

# Botanicals and Nutrient Synergy

## How Non-Cannabis Ingredients Support Effect Profiles

### Role of Botanicals and Nutrients

Many CARTA stacks pair cannabinoids with herbs, mushrooms, amino acids, and micronutrients chosen for complementary mechanisms.

These ingredients can influence stress response, focus, sleep quality, circulation, inflammation, and metabolic tone.

### Examples Within Profiles

Calm & Focus may include adaptogens and nootropics that support calm alertness.

Rest & Restore combines evening chemotypes with soothing botanicals and sleep-supportive minerals.

Mobility & Function layers comfort-forward chemotypes with botanicals that have long histories of use in joint and muscle support.

### Practical Guidance

Introduce one new profile at a time so you can tell which stack is helping.

Avoid making multiple supplement changes in the same week, especially if you take prescription medications.

### Key Takeaway

Thoughtful pairing of botanicals and nutrients with specific chemotypes gives each CARTA profile a coherent, purposeful feel—another layer of predictability for users.

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