

Myrcene

peppery, earthy, balsam

Myrcene

- 1995 study found that it accounts for 65% of terpenoid content in cannabis
- Named for the Brazilian shrub *Myrcia sphaerocarpa*
- Used to treat diabetes, dysentery, hypertension
- Lemongrass tea used for centuries for sleep is high in Myrcene
- Mangoes said to increase cannabis high are high in Myrcene
- It's in lots of international food that use certain plants and spices
- Effects
 - Soothing/calming
 - Sedative/muscle relaxer

Myrcene

- B9Apps
 - Antioxidant/Prevents oxidative stress
 - Anticancer
 - Flavoring for food, candy, etc.
 - Fragrance in cosmetics
 - Opens BBB
- Unique Applications
 - Favorite of chronic pain patients
 - Promising studies for inflammation related to osteoarthritis
 - Enhances transdermal absorption
 - May also protect against UV light damage
 - Improved glucose tolerance in rats
 - Helps the binding process with cannabinoid receptors

Myrcene – Plants Found In

- Bay
- Hops
- Thyme
- Verbena
- Mango
- Lemongrass
- Cardamom
- Lavender
- Frankincense
- Juniper
- Guavas
- Myrcia
- Citronella
- Menthol
- Parsley
- Ylang-ylang

Myrcene – Strains Found In

- Blueberry
- Blue Dream
- Head Cheese
- Granddaddy Purp
- Tangie
- Grape Ape
- Fruity Pebbles OG
- OG Kush
- Remedy