

# Linalool

distinctly floral with a touch of spice

# Linalool

## B) About

- 1) First synthesized by Leopold Ruzicka in 1919
- 2) 7% of people are allergic
- 3) High levels in food – even non-cannabis users consume 2g of linalool per year in their food

## C) Effects

- 1) Soothing/calming
- 2) Euphoric/mood-lifting

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## D) B9Apps

- 1) Antibacterial/antimicrobial/antifungal
- 2) Antioxidant
- 3) Pesticide/Insect repellant
- 4) Fragrance in perfumes/cosmetics
- 5) Fragrance in cleaners

## E) Unique Applications

- 1) Lowers depression-like behaviors
  - (a) In mice, when put in stressful situations, mice exposed to linalool tried harder for longer to escape
- 2) Strengthens the immune system against stress
- 3) Blocks excitable brain activity that can lead to seizures
  - (a) Also blocks excitable activity in the spinal cord
  - (b) Increases natural sedatives
- 4) Reduces brain degeneration

# Linalool – Plants Found In

- 1) Lavender
- 2) Jasmine
- 3) Rosewood
- 4) Basil
- 5) Thyme
- 6) Coriander
- 7) Cinnamon
- 8) Mugwort
- 9) Sweet orange leaves
- 10) Mint
- 11) Laurel

\* Over 200 plant species produce linalool

# Linalool – Strains Found In

- 1) Mazar I Sharif
- 2) Do-Si-Dos
- 3) Wedding Mintz #13
- 4) Scooby Snacks
- 5) Zkittlez
- 6) Runtz