

Terpene and Cannabinoid Effect Profiles

How Chemistry Shapes Experience

Key Cannabinoids

THC offers psychoactive effects and can support relaxation, appetite, and relief at appropriate doses.

CBD is non-intoxicating and often used for perceived calming and modulation of THC's intensity.

Minor cannabinoids such as CBG, CBN, CBC, and THCV are being explored for roles in sleep, mood, inflammation, and metabolism.

Key Terpenes

Myrcene is often associated with body relaxation and sedation.

Limonene is linked to brighter, more uplifted mood directions.

Linalool is commonly associated with calm and wind-down.

Pinene may support clarity, while caryophyllene engages CB2 receptors and is often paired with comfort-forward stacks.

CARTA Effect Families

CARTA uses combinations of cannabinoids and terpenes to define effect families like Calm & Focus, Mood & Uplift, Rest & Restore, and Mobility & Function.

Each profile is further shaped by botanicals and nutrients to reinforce its direction without making disease claims.

Key Takeaway

Your effect profile is a team effort between cannabinoids, terpenes, and supportive botanicals—CARTA's job is to make that team predictable.

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