

Capsule Guide – All Profiles

Standardized daily formats aligned to common goals.

Introduction

CARTA capsules are designed like supplements: familiar, portable, and easy to integrate into daily life.

Each profile blends cannabinoids with complementary botanicals and nutrients to support a clear direction, without medical disease claims. Use this guide to choose a baseline and add situational tools as needed.

Science Explained Simply

- **Standardization:** Capsules support predictable experiences across days and batches.
- **Chemotype logic:** Each profile emphasizes a cannabinoid/terpene direction (calm, uplift, rest, intimacy, etc.).
- **Stacking:** Capsules serve as a foundation; sprays or inhalation fine-tune timing and intensity.

CARTA Product Spotlight

Profiles (non-exhaustive rationale; exact formulas and dosages are proprietary and standardized internally):

- **Calm & Focus (Day):** Balanced cannabinoids + clarity-forward terpenes; botanicals often used for stress support.
- **Mood & Uplift (Day):** Brighter terpene direction; botanicals associated with positive mood and motivation.
- **Rest & Restore (Night):** Calming terpenes; botanicals traditionally used for evening wind-down.
- **Intimacy & Vitality (Night):** Soothing tension and enhancing presence; botanicals linked to mood and blood flow.
- **Mobility & Function (Day):** Comfort-forward direction to keep you moving.
- **Metabolic Wellness (Day):** Balanced, appetite- and energy-conscious direction.
- **Mind & Memory (Day):** Clarity and recall support.
- **Digestive Support (As Needed):** Gentle, gut-friendly direction.

Practical Guidance

- Pick one primary profile for 7–10 days; avoid changing multiple variables.
 - You may choose a daytime profile -plus- a nighttime profile
 - You may add an additional capsule (instead of Universal Booster) in the afternoon

for a midday boost.

- This will allow for steady daily coverage but will be a slower onset than the booster spray.
 - The afternoon capsule may be the same as the baseline profile, or you may choose a complimentary profile.
 - Choose either additional afternoon capsule dose -or- a booster/stacker spray, not both.
- Use Universal Booster spray for quick but subtle lift; use THC Stacker spray if appropriate for your plan and setting.
 - Consider chemotype-matched inhalation for immediate needs (e.g., pre-meeting focus or evening wind-down).

FAQ & Myth vs Fact

Q: Can I take two profiles in a day?

A: Yes—many customers use a daytime capsule and a different night capsule. Keep your total THC modest at first.

Q: Where are the dosages?

A: Capsule dosages are standardized internally and labeled on packaging. Follow package guidance and app notes.

Responsible Use & Safety Notes

Keep capsules locked away from children/pets. Avoid mixing heavy alcohol use with high-THC regimens.

Consult a clinician if you take prescription medications or have health conditions.

Key Takeaway

Capsules are your steady baseline. Build from there with precision tools, not guesswork.

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, or 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.

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