

Microdosing Guide

Less to Feel More in Control

What Is Microdosing?

Microdosing means using small, consistent doses of cannabinoids to support function and well-being without heavy intoxication.

It prioritizes subtle, sustainable benefit over dramatic, unpredictable effects.

Why Microdosing Works Well with CARTA

Standardized capsules and sprays make it easy to keep doses modest and repeatable.

Chemotype-guided dosing and the Stack app help track outcomes from these smaller amounts over time.

Practical Microdosing Steps

Start with the lowest labeled dose of a capsule that matches your goal.

Use it at the same time daily for a week while logging sleep, mood, pain, and function.

Only then consider a small increase or adding a spray for timing-specific needs.

Boundaries and Safety

Microdosing does not guarantee that driving is safe—THC can still impair reaction time even at lower doses.

People with certain psychiatric or cardiac conditions should consult clinicians before use.

Key Takeaway

Microdosing is about clarity and control: learning how little you need for meaningful benefit.

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.