

# Dosing Safety

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Start low, go slow—then grow your confidence.

## Introduction

Thoughtful dosing is the foundation of a positive cannabis experience. A little patience up front pays dividends in clarity and control later.

## Science Explained Simply

Tolerance, timing, and personal biology all shape response. Smaller initial doses reduce side effects and help you learn quickly. Consistency allows real comparisons between days.

## CARTA Product Spotlight

CARTA's labels, chemotype data, and app guidance support responsible dosing. Capsules establish steady baselines.

Sprays add small, deliberate adjustments. Inhalation provides rapid feedback when used intentionally.

## Practical Guidance

- Begin with the lowest labeled dose.
- Keep a simple log (time, dose, context, effect) for one week.
- Adjust by small increments and only one variable at a time.

## FAQ & Myth vs Fact

Q: How long should I wait before changing dose?

A: Give a baseline 5–7 days. For sprays or inhalation, wait long enough to evaluate the current dose first.

## Responsible Use & Safety Notes

Never drive after THC. Avoid combining high-THC use with alcohol or sedatives. Store products securely.

## Key Takeaway

Safety is a skill. With CARTA, it's built into the system—so you can explore with confidence.

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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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