

CARTA – SKU-by-SKU Warning Inserts (Draft for Legal/Reg Review)

These inserts use structure/function language and conservative cautions. Replace THC values with final COAs.

Hemp Line (Non-psychoactive; THC-free/ND)

Mobility & Function

Suggested use

Take with food. Start with one softgel daily.

Key warnings & cautions

- May increase bleeding risk (ginger, willow bark, devil's claw); stop 1–2 weeks before surgery.
- Vitamin K2 may interfere with warfarin dosing.
- High vitamin D may increase calcium in susceptible individuals.

Drug/condition interactions

- Anticoagulants/antiplatelets (e.g., warfarin, clopidogrel).
- Gallbladder disease or bile duct obstruction (ginger caution).

Allergens

Mushroom-derived ingredient (reishi).

Do not use if

Pregnant or breastfeeding unless advised by a clinician.

Calm & Focus

Suggested use

Take with food in the morning. Avoid combining with other sedatives until you know your response.

Key warnings & cautions

- Rare mushroom allergy possible (lion's mane).
- EGCG may cause nausea on an empty stomach.

Drug/condition interactions

- Medications affecting liver enzymes; use caution with high daily CBD from other products.

Allergens

Mushroom-derived ingredient (lion's mane).

Mood & Uplift Capsules

Suggested use

Take in the morning with food.

Key warnings & cautions

- Rhodiola has serotonergic activity; avoid with serotonergic medicines.
- May be activating; avoid late-day use.

Drug/condition interactions

- SSRIs/SNRIs/MAOIs, triptans; stimulant medications; bipolar disorder (mania risk).

Allergens

Mushroom-derived ingredient (cordyceps).

Rest & Restore

Suggested use

Take 30–60 minutes before bedtime. Do not combine with alcohol.

Key warnings & cautions

- May cause drowsiness; do not drive or operate machinery after use.
- Chamomile may trigger reactions in those allergic to ragweed.

Drug/condition interactions

- Sedatives/hypnotics; alcohol.

Allergens

Mushroom-derived ingredient (reishi).

Digestive Support (Blister)

Suggested use

Take at first sign of nausea. If vomiting persists >24 h, seek medical advice.

Key warnings & cautions

- Ginger may increase bleeding risk.
- Peppermint may worsen reflux/GERD.

Drug/condition interactions

- Anticoagulants/antiplatelets; gallstones (ginger/peppermint caution).

Metabolic Wellness

Suggested use

Take with meals.

Key warnings & cautions

- May lower blood sugar; monitor if on diabetes medications.
- Chromium: use caution with kidney disease.

Drug/condition interactions

- Diabetes medications/insulin (hypoglycemia risk).

Allergens

Mushroom-derived ingredient (cordyceps).

Mind & Memory

Suggested use

Take with food.

Key warnings & cautions

- Ginkgo may increase bleeding risk and can lower seizure threshold; stop 1–2 weeks before surgery.
- Contains fish oil (allergen).

Drug/condition interactions

- Anticoagulants/antiplatelets; anti-seizure medicines; warfarin (monitor INR).

Allergens

Fish (DHA/EPA), mushroom-derived ingredient (lion's mane).