

Helichrysum petiolare

Top components (as percentage) from GC/MS test performed at University of Cape Town's Department of Molecular and Cell Biology.

Beta-Pinene 46.98%

"Both alpha-pinene and beta-pinene are perhaps most noted in the scientific community for their ability to increase mental alertness, clarity, and overall cognitive functions. They also have been researched for their significant applications in bronchodilation, pain relief, epilepsy and cancer treatment, and neuroprotection. The pinenes are also widely recognized as an anti-inflammatory, antidepressant, (targeted at treating conditions such as arthritis and fibromyalgia), antiseptic, and antioxidant" - LabEffects.com

Alpha-Pinene 15.95%

See above

Humulene 6.40%

"Humulene is the characteristic terpene of hops, *Humulus lupulus*, but it is also found in cannabis, sage, and ginseng. Humulene, also known as α -caryophyllene, is a ring-opened isomer of β -caryophyllene, which is notably lacking in CB2 activity. Nonetheless, it also possesses powerful anti-inflammatory activity equal to dexamethasone in an animal model (Fernandes et al., 2007). Humulene possesses both topical and systemic anti-inflammatory properties (Chaves et al., 2008) and is an effective analgesic when taken topically, orally, or by aerosol (Rogerio et al., 2009)." - ScienceDirect.com

trans-beta-Ocimene 4.95%

"Found commonly in allspice, black currant, passion fruit, guava, and cinnamon bark, trans-ocimene is often used as a food additive or in perfumes thanks to their fragrant aroma. Aside from its use as a food additive and fragrance, trans-ocimene is known for containing several therapeutic properties including anti-inflammatory, antifungal, and antiviral effects" - Eybna Terpene Based Technologies

Patchouli alcohol 2.45%

"Patchouli alcohol (PA), a tricyclic sesquiterpene, is a dominant bioactive component ... Diverse beneficial activities have been reported, including anti-influenza virus, anti-depressant, anti-nociceptive, vasorelaxation, lung protection, brain protection, anti-ulcerogenic, anti-colitis, pre-biotic-like, anti-inflammatory, anti-cancer and protective activities against metabolic diseases." - PubMed Central, NHL