

# Botanicals & Nutrients Synergy

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How non-cannabis ingredients complement cannabinoid profiles.

## Introduction

CARTA's Entourage Matrix (EM) pairs cannabinoids with botanicals, nutrients, and terpenes chosen for complementary roles. The aim is balance and direction—not medical claims.

## Science Explained Simply

Botanicals and nutrients can influence stress response, focus, sleep quality, and muscle relaxation.

In combination with specific chemotypes, they help set a clearer “feel” for each profile.

## CARTA Product Spotlight

- Calm & Focus: clarity-forward chemotypes paired with calming adaptogens.
- Rest & Restore: evening chemotypes alongside soothing botanicals and supportive minerals.
- Mobility & Function: comfort-forward direction paired with steady-day botanicals.

## Practical Guidance

Introduce one profile at a time and track response. Avoid layering multiple new botanicals at once.

## FAQ & Myth vs Fact

Q: Are these disease treatments?

A: No. CARTA focuses on wellness direction and customer experience without disease claims.

## Responsible Use & Safety Notes

Botanicals can interact with medications. If you use prescriptions, consult your clinician and start low.

## Key Takeaway

Thoughtful pairing makes profiles feel coherent and purposeful—another layer of predictability.



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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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