

THE 7 MOST PREVALENT TERPENES

Terpenes play a key role in differentiating the effects of various cannabis strains.



CARYOPHYLLENE

Aroma: Woody and Spicy. Also found in black pepper, cloves, oregano, and hops.

Benefits: Analgesic (pain relief), anti-bacterial, anti-fungal, anti-inflammatory, anti-tumor, and gastrointestinal relief.



HUMULENE

Aroma: Herb and earthy. Also found in hops, basil, and coriander.

Benefits: Anti-bacterial, anti-inflammatory, and appetite suppressant.



LIMONENE

Aroma: Orange, citrus, and spicy. Also found in citrus rinds, caraway seeds, dill seeds, rosemary, juniper, and peppermint.

Benefits: Anti-anxiety, anti-bacterial, anti-depressant, anti-fungal, anti-tumor, bronchodilator, and focus.



LINALOOL

Aroma: Floral, spicy, and citrus. Also found in lavender, citrus, birch, and coriander.

Benefits: Analgesic (pain relief), anti-anxiety, anti-convulsant, calming, and sedating.



MYRCENE

Aroma: Cloves, earthy, and fruity. Also found in mango, hops, bay leaves, lemongrass, and eucalyptus.

Benefits: Analgesic (pain relief), anti-bacterial, anti-depressant, anti-inflammatory, anti-oxidant, muscle relaxant, and sedating.



PINENE

Aroma: Pine. Also found in pine trees, rosemary, dill, sage, and eucalyptus.

Benefits: Anti-bacterial, anti-inflammatory, bronchodilator, and focus.



TERPINOLENE

Aroma: Pine, earth, and wood. Also found in conifers, nectarine, mango, coriander, and apple.

Benefits: Analgesic (pain relief), anti-fungal, gastrointestinal relief, and sedating.