

# Terpenes Explained

---

Aromas with direction: how terpenes shape the cannabis experience.

## Introduction

Terpenes are aromatic molecules found in cannabis, citrus peels, pine needles, and herbs. Beyond flavor and scent, they can help nudge experiences toward calmer, clearer, or more uplifting directions—especially when paired with specific cannabinoids.

## Science Explained Simply

- Examples: Myrcene (earthy/calm), Limonene (citrus/uplift), Linalool (floral/relax), Pinene (pine/focus), Caryophyllene (spice/grounding), Terpinolene (herbal/bright).
- Ensemble effect: Terpenes and cannabinoids may work together, creating more nuanced outcomes than either alone.

## CARTA Product Spotlight

CARTA lists dominant terpenes across capsules and inhalation products to guide selection. For example:

- Rest & Restore capsule emphasizes calming terpenes (e.g., myrcene, linalool).
- Calm & Focus leans on clarity-forward profiles (e.g., pinene, limonene) alongside balanced cannabinoids.

## Practical Guidance

Smell can hint at terpene dominance, but labels and QR scans provide precise details. Combine capsules with a chemotype-matched flower or cart for a unified direction (e.g., calm day vs. restful evening).

## FAQ & Myth vs Fact

Q: Do terpenes “cause” effects?

A: They likely contribute to direction and nuance. Effects arise from the whole chemotype, dose, and your biology.

## Responsible Use & Safety Notes

Terpenes are potent at small amounts. Sensitive individuals should start low, especially with energizing profiles.

## **Key Takeaway**

Terpenes are the steering wheel of cannabis. CARTA shows you the wheel so you can drive with intention.

---

#### **LEGAL DISCLAIMER**

These materials are for educational purposes only and are not intended as medical advice, diagnosis, or treatment.

Cannabis affects individuals differently. Effects may vary depending on dose, setting, and individual biology.

Always consult with a qualified healthcare professional before starting or changing cannabis use, particularly if you are pregnant, breastfeeding, or taking prescription medications.

CARTA products are designed for responsible adult use only. Keep out of reach of children and pets.

Do not drive or operate heavy machinery under the influence of THC.

Compliance with all local, state, and federal laws is the responsibility of the user.

© CARTA Phytotherapeutics LLC. All rights reserved.

---