

Chemotypes vs. Indica/Sativa

Why CARTA organizes by measured profiles—not marketing names.

Introduction

Traditional labels like “Indica” and “Sativa” don’t reliably predict how a product will feel. Chemotypes—measured cannabinoid and terpene profiles—are more consistent and transparent for customers.

Science Explained Simply

- Cannabinoid balance (THC/CBD/CBG/etc.) and terpene dominance (e.g., myrcene, limonene, pinene) influence typical experiences like calm vs. alert, body ease vs. mental lift.
- Chemotypes can be compared across product lines (capsules, sprays, inhalation) to support predictable stacking.

CARTA Product Spotlight

- Capsule profiles list the dominant terpenes to guide expectations (e.g., myrcene-forward for Rest & Restore).
- Inhalation products display chemotype snapshots so you can choose a flower or cart that matches your capsule.

Practical Guidance

Pick your goal first, then choose products with chemotypes aligned to that goal. Use the same chemotype family for daily baseline (capsules) and situational tools (sprays/inhalation) when possible.

FAQ & Myth vs Fact

Q: Do chemotypes guarantee an experience?

A: No system guarantees, but chemotypes are far more reliable than strain names alone.

Myth: “All ‘Sativas’ are energizing.”

Fact: Effects vary. Always check the cannabinoid/terpene profile.

Responsible Use & Safety Notes

If switching chemotypes, start low to gauge your personal response. Avoid mixing heavy alcohol with high-THC use.

Key Takeaway

Chemotypes are the modern map for cannabis decisions. CARTA uses them to make your experience more predictable.

LEGAL DISCLAIMER

These materials are for educational purposes only and are not intended as medical advice, diagnosis, or treatment.

Cannabis affects individuals differently. Effects may vary depending on dose, setting, and individual biology.

Always consult with a qualified healthcare professional before starting or changing cannabis use, particularly if you are pregnant, breastfeeding, or taking prescription medications.

CARTA products are designed for responsible adult use only. Keep out of reach of children and pets.

Do not drive or operate heavy machinery under the influence of THC.

Compliance with all local, state, and federal laws is the responsibility of the user.

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