



Terpene Guide

Terpene: Organic compounds that help to define the smell, taste and potential effects of medical marijuana.

Caryophyllene

<u>Potential Benefits:</u>	<u>Aroma:</u>
-Pain Relief	-Clove
-Sleep Aid	-Cinnamon
-Anti-Bacterial	-Black Pepper
-Antioxidant	



Myrcene

<u>Potential Benefits:</u>	<u>Aroma:</u>
-Pain Relief	-Lemongrass
-Sleep Aid	-Mango
-Calming	-Thyme
-Appetite	



Pinene

<u>Potential Benefits:</u>	<u>Aroma:</u>
-Anti Inflammatory	-Pine
-Short Term Memory Aid	-Basil
-Alertness	-Rosemary
-Bronchodialator	-Sage



Limonene

<u>Potential Benefits:</u>	<u>Aroma:</u>
-Mood Elevation	-Lemon
-Focus	-Juniper
-Antibacterial	-Orange
-Antioxidant	



Terpinolene

<u>Potential Benefits:</u>	<u>Aroma:</u>
-Antibacterial	-Lilac
-Antioxidant	-Nutmeg
-Mood Elevation	-Cumin
	-Apple



Linalool

<u>Potential Benefits:</u>	<u>Aroma:</u>
-Relaxation Aid	-Lavender
-Anti-Microbial	-Jasmine
-Anti-Epileptic	-Birchwood
-Anxiety Relief	



Humulene

<u>Potential Benefits:</u>	<u>Aroma:</u>
-Pain Relief	-Hops
-Sleep Aid	-Sage
-Antibacterial	-Wood
-Antioxidant	-Coriander



Ocimene

<u>Potential Benefits:</u>	<u>Aroma:</u>
-Anti-Inflammatory	-Mint
-Antiviral	-Orchids
-Anti-septic	-Parsley
	-Mango

