TERPENE REFERENCE CHART

Terpenes (terpenoids) are components of the essential oils and resins found in many plants, and especially in cannabis plants. Terpenes synergize with and modify the effects of THC and other cannabinoids. We are only beginning to understand their effects and interactions with the phytocannabinoids in cannabis and the endocannabi-

noids in our bodies. From over 100 terpenes possible in the cannabis plant, here are some of the more common terpenes present in canna-

SABINENE

Sabinene has a spicy scent, and may act as an anti-depressant. It is found in high amounts in Super Silver Haze and in Arjan's Ultra Haze #1.

BETA-PINENE

Beta-pinene can increase mental focus and energy, and enhances memory, as well as acting as a bronchodilator. It has the familiar pine tree odor. A related terpene, alpha-pinene, is found at high levels in Super Silver Haze and possibly in Great White Shark.

1,8 CINEOLE

1,8-Cineole is spicy, camphor, minty and refreshing. It is helpful for circulation and pain relief, and effects are also thought-provoking and stimulating.

BETA-MYRCENE

Beta-myrcene is found in cannabis in abundance, especially in the tropical sativas, and enhances absorption of cannabinoids. It smells like cloves, citrus and fruit. Effects include analgesic, anti-inflammatory, muscle relaxan anti-depressant, antibiotic, and blocks certain carcinogens such as aflatoxin B. High levels of beta-myrcene are found in the cannabis strain White Widow and probably in Neville's Haze.

LINALOOL

Linalool has a sweet, floral scent.
Linalool is strongly sedative, especially when inhaled, and may lead a persor into sleep. It may be anti-cancel

DELTA 3 CARENE

Delta-3-Carene
has a sweet, pungent,
woodsy scent. It may
contribute to dry eyes and
mouth from smoking certain
strains of cannabis.

LIMONENE

Limonene smells
like oranges, and is
abundant in citrus
fruits. Effects include
relaxation, enhanced
alertness and focus, anti-depressant, anti-cancer, antibiotic
and anti-fungal. Helps with
absorption of cannabinoids.
Limonene is abundant in
the strains Lemon Skunk
and Big Bang.

BORNEOL

like menthol or camphor, pine or woody. It is calming, sedative and relaxing, and is used for ecovery from stress or illness. Borneol is likely abundant in the cannabis strain Silver Haze.

BCP

Beta-caryophyllene, a terpene also known as BCP, binds to the CB2 receptor site, and thus is the first known food cannabinoid. It is not psychoactive. Most cannabis strains contain large amounts of beta-caryophyllene. It is analgesic and anti-inflammatory.

TERPINEOL

Terpineol smells floral, like lilac, apple and orange blossoms.
Terpineol may be the cause of couch lock in humans after smoking some strains of cannabis, and it acts as a sedative. Helpful for insomnia.

