

# TERPENES:

## Meet the Entourage



*These are just a few of the common plant-based compounds known as terpenes. In cannabis, they are thought to work synergistically with cannabinoids like CBD and THC to promote wellness.*

### LIMONENE



Limonene is thought to stimulate the immune system, in addition to fighting inflammation and anxiety.

Aside from cannabis, you can find it in citrus fruits, mint, rosemary, and juniper.

### LINALOOL



Linalool is known for its relaxing, anti-anxiety effects.

It occurs naturally in plants like lavender, cinnamon, and birch trees.

### A-PINENE



This anti-inflammatory compound is also a bronchodilator, and may even help with memory.

It occurs in plants like pine trees and sage.

### B-CARYOPHYLLENE



This spicy terpene may be able to boost your mood while fighting inflammatory and neuropathic pain.

Also found in: black pepper and oregano.

### B-MYRCENE



This compound is known for its sedative effects, as well as for fighting pain and inflammation.

Common sources include lemon grass, mangoes, hops, and cardamom.