

# CARTA Patient Overview

## How CARTA Supports Thoughtful Cannabis Use

### Why CARTA Exists Clinically

Patients were already using cannabis for pain, sleep, and mood—often without telling their clinicians or tracking results.

CARTA provides structure: clear formulations, standardized dosing, chemotype literacy, and simple tools for measuring response.

### The PhytoLogic System

PhytoLogic organizes products by three pillars: cannabinoids, terpenes, and botanicals/nutrients.

Together they define effect directions such as daytime calm, nighttime rest, mobility support, and cognitive support—without making disease claims.

### Chemotype-Guided Dosing (CGD)

Each product has a chemotype profile that informs conservative starting doses and stepwise titration.

Patients can begin in a defined dose band, track sleep, mood, pain, and function, then adjust in small increments.

### Entourage Matrix (EM)

The Entourage Matrix is CARTA's evolving evidence map linking chemotypes, botanicals, and observed effect domains.

It supports shared decision-making between patients and clinicians while emphasizing safety and individual variability.

## How Clinicians Can Use CARTA

Ask about goals, medications, and mental health history; pick one or two profiles that fit; start low; and track outcomes over time.

CARTA materials and the Stack app help turn cannabis from a vague experiment into a documented, revisitble plan.

**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.