





# Terpene Benefits

NAME	FOUND IN	EFFECTS	AROMA	STRAINS
<b>MYRCENE</b>		Sedating Muscle relaxant Pain relieving	Musky Herbal Some citrus	Khalifa Kush Mimosa Tangie
<b>A-PINENE</b>		Anti inflammatory Energizing Bronchodilator	Pine Mountain air Slightly woody	Blue Dream Strawberry Cough Harlequin
<b>CARYOPHYLLENE</b>		Anti inflammatory Anti anxiety Gastroprotective	Spicy Woody Peppery	Pineapple Express Fatso Mad Max
<b>LIMONENE</b>		Anti anxiety Antidepressant Pain relieving	Citrus Lemon Orange	Girl Scout Cookies Purple Punch Garanimals
<b>HUMULENE</b>		Anti inflammatory Pain desensitizing Appetite suppressant	Earthy Herbal Spicy	Gorilla Glue #4 Green Crack Wedding Cake
<b>LINALOOL</b>		Anti anxiety Sedating Pain relieving	Floral Sugar Citrus	Sour Diesel Do-Si-Dos Ice Cream Cake
<b>TERPINOLENE</b>		Antibacterial Anti inflammatory Antioxidant	Pine Floral Herbal	Durban Poison Super Lemon Haze Jack Herer