



KNOW YOUR TERPENES | [organicfusion.net](https://www.organicfusion.net)

1. Myrcene (The Earthy Foundation) As the most prevalent terpene in the plant, Myrcene is often the baseline for the "couch-lock" effect. It is also found in mangoes, lemongrass, and thyme.

- **Aroma:** Earth, cloves, musk.
- **Potential Benefits:** **Muscle relaxation and sedation.**

2. Limonene (The Energizer) This is the second most abundant terpene and is highly prized for its vibrant scent. It's found in citrus rinds and peppermint.

- **Aroma:** Lemon, orange, lime.
- **Potential Benefits:** **Stress relief and improved focus.**

3. Caryophyllene (The Spice) Unique among terpenes, Caryophyllene can act like a cannabinoid by binding directly to CB_2 receptors. It is found in black pepper, cinnamon, and cloves.

- **Aroma:** Spicy, woody, peppery.
- **Potential Benefits:** **Anti-inflammatory & physical relief without psychoactive effects.**

4. Linalool (The Relaxer) Most famous for giving lavender its signature scent, Linalool is often used in aromatherapy for its soothing qualities.

- **Aroma:** Floral, lily, lavender.
- **Potential Benefits:** **Calming the mind and supporting sleep.**

5. Pinene (The Forest) Found in pine needles, rosemary, and basil, Pinene is the most widely encountered terpene in the natural world.

- **Aroma:** Pine, sharp, refreshing.
- **Potential Benefits:** **Counteracting memory loss and improving airflow to the lungs**

6. Humulene (Anti-Munchie)

High-value selling point for customers who want the benefits of the plant without the heavy food cravings typically associated with it.

- **Aroma:** Woody, earthy, and spicy with a distinct "hoppy" bitterness.
- **Potential Benefits:** **Anti-Inflammatory Synergy**