

# Cannabis 101

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Understanding the plant, the endocannabinoid system, and your options.

## Introduction

Cannabis is a plant with hundreds of active compounds that interact with a natural network in the body called the endocannabinoid system (ECS). Many adults use cannabis to feel calmer, sleep better, ease discomfort, or simply unwind—often without wanting to feel intoxicated.

## Science Explained Simply

- **Cannabinoids:** THC, CBD, and others (CBG, CBN, THCV, CBC) engage ECS receptors and enzymes to influence mood, sleep, appetite, and more.
- **Terpenes:** Aromatic molecules found in cannabis and botanicals; they shape taste, scent, and effect direction.
- **Delivery formats:** Capsules and sprays provide precise, repeatable dosing; sprays and inhalation methods offer rapid onset.

## CARTA Product Spotlight

- **Capsules:** A familiar format for daily wellness—standardized, portable, no combustion.
- **Sprays:** Quick, flexible, easy to layer on top of capsules for timing or intensity needs.
- **Inhalation:** Immediate onset when speed matters (e.g., pre-event focus or evening wind down).

## Practical Guidance

Choose a purpose, start with a capsule profile that fits, and build from there. If new to cannabis, start low.

Adjust in small steps and track what you feel over a week. Match your format to your goal and setting.

## FAQ & Myth vs Fact

**Myth:** “Higher THC is always better.”

**Fact:** Many adults get better results with balanced or lower THC—especially for daytime function.

**Q:** Can I avoid smoking?

**A:** Yes—capsules and sprays provide combustion-free options with precise dosing.

## **Responsible Use & Safety Notes**

Avoid driving after using THC-containing products. Store securely. If you're on prescription meds (especially sedatives or blood thinners), consult a clinician. Keep products away from kids and pets.

## **Key Takeaway**

With CARTA, cannabis can be deliberate, approachable, and aligned to your life—not the other way around.

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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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