

# CARTA Therapeutic Stacks Rationale

Why Our Formulas Look the Way They Do

## Design Philosophy

CARTA stacks combine cannabinoids with botanicals, mushrooms, and nutrients chosen for complementary mechanisms.

The aim is to support functional domains such as stress resilience, mobility, cognition, sleep readiness, and intimacy without making disease claims.

## Examples of Stack Logic

Mobility & Function pairs CBD and CBG with botanicals like curcumin, Boswellia, and ginger, plus supportive nutrients.

Calm & Focus integrates non-intoxicating cannabinoids with ingredients such as L-theanine, green tea extract, and Lion's Mane to support calm alertness.

Rest & Restore, Mind & Memory, Digestive Support, Metabolic Wellness, and Intimacy & Vitality each apply similar logic to their domains.

## Role in the Entourage Matrix

The Entourage Matrix documents how these combinations align with effect directions and tolerance profiles.

It supports product development, clinician education, and label language while emphasizing safety and modest dosing.

## Key Takeaway

CARTA formulas are deliberate stacks of multiple levers—not single-ingredient solutions—built for real-world, function-first use.

**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.