

BENEFITS OF TERPENES

WHAT ARE TERPENES?

Terpenes are organic compounds found in all kinds of plants, and are particularly important in medical cannabis. They give unique flavors including everything from rosemary to lemon and are responsible for the effects and aromas of different cannabis strains.

WHAT ARE THE DIFFERENT TERPENES?

There are more than 20,000 terpenes in the plant world and over a hundred in cannabis alone, but there are a few key terpenes that have particular medicinal benefits.

HOW DO TERPENES WORK?

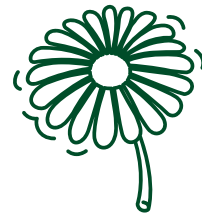
Terpenes are not cannabinoids, but they do come from the same part of the medicinal cannabis plant and work on your endocannabinoid system. When terpenes are combined or taken with cannabinoids, each can boost the benefits of the others. This is known as the “entourage effect”.



TERPINOLENE

Aroma: pine, citrus, floral, herbal, smoke, spice.

BOILING POINT: 186°C



BISABOLOL

Aroma: chamomile, floral.

BOILING POINT: 153°C



LINALOOL

Aroma: lavender with a hint of spice.

BOILING POINT: 198°C



HUMULENE

Aroma: hops, woody, earthy.

BOILING POINT: 123°C

FAQS

HOW DO I ADD TERPENES TO MY CARE?

Just tell your patient care specialist what specific terpenes or benefits you're interested in. They can guide you to the strains and products with the effects you're looking for.

DOES ALL MEDICINAL CANNABIS CONTAIN TERPENES?

All un-processed forms of cannabis, like flower, naturally contain terpenes. Other types of processed products like edibles and tinctures may not.

WILL TERPENES MAKE ME FEEL "HIGH"?

No, terpenes do not have the same cognitive effects as THC, but they can still make you feel calm, uplifted, or relaxed, depending on which you consume.

WHICH TERPENES ARE THE BEST?

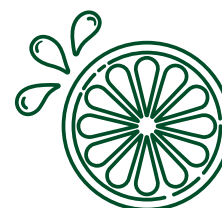
No terpene is better or worse than the others. Which you choose comes down to how you want to feel and what benefits you're seeking.



OCIMENE

Aroma: herbal, sweet, woody, fruity.

BOILING POINT: 177°C



LIMONENE

Aroma: citrus.

BOILING POINT: 177°C



ALPHA PINENE

Aroma: pine, citrus, herbs.

BOILING POINT: 156°C



MYRCENE

Aroma: cloves, cardamom, musky, earthy, herbal.

BOILING POINT: 166-168°C



BETA CARYOPHYLLENE:

Aroma: cloves, pine, earthy, herbal.

BOILING POINT: 119°C

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