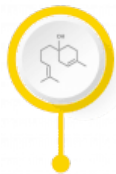


UTOYAUTOYA

Blog



Bisabolol

floral

Properties

anti-inflammatory
anti-irritant
anti-microbial

Common Uses
cancer, skin lesion



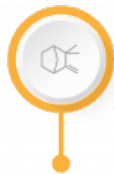
Borneol

mint

Properties

anti-inflammatory
antinoceptive

Common Uses
eyesight, pain relief



Camphene

fir needles, musky earth

Properties

anti-oxidant
skin lesion

Common Uses
cardiovascular diseases



Caryophyllene

spicy

anti-bacterial
anti-inflammatory
anti-fungal

Common Uses
insomnia, muscle spasms
pain relief



Delta 3 Carene

pine, rosemary

Properties

anti-inflammatory
bone stimulant

Common Uses
memory



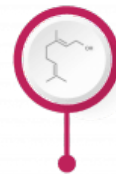
Eucalyptol

mint

Properties

anti-bacterial
anti-fungal

Common Uses
alzheimer's
pain Relief



Geraniol

peach, rose grass

Properties

anti-cancer
anti-oxidant
neuroprotectant

Common Uses
cancer, pain relief



Humulene

earthy

Properties

anti-bacterial
anti-inflammatory
anti-tumor effects

Common Uses
cancer, infections
appetite suppression



Limonene

bitter citrus

Properties

anti-anxiety
anti-cancer
digestion, gallstones

Common Uses
liver detoxification
weight loss, sleep aid



Linalool

floral

Properties

anti-anxiety
anti-epileptic
anti-psychotic
pain killing

Common Uses
depression, convulsions
insomnia, pain relief



Myrcene

citrus, cloves

Properties

relaxing
sedating

Common Uses
inflammation, insomnia
spasms, pain



Pinene

pine

Properties

anti-depressant
anti-inflammatory
anti-microbial

Common Uses
asthma, bronchitis
cancer, depression
memory, mental alertness



Phytol

balsamic, floral

Properties

anti-insomnia
immunosuppressant

Common Uses
reduce itching
sleep aid
wound healing



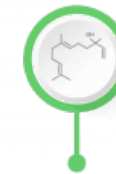
Terpinolene

smoky, woody

Properties

anti-bacterial
anti-fungal
antiseptic

Common Uses
cancer
heart disease
sleep aid



Trans-nerolidol

citrus, rose

Properties

anti-cancer
anti-microbial
anti-oxidant,
anti-parasitic

Common Uses
relaxing
skin lesion



Valencene

sweet citrus

Properties

anti-inflammatory
anti-melanogenesis
antiallergic

Common Uses
memory
skin lesion

The Ultimate Guide to Terpenes

by jedwards in CBD Facts, Industry News, Skin Care – March 1, 2021

Terpenes 101: What Are Terpenes? - Introduction

Live Resin Cannabis Derived Terpenes In Vapes & Flower



hold no difference in their own distinct forms, their balance does. What may have the same general terpene profile as something like **Pineapple Express** (*Live Resin Pineapple Express Delta 8 Vape*), did not actually come from the cannabis plant itself unless specified.

Utoya's live resin cannabis-derived terpenes deliver a superior effect for these reasons:

- Actual fresh buds are used
- Solvent-free extraction
- True to the plant driven effects
- Less nose-y *sneeze-like* feelings
- Superior taste
- Exquisite smell

Products that feature live resin terpenes:

- Entourage Vape (THCP Vape)
- Entourage Flower
- Delta 8 Vape
- THC-O Vape
- HHC Vape

Terpenes 101: What Are Terpenes?



- The Official Guide To Understanding Terpenes In Hemp And Cannabis Products



their uses, benefits, and why their presence is so important in the hemp and cannabis industry.

The first and most important thing to understand is that terpenes are considered **GRAS**, or **Generally Regarded As Safe**. This means that terpenes do not have any control laws, they are not deemed dangerous or seen as a serious threat to the human body in general use studies approved by the FDA in their ruling. That is not to say that you cannot harm yourself with terpenes or that there is no saturation point of toxicity. We will explore this further in the article.

The second thing, and perhaps equally as important to understand is that terpenes are everywhere. Flowers, plants, and even animals all have and create their own terpenes. Not all of them are useful to us in our hemp and cannabis products. This means that while there may be a specific terpene out there that you would like to get familiar with, it may be incredibly difficult to find or outright impossible depending on your research. Terpenes are only just now getting their attention in our industry by the public audience. Those who have been in the industry for a long time have become more intimately familiar with terpenes and how they work, while others have largely ignored this portion and are just now stepping into the light.

Before we continue talking about all of the wonderful and interesting things that terpenes can do, we need to include this disclaimer. Please read it.

FDA Disclaimer


The contents of this article are for educational purposes only. The FDA has not reviewed any of these statements. This article as well as the contents therein are not meant to diagnose, treat, cure, prevent, or otherwise alleviate any definable medical conditions to any degree of significance. This article is not meant for medical advice. Please speak with your licensed medical professional to get more information regarding terpenes and how they can affect you.

What Is A Terpene?

The term “terpene” was coined in 1866 by the German chemist August Kekulé.

Although sometimes used interchangeably with “terpenes”, terpenoids (or isoprenoids) are modified terpenes that contain additional functional groups, usually oxygen-containing. The name “terpene” is a shortened form of “terpentine”, an obsolete spelling of “turpentine”.

– Source: Wikipedia – Terpene – Terminology

Terpenes (/ˈtɜːrpiːn/) are a class of natural products consisting of compounds with the formula (C₅H₈)_n. Comprising more than 30,000 compounds, these unsaturated hydrocarbons are produced predominantly by plants, particularly conifers. Terpenes are further classified by the number of carbons: monoterpenes (C₁₀), sesquiterpenes (C₁₅), diterpenes (C₂₀), etc. A well-known monoterpene is alpha-pinene, a major componer. 

Still more numerous than terpenes is a class of compounds called “terpenoids”. Terpenoids are terpenes that have been modified with (usually oxygen-containing) functional groups. The terms terpenes and terpenoids are used interchangeably. Both have strong and often pleasant odors, which may protect their hosts or attract pollinators. The inventory of terpenes and terpenoids is estimated at **55,000 chemical entities**.

– Source: Wikipedia – Terpene – Top

How Terpenes Work In Insects, Animals, Plants, and Trees!

Terpenes are major biosynthetic building blocks. Steroids, for example, are derivatives of the triterpene squalene.

Terpenes and terpenoids are also the primary constituents of the essential oils of many types of plants and flowers. In plants, terpenes and terpenoids are important mediators of ecological interactions. For example, they play a role in plant defense against herbivory, disease resistance, the attraction of mutualists such as pollinators, as well as potentially plant-plant communication. They appear to play roles as antifeedants and wound repair.

Higher amounts of terpenes are released by trees in warmer weather, where they may function as a natural mechanism of cloud seeding. The clouds reflect sunlight, allowing the forest temperature to regulate.

Terpenes are also used by insects as a form of defense. For example, termites of the subfamily Nasutitermitinae ward off predatory insects, through the use of a specialized mechanism called a fontanellar gun, which ejects a resinous mixture of terpenes.

Colors and Traits

Terpenes are colorless, although impure samples are often yellow. Boiling points scale with molecular size: terpenes, sesquiterpenes, and diterpenes respectively at 110, 160, and 220 °C. Being highly non-polar, they are insoluble in water. Being hydrocarbons, they are highly flammable and have a low specific gravity (meaning they will float on water).

Terpenoids (mono-, sesqui-, di-, etc.) have similar physical properties but tend to be more polar and hence slightly more soluble in water and somewhat less volatile than their terpene analogs. Highly polar derivatives of terpenoids are glycosides, which are linked to sugars. They are water-soluble solids. They are tactilely light oils considerably less viscous than familiar vegetable oils like corn oil (28 cP), with a viscosity ranging from 1 cP (ala water) to 6 cP. Like other hydrocarbons, they are highly flammable. Terpenes are local irritants and can cause gastrointestinal disturbances if ingested.

Classifications

Terpenes may be classified by the number of isoprene units in the molecule; a prefix in the name indicates the number of isoprene pairs needed to assemble the molecule. Commonly, terpenes contain 2, 3, 4, or 6 isoprene units; the tetraterpenes (8 isoprene units) form a separate class of compounds called carotenoids; the others are rare. The classification is formalistic only; nothing may be inferred about their properties, uses, or occurrence.

- **Hemiterpenes** consist of *a single isoprene* unit. Isoprene itself is considered the only hemiterpene, but oxygen-containing derivatives such as prenol and isovaleric acid are hemiterpenoids.
- **Monoterpenes** consist of *two isoprene* units and have the molecular formula $C_{10}H_{16}$. Examples of monoterpenes and monoterpenoids include geraniol, terpineol (present in lilacs), limonene (present in citrus fruits), myrcene (present in hops), linalool (present in lavender), hinokitiol (present in cypress trees) or pinene (present in pine trees).^{[20][21]} Iridoids derive from monoterpenes. Examples of iridoids include aucubin and catalpol.
- **Sesquiterpenes** consist of *three isoprene* units and have the molecular formula $C_{15}H_{24}$. Examples of sesquiterpenes and sesquiterpenoids include humulene, farnesenes, farnesol, geosmin.^[21] (The *sesqui-* prefix means one and a half.)
- **Diterpenes** are composed of *four isoprene* units and have the molecular formula $C_{20}H_{32}$. They derive from geranylgeranyl pyrophosphate. Examples of diterpenes and diterpenoids are cafestol, kahweol, cembrene, and taxadiene (precursor of taxol). Diterpenes also form the basis for biologically important compounds such as retinol, retinal, and phytol.
- **Sesterterpenes**, terpenes having 25 carbons and *five isoprene* units, are rare relative to the other sizes. (The *sester-* prefix means two and a half.) An example of a sesterterpenoid is geranylarnesol.
- **Triterpenes** consist of *six isoprene* units and have the molecular formula $C_{30}H_{48}$. The linear triterpene squalene, the major constituent of shark liver oil, is derived from the reductive coupling of two molecules of farnesyl pyrophosphate. Squalene is then processed biosynthetically to generate either lanosterol or cycloartenol, the structural precursors to all the steroids.
- **Sesquiterpenes** are composed of *seven isoprene* units and have the molecular formula $C_{35}H_{56}$. Sesquiterpenes are typically microbial in their origin. Examples of sesquiterpenoids are ferruginadiol and tetraprenylcurcumene.
- **Tetraterpenes** contain *eight isoprene* units and have the molecular formula $C_{40}H_{64}$. Biologically important tetraterpenoids include the acyclic lycopene, the monocyclic gamma-carotene, and the bicyclic alpha- and beta-carotenes.
- **Polyterpenes** consist of long chains of *many isoprene* units. Natural rubber consists of polyisoprene in which the double bonds are *cis*. Some plants produce a polyisoprene with *trans* double bonds, known as gutta-percha.
- **Norisoprenoids**, such as the C_{13} -norisoprenoid 3-oxo- α -ionol present in Muscat of Alexandria leaves and 7,8-dihydroionone derivatives, such as megastigmane-3,9-diol and 3-oxo-7,8-dihydro- α -ionol found in Shiraz leaves (both grapes in the species *Vitis vinifera*) or wine (responsible for some of the spice notes in Chardonnay), can be produced by fungal peroxidases^[25] or glycosidases.^[26]

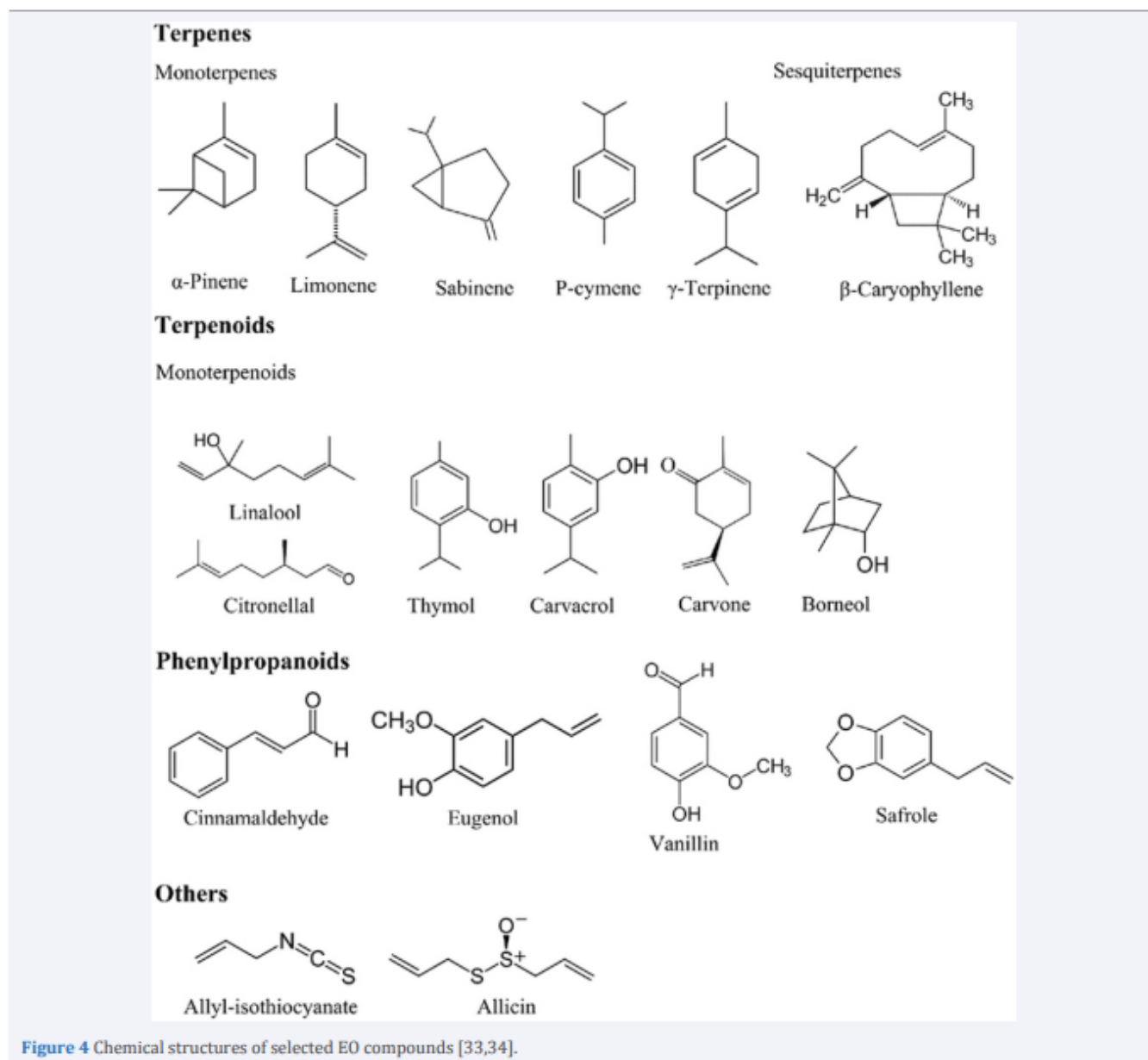






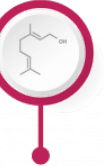

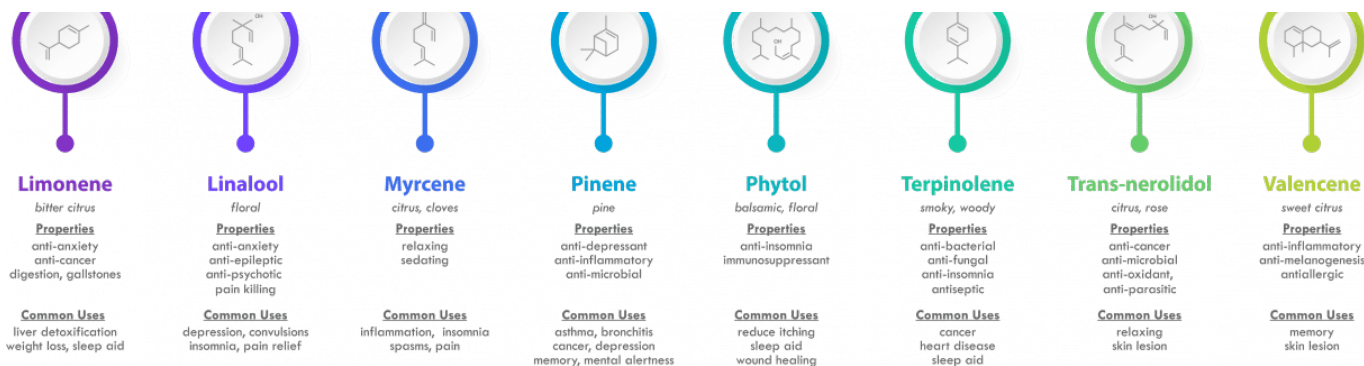


Figure 4 Chemical structures of selected EO compounds [33,34].

Read the study – Terpenes and the Coronavirus

Hemp and Cannabis Chart of Terpenes

							
Bisabolol	Borneol	Camphene	Caryophyllene	Delta 3 Carene	Eucalyptol	Geraniol	Humulene
<i>floral</i>	<i>mint</i>	<i>fir needles, musky earth</i>	<i>spicy</i>	<i>pine, rosemary</i>	<i>mint</i>	<i>peach, rose grass</i>	<i>earthy</i>
Properties anti-inflammatory anti-irritant anti-microbial	Properties anti-inflammatory antinociceptive	Properties anti-oxidant skin lesion	Properties anti-bacterial anti-inflammatory anti-fungal	Properties anti-inflammatory bone stimulant	Properties anti-bacterial anti-fungal	Properties anti-cancer anti-oxidant neuroprotectant	Properties anti-bacterial anti-inflammatory anti-tumor e'
Common Uses cancer, skin lesion	Common Uses eyesight, pain relief	Common Uses cardiovascular diseases	Common Uses insomnia, muscle spasms pain relief	Common Uses memory	Common Uses alzheimer's pain Relief	Common Uses cancer, pain relief	Common Uses cancer, infe. appetite suppression



Hemp Terpene Chart

10 Hemp/Cannabis Terpenes And What They Do

LIMONENE

This terpene is most commonly found in citrus fruits like lemons, limes, and oranges. It's been tied to everything from reduced stress to increased energy; it may also be a natural digestive aid. Like many other terpenes, limonene seems to trigger enzymes that turn on fat burning when it's ingested. And fat burning is the stablest form of energy production there is.

Many people credit limonene-heavy essential oils by giving them an improved clarity of mind. Hemp strains high in limonene have a similar effect.

PINENE

The namesake terpene in pine trees, pinene is a known bronchodilator. That just means it opens up the lungs and makes you better at breathing! This quality makes pinene especially helpful to people with asthma.

Pinene is also calming. You can experience these same benefits by smoking or vaping hemp strains like Trophy Wife or Jack Herer. Bonus points if you decide to partake while walking through a pine forest.

LINALOOL

Lavender, the calming and soothing smell is a terpene. Linalool is both relaxing and anti-inflammatory, and it actually calms down the nervous system to promote better health. Some research shows that linalool activates the same TRPA and TRPV channels CBD does, resulting in less inflammation and pain.



Guaiol isn't as well-known as some terpenes, but maybe it should be. This terp shares a lot in common with pinene. It gets its name from the guaiacum plant whose bark it's derived from; like pinene, guaiol smells woody and earthy.

Research shows that guaiol may be both anti-viral and anti-bacterial.

EUCALYPTOL

Eucalyptol is a terpene often found in eucalyptus, salvia, and hemp. Studies show it may help regulate the immune system and activate one's innate immune response. Translation: eucalyptol could help one's immune system avoid over-responding to short-term issues by strengthening things from the ground up.

BETA-CARYOPHYLLENE

This terpene is an interesting one. While beta-caryophyllene is commonly found within black pepper and cloves, it also makes an appearance in hemp. And research shows it binds to the very same endocannabinoid receptors as CBD – so much that researchers consider it a “dietary cannabinoid.”

This terpene is associated with reduced inflammation and a healthier nervous system.

BISABOLOL

Bisabolol is usually found in chamomile flowers. Research shows it's anti-inflammatory, anti-bacterial, and more. Bisabolol is said to have a delicate floral scent.

MYRCENE

Myrcene's presence is felt pretty much everywhere. It's found in mangoes, thyme, basil, and hops. And hops' botanical cousin hemp, of course. Many hemp and cannabis users favor this terpene since it plays a role in what is commonly called “couch lock.” Hemp's myrcene content also provides relaxing results. Myrcene may reduce inflammation, boost immunity, and calm the nervous system enough to help you get the sleep you need.

CAMPHENE






Camphene might be a “minor” terpene, but what it lacks in popularity, it makes up for in benefits. Camphene may do everything from reducing cholesterol levels to protect against infection. Think of camphene's scent as a combination of pinene's and myrcene's. It's an unusual smell. This terpene is not easy to come by and

perhaps it is for good reason, you can always have too much of even a good thing.

TERPINOLENE

Finally, we end our list at terpinolene. This terpene has a complex sweet + spicy scent and can be found in apples, lilacs, nutmeg, allspice, and more. Some of the more 'earthy' strains of hemp feature high levels of pinene and terpinolene in combination. If ingested, it may slow the growth of harmful cells, at least according to this 2013 study. True to its scent, terpinolene may also help by calming the nervous system.

Common Terpenes To Remember & Some of their Cannabis Associates

alpha-pinene	linalool	myrcene	beta caryophyllene	limonene
				
FOCUSED	RELAXED	BODY BUZZ	HAPPY	ENERGETIC
<ul style="list-style-type: none"> memory aid bronchodilator anti-inflammatory anti-microbial 	<ul style="list-style-type: none"> sedative anti-epileptic analgesic anti-anxiety 	<ul style="list-style-type: none"> analgesic muscle relaxant antibiotic "couch-lock" 	<ul style="list-style-type: none"> anti-anxiety antidepressant antioxidant antimicrobial 	<ul style="list-style-type: none"> improves mood anti-anxiety antidepressant immune booster
<ul style="list-style-type: none"> Jack Herer Chermdawg Blue Dream Trainwreck 	<ul style="list-style-type: none"> G-13 Amnesia Haze Lavender LA Confidential 	<ul style="list-style-type: none"> Pure Kush Skunk #1 White Widow Granddaddy Purple 	<ul style="list-style-type: none"> Hash Plant OG Kush Bubba Kush Girl Scout Cookies 	<ul style="list-style-type: none"> OG Kush Lemon Haze Sour Diesel Lemon Skunk
<p>Pinene smells like pines, it makes you breathe easier, and it helps you focus. Strains high in pinene are</p>	<p>This "comfort" aroma promotes relaxation and feelings of well-being. Linalool is also found in</p>	<p>Myrcene is found in mangoes and hops; it smells earthy, tropical, and fruity. This terpene is a</p>	<p>This terpene smells spicy like peppers and is bound to make you feel very happy. Beta-caryophyllene</p>	<p>Smells like fresh lemons. This terpene promotes stress relief and mood elevation. Strains with high</p>

as overall alertness; ideal for studying or working.

warm towels and sheets can be so soothing.

a "couch-lock" stone.

A few puffs and your worries will float away.

and social. Perfect for a session with your friends.

Shopping With Your New Knowledge In Mind:

When looking to make your purchases, now that you are more educated in how the terpene profile can affect how you feel, it's time to make more educated decisions on what you would like to feel like for future sessions, while browsing through our selection of hot hemp delta 8 flowers.

You can take a very basic approach to terpene profiles by understanding the most core basics of their effects. The best way to figure out what you want, is going to start by asking yourself some questions:

- You know what wakes you up. Which strains will wake me up? (Super Sour Space Candy)
- You know what relaxes you. Which strains will relax you? (Suver Haze)
- You know which strains will balance you. Which strain has a little of everything? (Lifter)
- You know which strains have more complex profiles. Which strains have more sides to them due to their cannabinoid profiles? (White CBG)

Myths and Lies About To Avoid Repeating Or Believing:

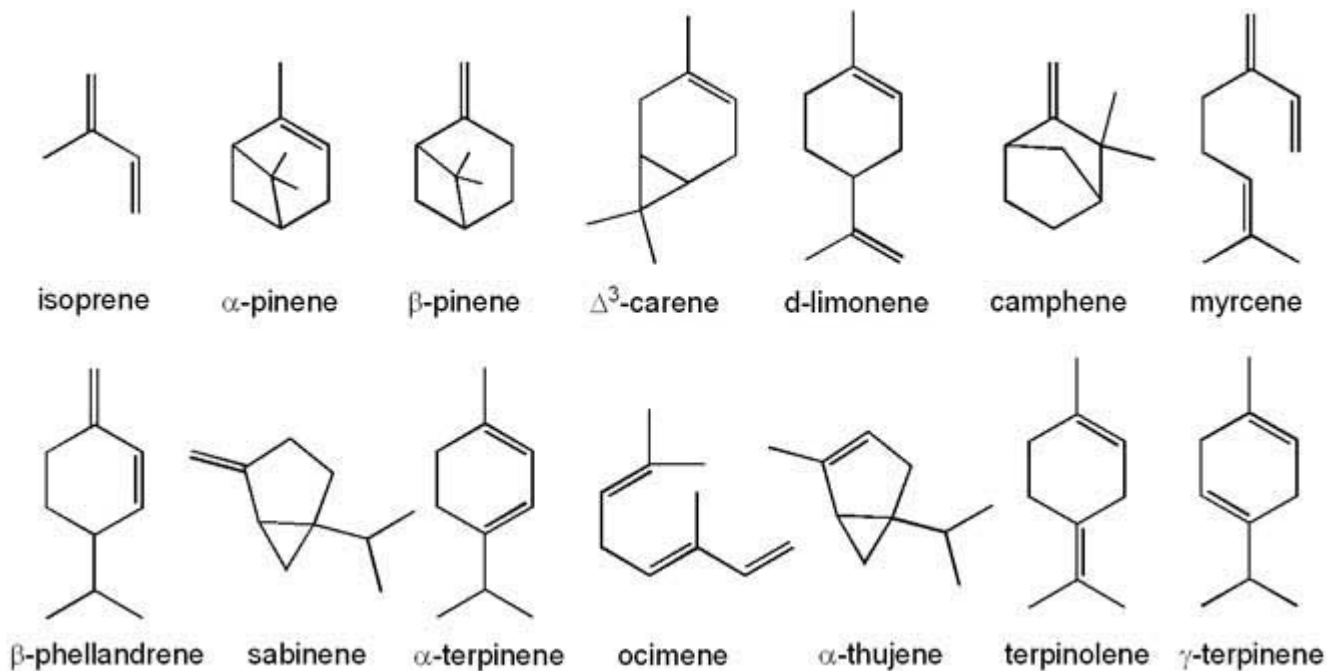
- **Terpenes are not harmful.** This is not true. Terpenes, depending on their chemical structure and source, can be harmful to plants, animals, or people. Only so many terpenes are listed as **GRAS**.
- **Terpenes are only made from Cannabis.** This is not true. Cannabis contains and creates terpenes, but it is not the only thing that creates terpenes. Many things have terpenes, including plants, fruits, animals, and insects.
- **Terpenes are the same thing as turpentine.** This is not true. Turpentine is quite different and is poisonous to humans. Turpentine is extracted from the pine tree.
- **Terpenes are medicinal.** This is not accurate. Many terpenes are considered **GRAS**, therefore, by law, they cannot be considered medicinal or labeled as such.
- **You cannot overdose on terpenes / there is no terpene toxicity.** This is not 100% true. While terpenes that are naturally present in cannabinoids to their Too much of one terpene can cause dizziness, nausea, and confusion. If you feel you have been exposed to an abundance of terpenes, you may call poison control for guidance at **888-222-1222**. You can also use their [online database](#) to research anything you might be ingesting or experiencing. Terpenes exhibit auto-toxicity, meaning they are toxic even to the plant that produces them. That is why plants like cannabis store them in trichomes, or in other special glands that are meant to hold them safely. **While terpenes are highly microbicidal, cannabis-derived terpenes consider safe for human use and consumption within the concentrations in which they are normally present**

particularly in their topical use as modifiers of skin tissue permeability.

- **Terpenes Extracted From Cannabis Plants Are More Powerful or Useful Than Botanical Terpenes Extracted From Fruits & Other Plants.** False. Botanically extracted terpenes, by definition, is no different at all than extracting terpenes from a botanical plant we call cannabis or hemp. Botanical terpenes are just as efficacious as cannabis terpenes. Plant-derived terpenes can catalyze the entourage effect and potentiate cannabinoids to work better in the body after consumption. That is not to say that there are not times when someone might want to use a cannabis-derived terpene over a non-cannabis botanical terpene. These questions typically arise during product formulation, where it must be decided by the manufacturer or creator how the terpenes are going to be applied (ingested or topical), and what the desirable effects may be. Some companies simply want to have the title say cannabis-derived terpenes and mean it. It's not a bad thing, but don't believe that terpenes are going to be less valuable because one linalool came from a flower and the other came from a cannabis flower.

Additional Charts / Infographics:

These are some additional visual learning aids to help you further understand terpenes. While these charts are present and available, it is always best to use your best intuition and read more about what you are using individually. Terpenes are an amazing science, and we hope that this article inspires you to learn more!



WHAT YOU SMELL = HOW YOU'LL FEEL

IDENTIFYING COMMON CANNABIS TERPENES



TERPENE:	ALPHA-PINENE BETA-PINENE	MYRCENE	LIMONENE	ACARYOPHYLLENE	LINALOOL
	PINE	MUSKY, EARTHY, CITRUS HINTS	CITRUS	SPICY, WOODY, PEPPERY, CLOVE	FLORAL, CANDY, CITRUS
	FOUND IN Pine, Dill, Parsley, Basil, Rosemary	FOUND IN Mango, Thyme, Lemongrass, Hops	FOUND IN Juniper, Rosemary, Fruit Rinds, Peppermint,	FOUND IN Black Pepper, Clove, Cotton	FOUND IN Lavender
	Alertness, Euphoria, Creativity, Memory Retention	"Couchlock", Sedation, Relaxation, Body High	Elevated Mood, Stress Relief	No noted effects	Anxiety Relief, Sedation
	Asthma, Antiseptic	Antioxidant, Pain, Muscle Tension, Sleeplessness, Anti-Carcinogenic	Gallstones, Gastroprotective, Heartburn, Anti-fungal, Depression	Gastroprotective, Anti-inflammatory, Arthritis, Ulcers	Anti-anxiety, Anti-convulsant, Anti-depressant, Anti-acne
	Jack Herer, Trainwreck, Bubba Kush, Chem Dawg, Super Silver Haze	Pure Kush, El Nino, Himalayan Gold, Skunk #1, White Widow	OG Kush, Super Lemon Haze, Jack the Ripper, Lemon Skunk	Big Bang, Damn Sour, Great White Shark, Ice Dream	G-13, Lavender, Amnesia Haze, LA Confidential

Made by MarijuanaPackaging.com. Information courtesy of Leafly.com

TERPENES

■ SATIVA
■ INDICA
■ HYBRID

Terpenes are the fragrant oils found in cannabis (as well as fruits, plants, and other herbs) that give each strain its unique smell and flavor. Research shows that some terpenes can be beneficial to a variety of medical conditions!

BISABOLOL
 Benefits: Anti-inflammatory, antioxidant, pain relief, stress relief
 Aroma: Sweet, fruity, nutty
 Common Strains: ACDC, Master Kush, Rockstar, Headband, Pink Kush

CARYOPHYLLENE
 Benefits: Anti-cancer, anti-inflammatory, gastric protective, muscle relaxant, pain relief, sleep aid, stress relief
 Aroma: Pepper, wood, spice
 Common Strains: Bubba Kush, Death Star, Girl Scout Cookies, Permafrost, White Widow

DELTA 3 CARENE
 Benefits: Alzheimers treatment, anti-inflammatory, sedative
 Aroma: Sweet, pungent, woody, pine, cedar
 Common Strains: Super Lemon Haze, Super Silver Haze, Skunk No. 1

EUCALYPTOL
 Benefits: Alzheimers treatment, anti-inflammatory, bronchodilator, pain relief, stress relief
 Aroma: Spicy, camphor
 Common Strains: Super Silver Haze, Bubba Kush, Chemdawg, Headband

GERANIOL
 Benefits: Anti-cancer, antibacterial, antifungal, antioxidant
 Aroma: Floral, fruity, rosy, sweet, waxy
 Common Strains: Amnesia Haze, Afghani, Master Kush, Headband

HUMULENE
 Benefits: Anti-cancer, anti-inflammatory, antibacterial, pain relief, reduced appetite
 Aroma: Woody, earthy
 Common Strains: Sour Diesel, Corilla Glue, OG Kush, Permafrost, White Widow

LIMONENE
 Benefits: Anti-cancer, anti-depressant, anti-inflammatory, antidiabetic, antifungal, gastric protective, nausea relief, pain relief, reduced appetite, stress relief
 Aroma: Lemon, orange
 Common Strains: Durban Poison, Sour Diesel, Bruce Banner, OG Kush, Trainwreck

LINALOOL
 Benefits: Anti-cancer, anti-depressant, anti-inflammatory, anti-epileptic, pain relief, sedative, sleep aid, stress relief
 Aroma: Floral, citrus, spice
 Common Strains: Amnesia Haze, Blueberry, Master Kush, Pink Kush, Skywalker OG



MYRCENE

Benefits: Anti-inflammatory, anti-septic, antibacterial, antifungal, muscle relaxant, sedative, sleep aid

Aroma: Musk, cloves, herbal, citrus

Common Strains: Death Star, Northern Lights, White Rhino, Blue Dream, Cannatonic



OCIMENE

Benefits: Anti-inflammatory, antifungal

Aroma: Fruity, floral

Common Strains: Strawberry Cough, Himalayan Gold, Lemon Diesel, OG Kush



PINENE

Benefits: Alertness, anti-cancer, anti-diabetic, anti-inflammatory, antibacterial, bronchodilator, memory retention, nausea relief, sedative, stress relief

Aroma: Sharp, sweet, pine

Common Strains: Jack Herer, Strawberry Cough, OG Kush, Permafrost, Trainwreck, White Widow



TERPINEOL

Benefits: Anti-inflammatory, antioxidant, sedative, stress relief

Aroma: Pine, clove

Common Strains: Jack Herer, Girl Scout Cookies, OG Kush, White Widow



TERPINOLENE

Benefits: Antibacterial, anti-cancer, antioxidant, sedative

Aroma: Citrus, lemon, pine, sweet, woody

Common Strains: Jack Herer, Purple Haze, Critical Kush



VALENCENE

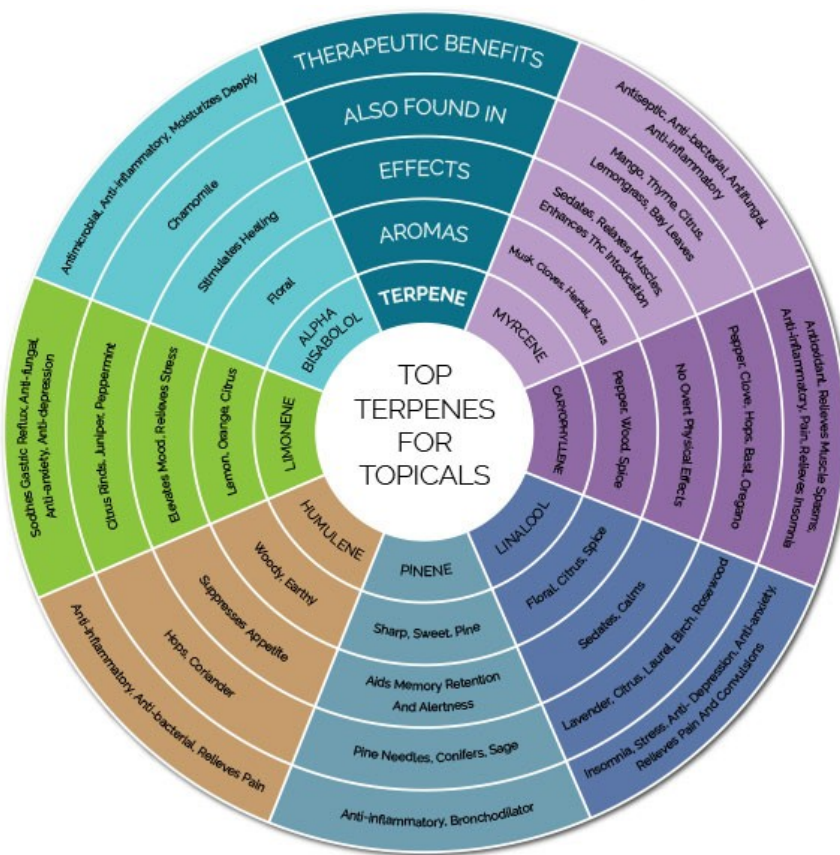
Benefits: Anti-inflammatory

Aroma: Grapefruit, citrus, sweet, woody

Common Strains: Tangie, Lemon Skunk



Bloom
City Club



Terpenes 101: Part 2 - Terpene Blends In CBD And Delta 8 Oils

Terpenes 101: Part 2 - Terpene Blends i...



Terpenes are commonly used throughout the Hemp Industry, primarily in things like **delta 8 vape carts** and **cbd oils**. These two products are incredibly popular, and serve many people today!

It is not the only thing that terpenes have been added too. In fact, there are several other applications that terpenes have in the world of hemp and cannabis, including **skincare and fragrances!**

The Entourage Effect & Terpenes

The entourage effect is when cannabinoids and terpenes work together to bolster one another's effects in the body.

Terpenes play a very important role in how cannabis cannabinoids will make us feel.

A popular misconception is that the higher the THC in a strain of medical marijuana will produce better effects than marijuana with a lower amount of THC. This is incorrect. The higher the THC content, you will likely have higher psychoactive effects, this much is easy enough to understand. We know that the more THC is present, the more we will feel it in our heads.

So what is the misconception?

Terpenes play an important role in how you will feel more so than the cannabinoid will. Let's do an example together below.

Let's pretend for a moment that your favorite strain is an Indica dominant strain. We will pretend that this is Skywalker for now.

Skywalker flower typically has THC percentages ranging from 14% – 23%. It's high in myrcene



< 0.01% Linalool
0.42% Caryophyllene oxide
0.69% Myrcene
< 0.01% beta-Pinene
< 0.01% Limonene
< 0.01% Terpinolene
0.88% alpha-Pinene
1.77% Humulene
0.37% Caryophyllene
4.13% TERPENE-TOTAL

Now let's take a similar profile but with a little less kick

Let's take Hash Plant as our comparison.

Hash Plant typically ranges between 13% – 19%, a little less than its Skywalker competitor.

We will give it these statistics:

***Beta-Myrcene:** 1.317%

***Trans-Carophyllene:** 0.377%

Alpha-Pinene: 0.311%

Beta-Pinene: 0.112%

R-Limonene: 0.239%

Humulene: 0.125%

Nerolidol-2: 0.050%

Ocimene-2: 0.190%

Total Terpenes: 2.721%

Now that we have these two comparisons up, of the two, if your goal was to get completely couch-locked and relax, which strain would do this more for you?

You will ultimately feel slightly more awake on the Skywalker and you will get much more sleepy effects out of the Hash Plant. Why? The terpene profile makes it work.

The skywalker may have a higher cannabinoid content, but its terpene profile will not satisfy the sleep goal

Hashplant are much more balanced to sedate than the Skywalker. The Trans-Caryophyllene also plays an important role in aiding in sedation given its interactions with the CB1 and CB2 receptors, working to relax the body. Ocimene-2 has some interesting studied effects as well, though primarily anti-inflammatory, it has anti-oxidative properties as well as the ability to inhibit key enzymes connected to type 2 diabetes and hypertension.

Very quickly you can see how just a few minor things involved specifically in terpenes can change your overall experience. It's always good to pay attention to both.

Something to help you remember a little bit about terpenes and cannabinoids is that they both come from the same thing. Trichomes. Those sparkly little sugary diamonds on top of the buds are what produce these. Look at the flower you are inspecting and observe its trichome coating. This can give you a good visual idea about the type of potency you are dealing with. The more trichomes there are, the more cannabinoids and terpenes are present.

You can apply this same general information to our hot hemp. The strains that we have provided all come with terpene profiles to help you get a better understanding of the kind of experience you will have with each flower!

“Cannabinoids are the powerful engine, and cannabinoids are the steering wheel.”

Imagine a manufacturer of vehicles.

This vehicle manufacturer creates a variety of options to allow the consumer a choice of experience. Each vehicle is a little different than the last. One vehicle might have a v8 engine with a ton of power, nice features, and a beautiful interior. Others may not be so attractive and might not have as many bells and whistles to it but will get you from place to place.

Now imagine that the engine in each vehicle is powered by cannabinoids such as THC, CBD, CBN, etc.

Now let's imagine that in each and every one of these vehicles there is a steering wheel and a GPS navigation system. Each vehicle has a pre-determined set of instructions that say where to go, how fast, and can even have an effect on how long you are there for. Let's imagine that these steering wheels and GPS navigators are the terpenes such as Myrcene, Linalool, Beta-Caryophyllene, etc.

Each vehicle will take you to a different destination and each destination will feel differently.

Now let's transform this imaginary factory into a cannabis farm.

will last depending on the strain or mixture of cannabinoids and terpenes that you have chosen for yourself.

Biology

Cannabis

Education

Effect

FDA

GRAS

Guide

Hemp

Interaction

Oils

Science

Smell

Terpene

Terpenes

Terpentine

Turpentine



> CATEGORIES

- > CBD Facts (6)
- > CBD News (11)
- > CBD Oil (3)
- > DIY Recipes (1)
- > Health Tips (1)
- > Industry News (10)
- > Live (2)
- > Product info (2)
- > Science (6)
- > Skin Care (1)

> TAGS

3RD PARTY TESTING ABSORB BIOAVAILABILITY BROAD SPECTRUM CANNABINOID CANNABIS CBD

CBD EDUCATION CBD OIL CBD TESTING CBN D8 DELTA 8 DELTA 8 FLOWER DELTA 8 THC

DELTA 8 THC VAPES DOSING DRINK EDUCATION EXPECTATIONS FULL SPECTRUM GUIDE HEMP

HEMP FLOWER HOT HEMP HUMAN INDUSTRY ISOLATE LAW LEGAL LEGLA THC LOTION

NANO NANO-EMULSION NANO CBD NANO D8 NANOTECHNOLOGY NEWS SCIENCE THC VAPES

UTOYA UTOYA CBD WATER WATER SOLUBLE WATER SOLUBLE CBD





← THE BEST DELTA 8 FLOWER IN THE NATION

UTOYA LIVE EPISODE 2: WHITE CBG, DELTA 8 CHOCOLATES, ATMOS KILN RA →

Utoya Organics LLC.

UTOYA

FDA Disclaimer The statements made regarding these products have not been evaluated by the Food and Drug Administration. The efficacy of these products has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease. All information presented here is not meant as a substitute for or alternative to information from healthcare practitioners. Please consult your healthcare professional about potential interactions or other possible complications before using any product. The Federal Food, Drug, and Cosmetic Act require this notice.

Must be 21 years of age or older to purchase products.

Legality & Service Notice: Each state in the United States governs its own laws regarding the use, sale, consumption, possession, and other mediums of control with regard to medical marijuana and hemp products and their cannabinoids. Due to the complex nature of consumer behaviors and the ever-changing scope of legalities surrounding cannabinoids, it is up to the customer to determine their legal positioning when shopping for any of our products. Utoya reserves the right to refuse service for any reason.



Next Contest Coming Soon

Categories

- Canna Breeze - Terpene Deodorizer
- CBD Products
 - > CBD Edibles & Drinks
 - > CBD Full Spectrum Oil Nano Amplified
 - > CBD Nano Drinks
 - > CBD Package Deals
 - > CBD Skincare
 - > Just For Men
 - > CBD Vape
 - > CBN INFUSED TINCTURES
 - > Topicals
- Delta 9
 - > Delta 9 Edibles
- Disposables
- Distillate
- Drinks
- Edibles



- Entourage
 - > Delta 8 Artisan Vapes
 - > Entourage & Artisan Hemp
 - > Entourage Edibles
 - > Entourage Tinctures
 - > Entourage Vapes
- Flower
- Hash
- Hemp Derived Delta 8 THC
 - > D8 Artisan Carts
 - > D8 Discount Bundles
 - > D8 Water Soluble & D8 Drinks
 - > Delta 8 Distillate & Delta 8 Dabs
 - > Delta 8 Edibles
 - > Delta 8 Flower
 - > Delta 8 Moon Rocks & Hash
 - > Delta 8 THC Tinctures
 - > Delta 8 THC Vapes
- HHC
 - > HHC Flower
 - > HHC Vape
- Live Stream Deals & Closeout Specials
- Moonrocks
- Pet Products
- SALE
 - > VIP Closeouts
- THC-O
 - > THC-O Distillate
 - > THC-O Drinks
 - > THC-O Edibles
 - > THC-O Moon Rocks & Hash



- > THC-O Vapes
- > THC-O/ Delta 8 Flower
- ▶ Tinctures
- ▶ Utoya Stuff
 - > Gift Card
 - > Memberships
- ▶ Vapes

CEO Bruce Hovland



We are so proud of our great products and supporting distributors. Order online or [find a store near you!](#)

© Utoya Group, LLC



[Privacy Policy](#)



[Terms and Conditions](#)



[Affiliate Area](#)

[COAs](#)

[Wholesale](#)

[Global](#)

