

# Capsule Guide

## Building Your Daily Baseline

### Purpose of Capsules

CARTA capsules are designed as daily anchors for calm, focus, mobility, rest, or other functional goals.

They offer standardized doses, clear effect directions, and convenient formats that fit into normal routines.

### Profile Examples

Calm & Focus supports grounded alertness during demanding days.

Mood & Uplift supports brighter outlook and motivation.

Rest & Restore supports nighttime wind-down and sleep readiness.

Intimacy & Vitality supports connection, presence, and physical readiness.

Mobility & Function supports staying in motion with a comfort-forward direction.

Mind & Memory, Metabolic Wellness, and Digestive Support round out the wellness-focused line.

### How to Start

Choose one primary daytime capsule and one nighttime capsule based on your main goals.

Use each consistently for a week while tracking in the Stack app before making changes.

Consider adding sprays or inhalation only after you understand your baseline response.

### Key Takeaway

Capsules are the foundation of the CARTA stack—set them thoughtfully, then fine-tune with other formats.

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