

# User guide: Infused Oils



CannMart



For safe consumption of your cannabis-infused oils, start low and go slow



Since effects can last anywhere from 12 - 24 hours, make sure you don't drive or operate heavy machinery during this window



Begin with one drop or a few drops at most under your tongue or mixed with foods and/or beverages



Avoid consuming your cannabis-infused oil with alcohol or other substances



Wait at least four hours before consuming more



**Need help?**

**Call 1-844-420-8464**

Mon to Fri 9:00am To 5:30pm EST

or email [support@cannmart.com](mailto:support@cannmart.com)