



	REDUCES INFLAMMATION	RELIEVES PAIN	INHIBITS CANCER GROWTH	SUPPRESSES MUSCLE SPASMS	ANTIMICROBIAL	RELIEVES ANXIETY/STRESS	SLEEP AID/RELAXANT	REGULATES IMMUNE SYSTEM ACTIVITY	AIDS DIGESTION SYSTEM
PINENE	●	●	●		●		●	●	
BISABOLOL	●		●		●				
CARENE									●
CARYOPHYLLENE	●		●		●				●
EUCALYPTOL	●	●			●			●	
HUMULENE	●		●		●				
LIMONENE	●		●		●	●	●	●	●
LINALOOL	●	●	●		●	●	●		
MYRCENE	●	●	●	●			●	●	
TERPINOLENE			●		●		●		

Terpene Glossary

Editorial by Jamie Toth

Bisabolol: Boiling Point: 307.

This terpene has a light scent that is associated with the chamomile flower. This terpene has been in use for hundreds of years as part of skin care regimens, make up, and hair care products. It's associated with soothing and calming effects, in addition to research into its anti-inflammatory, anti-microbial, and analgesic effects.

Found in: Blue Cheese, Green Dragon, Hindu Kush, Huckleberry Diesel, Kali, Lemon Skunk, and Pineapple

Delta-3 Carene: Boiling Point: 437

The sweet pungent citrus musk smell of carene can be found throughout our daily lives, from the breakfast table in the form of grapefruit and orange juice to almost any citrus cologne or perfume. Its flavor is reminiscent of grapefruit, and it can be found in a large variety of citrus peels.

Found in: Green Dragon and Purple Punch.

Caryophyllene: Boiling Point: 246

Caryophyllene, myrcene, and humulene are the most frequently occurring terpenes in the cannabis plant. This spicy, woody scented terpene vaporizes at low temperature of 245 °F. It's also highly associated with anti-anxiety effects of cannabis, so it's a great one to check for if that's what you're looking to cannabis to help manage. Its presence can bring a peppery smell to cannabis, as this terpene can also be found in cloves, cinnamon, and pepper. Caryophyllene oxide is found in cinnamon sticks, and beta caryophyllene is found in black pepper.

Found in: Caryophyllene Oxide can be found in Blue Cheese, Green Dragon, Huckleberry Diesel, Lemon Skunk, Pineapple, Purple Punch. Beta Caryophyllene can be found in all of our strains.

Cedrol: Boiling Point: 523

This boils at such a high point, it won't happen in a vaporizer unless you accidentally combust. This woody, musky terpene is found in juniper and conifers and figures prominently in cedarwood oil. Additionally, it has demonstrated anti oxidant and anti inflammatory effects.

Found in: Green Dragon, Kali, Purple Punch.

Endo-Fenchyl Alcohol: Boiling Point: 394 F

Also known as fenchol, this terpene is the star of basil and can also be found in the smell of aster flowers. It is known for its fresh scent, and can also invoke a light lemon-lime with hints of camphor. It has anti bacterial and anti microbial properties in addition to its application in the fine perfume industry.

Found in: Blue Cheese, Hindu Kush, Huckleberry Diesel, and Lemon Skunk.

Farnesene: Boiling Point: 257

Farnesene is used in jet fuel, lubricants, solvents, along with many other uses. It's found in the coating of apples, and also makes up the primary notes of the smell of gardenias. It is a known relative to alert pheromones in some pests, and an attractant in others – and several plants synthesize farnesene as an insect repellent. It has a calming effect, and can be identified by the smell of green apples. With its prevalence in our Lemon Skunk and Huckleberry Diesel, it might also be a contributor the diesel smell.

Found in: Blue Cheese, Green Dragon, Hindu Kush, Huckleberry Diesel, Lemon Kush, Lemon Skunk, Pineapple, Purple Punch.

Humulene: Boiling Point: 223

Caryophyllene, myrcene, and humulene are the most frequently occurring terpenes in the cannabis plant. The smell is dense, overall woody and spicy, as humulene is commonly found in the hops plant from which it derives its name. Humulene is involved in studies regarding efficacy in fighting tumor cells, in addition to having known anti-inflammatory properties.

Found in: This magical terpene is found in all of our cannabis strains!

Limonene: Boiling Point: 348

Limonene smells citrusy, and is found in — you guessed it — citrus! It also vaporizes low, around 350 °F, and is associated with anti-anxiety effects, along with some anti-depressant effects. It's also used for its anti-inflammation properties. It's also widely regarded for its ability to assist in stress relief. For me, strains high in limonene aren't the best to seek out before bedtime, but your mileage may vary.

Found in: This magical terpene is found in all of our strains

Linalool: Boiling Point: 388

Linalool is perhaps the most fun one on this list to say. If you are looking for relief from pain or insomnia, this terpene is your friend. Linalool has a wonderful, floral scent and is found in lavender. It's also been known to have anti-depressant properties, and if you've ever turned to a lavender-scented candle or bath to relax — a strain high in linalool would also do the trick!

Found in: Blue Cheese, Hindu Kush, Huckleberry Diesel, Kali, Pineapple

Myrcene: Boiling Point: 334

Caryophyllene, myrcene, and humulene are the most frequently occurring terpenes in the cannabis plant. Yling Ylang, bay, parsley, cardamom all feature this terpene, in addition to cannabis. Myrcene brings cannabis some of its earthy scent and its sedative properties, and many claim that a higher myrcene content dictates whether a strain is an indica or a sativa. While myrcene is not a cannabinoid and cannot get you high on its own, it is often credited for its heavy contributions to the entourage effect.

Found in: This magical terpene is found in all of our strains!



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PINENE	●	●	●		●		●	●	
BISABOLOL	●		●		●				
CARENE									●
CAROPHYLLENE	●		●		●				●
EUCALYPTOL	●	●			●			●	
HUMULENE	●		●		●				
LIMONENE	●		●		●	●	●	●	●
LINALOOL	●	●	●		●	●	●		
MYRCENE	●	●	●	●			●	●	
TERPINOLENE			●		●		●		

Terpene Glossary, cont'd

Editorial by Jamie Toth

Nerolidol: Boiling Point: 251

Nerolidol can be found in lavender, jasmine, and an orchid native to Mexico. It has a lightly floral but deeply woody scent, and can be found in many scented lotions. It has been used as a component in sleep aids for many years for its sedative effect, but it's also known to have anti-anxiety properties as well. It has been in several studies regarding its efficacy as an antifungal and anti-microbial agent.

Found in: Blue Cheese, Green Dragon, Hindu Kush, Huckleberry Diesel, Kali, Lemon Skunk, and Pineapple

Ocimene: Boiling Point: 212

Found in mint and parsley, ocimene is primarily citrus or fruity and tasting with a pungent woody odor. Ocimene is found in a large variety of plants such as basil, bergamot, and pepper. It has an array of uses around our lives from insecticides to perfumes, but medicinally it's being trialed for anti-viral, anti-inflammatory, and anti-fungal effects.

Found in: Green Dragon, Hindu Kush, Pineapple, Purple Punch.

Phellandrene: Boiling Point: 340

There are two compounds, alpha Phellandrene which is found in eucalyptus, and beta Phellandrene, found in water fennel and Canadian balsam. It has a citrus mint scent, and it can be found in many different essential oils.

Found in: Green Dragon, Purple Punch.

Phytol: Boiling Point: 399

Phytol is created from the degradation of chlorophyll. It has a floral, grassy, green scent that really stars in green tea (matcha). It has a calming, sedative effect and is best known for its anti-oxidant properties. In addition to being used in many vitamin E and K supplements, it's also used as a fragrance in many different products.

Found in: All of our strains!

Pinene: Boiling Point: 312

This terpene is the most common terpene in the plant world, and it vaporizes at a pretty low temperature. It's associated with bronchodilation effects of cannabis. It can also act as a stimulant and an AChE inhibitor. It's also found in rosemary and basil and has a wide variety of positive effects, including pain relief.

Found in: alpha Pinene is found in all of our strains except our Lemon Skunk, and beta Pinene is found in all of our strains.

Squalene: Boiling Point: 545

Squalene is interesting in that it's a lipid that should NOT be confused with its closely spelled friend, squalane. Squalene is a terpene that can come from amaranth or olives. It's known to be super awesome for skin, and is the precursor to the entire family of steroids.

Found in: This beautiful terpene is found in all of our strains!

Terpinene: Boiling Point: 345

Cardamom, majoram, cumin, and eucalyptus all have terpinene in them, so it should be no surprise that this terpene is prized for its exceptionally spicy and aromatic taste. It's also found in tea tree oil, and is a major contributor to its antifungal and antiseptic properties.

Found in: alpha Terpinene is found in Green Dragon, Purple Punch while gamma-Terpinene is found in Purple Punch.

Terpineol: Boiling Point: 426

Terpineol occurs in over 100 plants, including lilacs, lime blossoms, bitter orange, and pines. Lapsang Souchong tea features the aromatics supplied by terpineol, but so do many lilac scents. It's one of the most prevalent terpenes in use in the food industry, in addition to being hugely popular in the fragrance industry for both lilac and pine scents. It also has anti-microbial, anti-oxidant, and anti-inflammatory properties.

Found in: Green Dragon, Hindu Kush, Purple Punch

Terpinolene: Boiling Point: 366

Terpinolene has a sharp, woody, citrus smell. It's found in sage, rosemary, apple trees, in addition to conifers. It has a multi-faceted, complex aroma that is also found in tea tree oil. It's largely associated with sedation effects, and has known anti-fungal and anti-bacterial properties.

Found in: Green Dragon, Hindu Kush, and Purple Punch.

Valencene: Boiling Point: 253

Valencene gets its name from Valencia oranges, and smells heavily of such bright citrus notes that some perceive it as a woody scent. Many studies are being performed currently on its clinical and medicinal uses such as a skin protectorant and anti-inflammatory, but the studies are still in early stages. Valencene contributes to the strong orange and citrus aromas in cannabis strains.

Found in: Blue Cheese, Huckleberry Diesel, and Pineapple

Sources:
<http://www.thegoodscentcompany.com/>
<https://weedmaps.com/>
<http://leafly.com>
<https://www.sciencedirect.com/>



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