

# 11 CANNABIS TERPENES AND THEIR BENEFITS



## PINENE

Pinene is one of the more common terpenes and can be identified with the traditional pine smell. While its pleasant pine aroma can stimulate a better mood, research has also found Pinene to be anti-inflammatory and a bronchodilator.



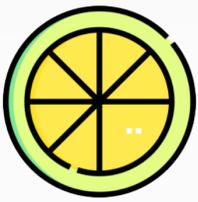
## LINALOOL

Linalool is a floral-scented with a hint of spice that many know and love. Because of its unique aroma, Linalool acts as a sedative and can be used to relieve stress and anxiety.



## MYRCENE

Myrcene is another very common terpene and can be found in most strains of cannabis. While most strains do contain Myrcene, each varies in concentrations levels. In higher concentrations, Myrcene's earthy aroma can provide sedative effects, lower concentrations can provide an almost energizing effect.



## LIMONENE

Limonene is a commonly found in Sativa strains of Cannabis as well as in the skin of many citrus fruits. Limonene is easily distinguished by its wonderful citrus aroma that can provide an elevated mood, heightened senses, and can help relieve stress and anxiety.



## OCIMENE

Ocimene is a sweet and earthy citrus-scented terpene that is found in various cannabis strains, as well as lavender, bergamot, and hops. Its unique compound structure allows Ocimene to contain antifungal and anti-inflammatory properties.



## TERPINOLENE

Terpinolene is a sweet, floral-scented terpene that has been commonly associated with the sweet aroma found in the Jack Herer strain. Research has shown that when inhaled, Terpinolene is able to provide anti-cancer, anti-oxidant, and sedative benefits.



## TERPINEOL

Terpineol is a pleasant floral and earth-scented terpene, that is well known to provide mood enhancement and relieve stress.



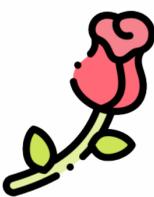
## VALENCENE

Valencene is a strong citrus-scented terpene, which can also be found in the Valencia orange. Its energetic fragrance provides an elevated mood, energy, and can help relieve stress and anxiety.



## CARYOPHYLLENE

Caryophyllene has a very unique sweet, earthy and spicy aroma, and is the only terpene that interacts with the body's endocannabinoid system. When introduced into our bodies, it provides anti-inflammatory and analgesic benefits.



## GERANIOL

Geraniol secretes a pleasant rose floral aroma, and, as you may infer from its name, can also be found in geraniums. Aside from a wonderful fragrance, it has shown to be a positive mood enhancer and is a great insect repellent.



## HUMULENE

Humulene has a very earthy and woody fragrance that can be most commonly associated with the aroma of hops. Humulene has exhibited anti-bacterial properties and can be used as an appetite suppressant.