

# COMMON TERPENES

**Terpenes** are the molecules responsible for the scent and taste of distinct cannabis strains while also playing a role in the overall therapeutic effect.

## MYRCENE



**Found in:** Mangoes, pineapple, lemongrass, eucalyptus thyme & hops

**Aroma:** Herbaceous, cloves & earthy musk

**Effects:**

- Relaxing sedative effects
- Responsible for "couch-locks" effect

**Medicinal Benefits:**

- Insomnia
- Muscle relaxation
- Anti-inflammatory

## LIMONENE



**Found in:** Citrus fruits like lemon and grapefruit, rosemary & peppermint

**Aroma:** Strong citrusy, sweet-tart & fresh

**Effects:**

- Mood-elevating effects
- Feeling of enhanced focus

**Medicinal Benefits:**

- Gastroprotective action such as reducing heartburn and acid reflux
- Anti-fungal properties
- Anti-depressant effects

## LINALOOL



**Found in:** Lavender plant, rosewood, sage, birch trees, laurels & cinnamon

**Aroma:** Floral and sweet with subtle hints of citrus

**Effects:**

- Relaxing, calming and sleeping effects

**Medicinal Benefits:**

- Immune system support
- Anticonvulsant properties
- Antimicrobial action

## PINENE



**Found in:** Pine needles, rosemary, basil, parsley & dill

**Aroma:** Refreshing, earthy & woody

**Effects:**

- Mental alertness
- Lightly energizing effect

**Medicinal Benefits:**

- Improved airflow & bronchodilator
- Improved memory retention
- Anti-inflammatory

## CARYOPHYLLENE



**Found in:** Black pepper, cinnamon, echinacea, cloves & cotton plants

**Aroma:** Peppery, spicy & woody

**Effects:**

- Calming sedative effects
- Muscle relaxant

**Medicinal Benefits:**

- Anti-anxiety
- Anti-depressant
- Anti-inflammatory