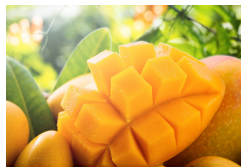


Green Labs Guide to Common Terpenes



Myrcene

The most abundant terpene in modern cannabis, and is often the “dominant” terpene for many strains. Mostly associated with heavy sedative effects, however, when paired with energetic or euphoric terpenes it can help add to the stimulating profile.



Limonene

Often directly associated with the smell of lemons, limonene offers a bright and energetic experience that often helps combat depression and anxiety. When paired with “Indica” associated terpenes, it will often offer a giggly or upbeat feel to an otherwise sedative strain (see Clusterfunk or Death Star)



Caryophyllene

Championed for its anti-inflammatory effects due to its ability to bond to the CB2 cannabinoid receptor, this terpene makes for one of the most effective for pain relief. Caryophyllene is typically associated with the “couch lock” effect of indicas, especially when paired with high amounts of myrcene



Linalool

Often associated with lavender due to its high concentration in the plant, linalool is commonly talked about for its use in reducing anxiety and depression, as well as reducing the bodies response to physical stress. It also believed to help reduce the strength of pain signals and responses in the body



Pinene

Commonly found in pine trees, this terpene is associated with an invigorated energy, pinene boasts anti-inflammatory, anti-biotic, and bronchodilating effects. As a bronchodilator, pinene helps to increase blood flow, open airways, and relax lung muscles



Humulene

Known most widely for its hops smell and appetite suppressing properties, humulene is a uniquely effective because it possesses anti-inflammatory and allergy relieving affects, while not being sedative or sleepy. It also has promising cancer fighting properties when paired with other specific cannabinoids&terpenes.

Sedative

sleepy, pain relief

Chill

relaxed, versatile

Euphoric

creative, focus

Energetic

active, floaty

Green Labs Guide to Un-Common Terpenes



Terpinolene

With a complex smell profile ranging from sweet and candy like, to citrusy and fresh, terpinolene can often be found in soaps and perfumes. When paired with energetic terpenes, terpinolene offers an intense and clean head buzz, and when paired with sedative terpenes, it offers a more focused, yet pain-relieving experience.



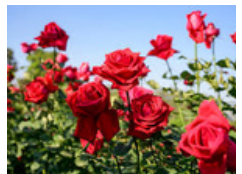
Valencene

Boasting anti-inflammatory, anti-allergy/adjuvant (or immune boosting) effects, Valencene promises an alert, bubbly experience. It is similar to limonene in its effects, however, valencene is categorized specifically by a deeply orange, citrus zest. Valencene is also a more rare form of terpene, a sesquiterpene, priding itself also with its neuroprotective qualities.



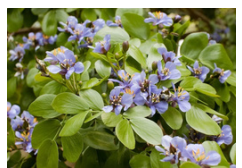
Ocimene

Found abundantly throughout the plant kingdom, named after Greek Basil, ocimene is often used in cosmetics, specifically skin care products. This terpene offers anti-inflammatory, decongestive effects, and acts as a stimulant. Ocimene seems to perform best when paired with myrcene and pinene



Nerolidol

Studies show that it may be effective at treating systemic kinds of inflammation, lending specific interest to those with chronic conditions like asthma, arthritis, and fibromyalgia. Nerolidol is often found in cleaning supplies and cosmetics used for its pleasant floral and sometimes citrusy scent, but is highly effective when used for sleep-aid and hinders cell-mutation



Guaiol

Helping to reduce the bodies response to chronic inflammatory pain like Nerolidol, guaiol exhibits a similar smell profile and use outside of cannabis. In traditional holistic medicine it has been used to lower blood pressure and treat sore throat, and offers additional anti-bacterial, and cancer fighting properties.



Bisabolol

Bisabolol is a recurring component in Chamomile, which is an herb often used in skincare products for its anti-inflammatory and moisturizing effects on the skin. while it does offer a sweet floral scent, bisabolol is of more particular interest to those with chronic pain, in particular neuropathic pain. This terpene helps to block the bodies pain signals and subsequently assists with gut health

Sedative

sleepy, pain relief

Chill

relaxed, versatile

Euphoric

creative, focus

Energetic

active, floaty