



Chart: Effects Of Common Cannabis Terpenes

	Beta Caryophyllene	Myrcene	Alpha Pinene	Humulene	Limonene	Linalool
Mental State	Non-intoxicating Reduces anxiety Causes drowsiness	Non-intoxicating, but enhances psychoactive effects Causes drowsiness (at greater than 0.5% concentration) Relieves depression	Non-intoxicating Causes alertness Facilitates memory and attention	Non-intoxicating	Non-intoxicating Reduces anxiety Relieves depression	Non-intoxicating; anti-psychotic Reduces anxiety Causes drowsiness (the most sedative terpene) Relieves depression
Nervous System	Relieves pain (including neuropathy) Relieves depression Reduces alcohol and nicotine cravings Local anesthetic	Reduces pain Anti-spasmodic	Reduces pain	Relieves pain	No known effect	Relieves pain Anti-epileptic
Inflammation	Anti-inflammatory Combats autoimmune disorders	Anti-inflammatory	Anti-inflammatory	Powerful anti-inflammatory	Anti-inflammatory	Anti-inflammatory
Cancer	Inhibits tumor growth Antioxidant	Inhibits cell mutation Antioxidant	Inhibits cancer cell growth Antioxidant	Stops the spread of malignant cells	Inhibits tumor growth Antioxidant	Treats breast cancer
Circulatory System	No known effect	No known effect	No known effect	No known effect	No known effect	No known effect



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Digestive System	Gastro-protective Relieves inflammatory bowel disease (IBS) Anti-diabetic	Anti-diabetic	No known effect	Suppresses appetite	Gastro-protective Promotes bowel motility and digestive balance Reduces acid reflux, indigestion, and GERD Promotes detoxification Dissolves gallstones Improves metabolism and facilitates weight loss Protects and cleans the liver from fatty acid buildup	Reduces nausea
Skin	No known effect	Aids in transdermal absorption	No known effect	Aids in transdermal absorption	Aids in transdermal absorption	Inhibits acne
Skeletal System	No known effect	No known effect	No known effect	No known effect	No known effect	No known effect
Eyes	No known effect	No known effect	No known effect	No known effect	No known effect	No known effect
Respiratory System	No known effect	No known effect	Bronchodilator	No known effect	No known effect	No known effect
Infection	Antiseptic Antibacterial Antifungal	Antibiotic	Antibiotic	Antibacterial	Antibacterial Antifungal	No known effect