Cannabis Terpenes

TERPENES MAY PLAY A NEW ROLE IN DIFFERENTIATING THE EFFECTS OF VARIOUS CANNABIS STRAINS. SOME TERPENES MIGHT PROMOTE RELAXATION AND STRESS RELIEF, WHILE OTHERS POTENTIALLY PROMOTE FOCUS AND COGNITIVE ABILITY.

Bisabolol
anti-inflammatory, anti-irritant, anti-microbial

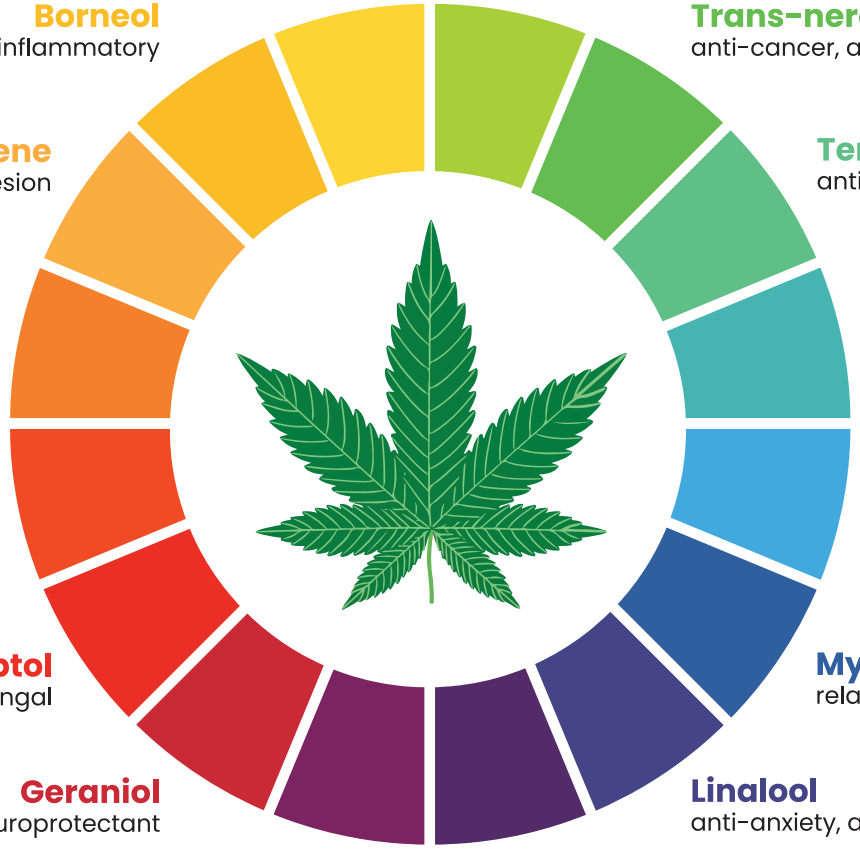
Valencene
Antiallergic, anti-inflammatory, anti-melanogenesis

Borneol
antinociceptive, anti-inflammatory

Trans-nerolidol
anti-cancer, anti-microbial, anti-oxidant, anti-parasitic

Camphene
antioxidant, skin lesion

Terpinolene
anti-bacterial, anti-fungal, anti-insomnia, antiseptic



Caryophyllene
anti-bacterial, anti-fungal, anti-inflammatory

Phytol
anti-insomnia, immunosuppressant

Delta 3 Carene
anti-inflammatory, bone stimulant

Pinene
anti-depressant, anti-inflammatory, antimicrobial

Eucalyptol
anti-bacterial, anti-fungal

Myrcene
relaxing, sedating

Geraniol
anti-cancer, antioxidant, neuroprotectant

Linalool
anti-anxiety, anti-epileptic, anti-psychotic, painkilling

Humulene
anti-bacterial, anti-inflammatory, anti-tumor

Limonene
anti-anxiety, anti-cancer, digestion, gallstones

Arkansas Natural Products