

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.

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, have underlying medical or psychiatric conditions, or are 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.