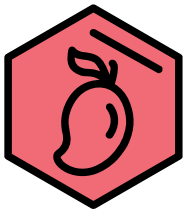


# Terpene Guide

Terpenes are compounds that give plants their aroma and flavor. Research suggests that terpenes in cannabis may work alongside cannabinoids to offer unique health benefits. Products dominant in the following terpenes may support the wellness benefits listed below.



## Myrcene

Earthy · Musky · Clove-like · Mildly sweet

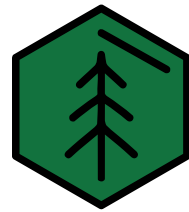
- ▶ Sedative
- ▶ Mental relaxant
- ▶ Stress reducer



## Limonene

Citrusy · Zesty · Tart · Sweet

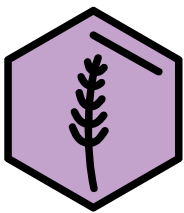
- ▶ Mood stabilizer
- ▶ Anti-inflammatory
- ▶ Anti-anxiety



## Pinene

Pine · Woody · Herbal

- ▶ Focusing
- ▶ Respiratory wellness
- ▶ Memory enhancement



## Linalool

Floral · Spiced · Sweet · Citrusy

- ▶ Anti-anxiety
- ▶ Sedation
- ▶ Muscle relaxant



## Caryophyllene

Peppery · Woody · Spiced · Earthy

- ▶ Anti-inflammatory
- ▶ Chronic pain relief
- ▶ Emotional balance



## Terpinolene

Floral · Herbal · Woody · Spiced

- ▶ Calming
- ▶ Focusing
- ▶ Healing



## Humulene

Woody · Hoppy · Herbal · Citrusy

- ▶ Mental clarity
- ▶ Anti-inflammatory
- ▶ Pain relief
- ▶ Digestive support



## Geraniol

Floral · Sweet · Fruity

- ▶ Stress reduction
- ▶ Anti-anxiety
- ▶ Gut health support



## Ocimene

Fruity · Sweet · Woody

- ▶ Mood improvement
- ▶ Focusing
- ▶ Energizing

These terpene effects have been shown in studies, but further human trials are needed for definitive proof. Always consult your doctor for health evaluation and treatment.

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