

Chemotypes vs “Indica / Sativa”

A Smarter Way to Choose Cannabis

Limitations of Indica/Sativa

Traditional labels like Indica and Sativa are based on plant morphology and marketing, not reliable effect prediction.

Modern plants are heavily hybridized, and the same strain name can mean very different chemistry from one producer to another.

What Chemotypes Offer

A chemotype is the measured pattern of cannabinoids and terpenes in a product.

These patterns more accurately signal direction—calm, uplift, rest, or focus—than names alone.

CARTA’s Chemotype Approach

CARTA tags capsules, sprays, and inhalation products with chemotype families aligned to effect domains.

This allows customers and clinicians to keep direction consistent while adjusting format and dose.

Practical Guidance

Treat strain names as flavor and branding; treat chemotypes as the map.

Use CARTA labels and the Stack app to select products that match your goals rather than relying on folklore.

Key Takeaway

Chemotypes turn cannabis selection into an evidence-aware process instead of a guessing game based on marketing language.

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