CARTA Stack App Guide

Scan • Stack • Track

Purpose of the App

The CARTA Stack app is the control center for a patient's or customer's regimen.

It connects product data, dosing guidance, and simple tracking tools so people can see what actually works for them.

Core Features

QR scanning reveals each product's chemotype, ingredients, and suggested use.

The regimen builder lets users design AM, midday, PM, and bedtime stacks using capsules, sprays, and inhalation.

Quick check-ins capture sleep, mood, pain, focus, and function in seconds rather than long surveys.

Why Tracking Matters

The same dose can feel different for different people—or for the same person on different days.

By logging what, when, and how much was taken, plus how the day went, users slowly build a personal response curve.

Using the App in Practice

Start with one capsule profile and consistent timing for 7–10 days.

Layer in sprays or inhalation intentionally and record those changes, adjusting only one variable at a time.

Export summaries to discuss with clinicians, coaches, or trusted partners.

Key Takeaway

The Stack app turns cannabis into a learnable skill rather than guesswork—supporting safer, smarter, and more intentional use.