

# Dosing Safety

## Turning Caution into Confidence

### Core Principles

Start low, go slow, and change one thing at a time.

Allow several days at a given dose before making adjustments so patterns can emerge.

### CARTA's Built-In Safeguards

Standardized doses and chemotype labels make it easier to predict direction and intensity.

The Stack app helps capture sleep, mood, pain, and function scores to determine whether a regimen is helping or needs adjustment.

### Simple Starter Framework

Choose one capsule that matches your primary goal and take it at the same time daily for a week.

If well tolerated but not quite effective enough, consider a small dose increase or adding a single spray at a specific time of day.

### Warning Signs

Severe anxiety, palpitations, chest pain, confusion, or near-fainting are red flags—stop use and seek medical care if symptoms are serious.

Reassess dose, context, and whether cannabis is appropriate for you with a trusted clinician.

### Key Takeaway

Dosing safety is about patience, observation, and respect for your own limits—not about chasing aggressive effects.

**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.