

# Choosing Your CARTA Path

---

A step-by-step guide to building your first stack.

## Introduction

New to CARTA or ready to get intentional? This guide walks you through a simple pathway to your first regimen.

## Science Explained Simply

Matching goals to chemotypes and keeping doses modest at first is the fastest route to consistency. Logging teaches you what to repeat—and what to skip.

## CARTA Product Spotlight

Example paths:

- Focused Workday: Calm & Focus capsule → Universal Booster (midday) → clarity-forward flower (optional).
- Restful Night: Rest & Restore capsule → THC Stacker (evening) → calm chemotype cart (optional).

## Practical Guidance

- 1) Define your primary goal.
- 2) Choose a capsule aligned to that goal.
- 3) Add a spray for timing-specific needs.
- 4) Optionally include inhalation for immediate contexts.
- 5) Track in the app and refine weekly.

## FAQ & Myth vs Fact

Q: How do I know it's working?

A: You should feel closer to your goal with minimal side effects. If not, adjust one variable or try a nearby chemotype direction.

## Responsible Use & Safety Notes

Keep THC modest until you understand your response. Respect legal guidelines and safe storage at all times.

## **Key Takeaway**

Simple, intentional steps add up to a tailored regimen—the CARTA path.

---

#### **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.

© CARTA Phytotherapeutics LLC. All rights reserved.

---