

TERPENE DESCRIPTIONS

CARYOPHYLLENE: Woody, pepper and spicy aroma/flavor, also found in black pepper, cloves and green leafy vegetables. No known psychological effects. Medical benefits include anti-inflammatory, analgesic, anti-hypertensive and digestive tract lining protection.

GERANIOL: Floral aroma/flavor, also found in geraniums. No known psychological effects. Medical benefits include neuropathy protectant.

HUMULENE: Earthy and woody aroma/flavor, also found in hops, sage and ginseng. No known psychological effects. Medical benefits include anti-inflammatory, analgesic, anti-proliferative, anti-fungal and appetite suppression.

LIMONENE: Citrus rinds and floral aroma/flavor, also found in lemons, limes and oranges. Psychological effects include mood enhancement, alertness, and stress relief. Medical benefits include anti-bacterial, anti-microbial, anti-fungal, anti-cancer, sedation, heartburn relief and destroys breast cancer cells.

LINALOOL: Floral and sweet aroma/flavor, also found in lavender. Psychological effects include anxiety relief and sedation. Medical benefits include stress reduction, anesthetic, anticonvulsant, analgesic and anti-anxiety.

MYRCENE: Earthy and musky aroma/flavor, also found in thyme, mangos and citrus. Psychological effects include relaxation, euphoria and mood enhancement. Medical benefits include antioxidant, anti-inflammatory, anti-carcinogen, analgesic and sedation.

NEROLIDOL: Floral and woody aroma/flavor, also found in ginger, jasmine, lavender and tea tree. Psychological effects include relaxation and mood enhancement. Medical benefits include anti-fungal, anti-microbial and sedation.

OCIMENE: Citrus and tropical fruit aroma/flavor, also found in mint, parsley and mango. No known psychological effects. Medical benefits include anti-bacterial, anti-fungal and antiseptic.

PINENE: Pine aroma/flavor, also found in pine needles. Psychological effects include alertness, euphoria and creativity. Medical benefits include anti-inflammatory, anti-bacterial, and memory enhancement.

TERPINOLENE: Smoky, piney and woody aroma/flavor, also found in tea tree, rosemary, apple and conifers. Psychological effects include relaxation and sedation. Medical benefits include antioxidant, anti-bacterial, anti-microbial and anti-anxiety.

