

# CARTA Stack App Guide

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Build regimens, scan products, track outcomes—own your cannabis experience.

## Introduction

The CARTA Stack app puts everything in one place: education, product data, dosing guidance, and your own results. It's built to help you learn what works, keep what helps, and adjust with confidence.

## Science Explained Simply

Why tracking matters: The endocannabinoid system (ECS) varies from person to person. By logging timing, dose, chemotype, and outcome, patterns emerge. Over time, customers discover their “personal response curve,” which leads to better results with less trial-and-error.

## CARTA Product Spotlight

- QR Scan: Access chemotype, ingredients, and dosing notes for any CARTA product.
- Regimen Builder: Pair a daily capsule with a spray or inhalation plan for specific moments.
- Feedback Loop: Tag outcomes like focus, mood, rest, or mobility to refine your stack.

## Practical Guidance

- Start with one capsule profile for 7–10 days.
- Add THC Stacker or Universal Booster spray for situational needs (workout, social, sleep prep).
- If you use inhalation, match the chemotype to your goal and keep the dose modest.
- Review your week in the app and make one small change at a time.

## FAQ & Myth vs Fact

Q: Do I need the app?

A: It's optional but helpful. The more you log, the more precise your outcomes become.

Q: Can I share data with my clinician?

A: Yes—export summaries to support informed discussions.

## Key Takeaway

The app makes cannabis intentional. Scan, stack, and learn—so each week feels a little more dialed-in than the last.

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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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