WHAT ARE TERPENES?

Terpenes, also known as Terpenoids, are the fragrant oils found in fruit, plants and herbs (including cannabis) that give each strain its unique scent and flavour. Research has shown terpenes can be beneficial for a range of medical conditions.\(^1\)

TERPENES & THEIR BENEFITS

### ALPHA-BISABOLOL
- **Benefits:** Anti-inflammatory, antioxidant, pain relief, stress relief
- **Aroma:** Sweet, fruity, nutty

### ALPHA-PINENE
- **Benefits:** Anti-inflammatory, antibacterial, bronchodilator, aids memory
- **Aroma:** Sharp, piney

### BETA-CARYOPHYLLENE
- **Benefits:** Anti-inflammatory, anti-anxiety, gastric protective, sleep aid, muscle relaxant
- **Aroma:** Pepper, wood, spice

### DELTA-3 CARENE
- **Benefits:** Alzheimer’s treatment, anti-inflammatory, sedative
- **Aroma:** Sweet, pungent, wood, pine, cedar

### EUCALYPTOL
- **Benefits:** Analgesic, anti-inflammatory, antibacterial, anti-anxiety, Alzheimer’s treatment
- **Aroma:** Camphor, spice

### GERANIOL
- **Benefits:** Antibacterial, antioxidant, anticancer
- **Aroma:** Floral, rose, fruity, waxy

### HUMULENE
- **Benefits:** Anticancer, anti-inflammatory, analgesic
- **Aroma:** Wood, earthy

### LIMONENE
- **Benefits:** Anti-inflammatory, anti-depressant, anti-anxiety, gastric protectant
- **Aroma:** Lemon, orange

### LINALOOL
- **Benefits:** Analgesic, anaesthetic, anti-convulsant, anti-anxiety, sedative, anticancer
- **Aroma:** Floral

### MYRCENE
- **Benefits:** Sedative, muscle relaxant, anti-inflammatory
- **Aroma:** Floral, earthy, citrus

### TERPINEOL
- **Benefits:** Antimicrobial, anticancer, antioxidant, sedative
- **Aroma:** Lemon, pine, sweet, woody

### TERPINOLENE
- **Benefits:** Anti-inflammatory, antioxidant, sedative, stress relief
- **Aroma:** Pine, clove

\(^1\)https://nci.cancer.gov/dictionary?term=terpene
OUR TERPENE BLENDS

Cannaease
RELAXING / ANXIOLYTIC
30% Terpineol
25% Beta Pinene
15% Limonene
15% Linalool
5% Alpha Pinene
5% Myrcene
5% Terpinolene

Cannalift
CREATIVE / UPLIFTING
30% Alpha Pinene
30% Beta Caryophyllene
25% Linalool
10% Limonene
5% Eucalyptol

Cannalgesic
PAIN RELIEF / ANALGESIC
25% Limonene
17.5% Beta Caryophyllene
17.5% Myrcene
10% Alpha Bisabolol
10% Alpha Pinene
10% Eucalyptol
10% Humulene

Cannapleasure
PLEASURE
30% Alpha Pinene
15% Beta Caryophyllene
15% Linalool
12.5% Limonene
12.5% Geraniol
10% Terpineol
5% Nerolidol

Restacann
SLEEP / SEDATING
50% Myrcene
10% Terpineol
10% Terpinolene
5% Geraniol
5% Eucalyptol
5% Delta-3 Carene
5% Beta Caryophyllene
5% Humulene
5% Linalool

Cannasoothe
ANTI-INFLAMMATORY
35% Humulene
15% Beta Pinene
15% Beta Caryophyllene
5% Alpha Bisabolol
5% Alpha Pinene
5% Eucalyptol
5% Delta-3 Carene
5% Limonene
5% Linalool
5% Myrcene

Vitacann
VITALITY / ANTICANCER
50% Nerolidol
30% Geraniol
2.5% Alpha Bisabolol
2.5% Alpha Pinene
2.5% Beta Pinene
2.5% Humulene
2.5% Linalool
2.5% Myrcene
2.5% Terpineol
2.5% Terpinolene

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