes the manufacturer’s name, telephone number, and email address. You can use this to contact them if you have concerns or complaints about:

- ▶ a problem or quality issue
- ▶ an unwanted side-effect

Include the lot number and the packaging date of the product for reference.

You can also [report quality issues or unwanted side-effects](#) to Health Canada directly.

G. Intended use

Some types of cannabis products have a specific intended use that needs to appear on the label (dried cannabis versus a cannabis topical).

The product label includes how it’s intended to be used or consumed, for example:

- ▶ inhalation (dried, certain cannabis extracts)
- ▶ ingestion (cannabis edibles)
- ▶ for use on skin (cannabis topicals)

7. List of ingredients

List of ingredients are required on the product label of:

- ▶ cannabis extracts
- ▶ cannabis topicals
- ▶ edible cannabis

Ingredients are listed in descending order of weight. This means that a product contains more of the first ingredient, and less of the last ingredient on the list of ingredients.

There are additional requirements for certain classes of cannabis, such as:

- ▶ edible cannabis must list food allergens, the presence of gluten and added sulphites
- ▶ cannabis extracts must list food allergens

8. Nutrition facts table

A nutrition facts table is required on the product label of edible cannabis.

9. Optional information

Although not required by Health Canada, the manufacturer can include additional information on the product label, such as:

- ▶ additional warnings or precautions
- ▶ expiry date
- ▶ cannabis strain name

Additional resources

- ▶ [Authorized retailers in the provinces and territories](#)
- ▶ [About cannabis](#)

Cannabis resource series

- ▶ [Health effects of cannabis on adults over 55](#)
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Contact us

Contact Health Canada for the following issues:

- ▶ a problem or quality issue through the [Cannabis reporting](#) form
- ▶ an unwanted side-effect through the [Side-effect reporting](#) form