

FAQ

Clear Answers to Common Questions

Will I Get High?

Many CARTA profiles are designed for microdosed, functional use; effects are often subtle at starting doses.

If THC is present, intoxication is still possible at higher doses, so starting low is essential.

Can I Combine Products?

Yes, as long as you make changes gradually and track outcomes.

Begin with a capsule baseline, then add sprays or inhalation only as needed and in small increments.

How Fast Do Different Formats Work?

Capsules often take 45–90 minutes to be felt and last longer.

Sprays and sublingual formats act more quickly, and inhalation has the fastest onset but shortest duration.

Do I Have to Use the App?

No, but the Stack app makes it much easier to remember what you took, how you felt, and what is worth repeating.

Exportable summaries can help you have more productive conversations with clinicians or coaches.

Key Takeaway

Your questions are the roadmap; CARTA provides tools, language, and products to help you navigate safely and effectively.

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, have underlying medical or psychiatric conditions, or are 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.