

## What are Terpenes?

Terpenes are diverse organic compounds that are produced by a vast variety of plants. Terpenes are the primary constituent of essential oils and are mainly responsible for the flavor and aroma in many flowers and fruits.

Terpenes are also major constituents in hemp, which contain hundreds of identified terpene compounds. In addition to being responsible for the plant's aroma, they can act synergistically with cannabinoids and hemp oils to improve efficacy. In fact, there are several promising applications based on the combined use of cannabinoids and terpenes.

**LIMONENE:** Typically found in citrus fruits and commonly used in aroma therapy, limonene gets its name for its notable citrus or strong lemon lime like smell. Limonene may increase the absorption of other terpenes and increase bio availability of basic nutrients from foods. Because of its delightful aroma and pleasant taste limonene is also said to assist as a natural mood enhancer and may combat depression. \*

**CARYOPHYLLENE:** A major component in plant and tree resins and can also be found in high percentages in black pepper and cinnamon. It has been used widely in aroma therapy and massage therapy and sometimes applied in salves and topical applications for its natural analgesic effect. Caryphyllene may also serve as an antagonist to our CB2 receptors. \*

**LINALOOL:** The major compound in lavender and primarily responsible for its uplifting yet calming aroma. Linalool and lavender both are widely used in aroma therapy and have infinite beneficial applications widely noted around the globe. Linalool may be particularly beneficial for relaxation calming the nerves and assist in maintaining a healthy sleep cycle. \*

**MYRCENE:** High concentrations of Myrcene are found in mangos, Hops, lemongrass and verbena. Because of its notable and potent aroma it has been widely used in fragrances and essential oils. Myrcene is one of the more powerful CB2 antagonist and noted for its amazing ability to bind to nutrients as well increasing bio availability. Myrcene possesses natural anti microbial qualities as well acts as an anti-inflammatory and may reduce physical or muscular discomfort. \*

**TERPINEOL:** A natural component in aromatic plant and tree resins as well as cannabis and hemp plants, terpineol may have a natural sedative effect as well as increase the cellular absorption of other terpenes\*

**PINENE:** Responsible for the pleasant and euphoric aroma in pine trees. Pinene is widely used around the globe in aroma therapy and even applied in natural cleaning products because of its powerful anti bacterial properties. Pinene is also used as a natural bronchodilator and is a powerful CB2 antagonist. It binds to nutrients and terpenes therefor maximizing their benefits and over all effect.\*

**TERPINOLENE:** Has an earthy, wood like aroma and is commonly found in apples, cumin, lilacs and tea tree. Terpinolene may have a natural calming effect and binds with other terpenes such as linalool and may enhance basic nutrient absorption and bio availability.

Explore all the Amazing qualities of Terpenes and the important role they play in nature as well as our health!

