

Limonene

Fresh, slightly citrusy

Limonene

B) About:

- 1) From the Italian word *limone*
- 2) Steam distilled – peels are boiled, steam is collected and separated
- 3) Flammable and toxic to aquatic life
- 4) Can be used as biofuel
- 5) Solvent – fragrant alternative to turpentine

C) Effects

- 1) Euphoric/mood-lifting
- 2) Usually reduces stress and anxiety, can induce anxiety in some

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D) B9Apps

- 1) Anti-inflammatory/pain reliever
- 2) Antibacterial/Antifungal/Antimicrobial
- 3) Anticancer
- 4) Pesticide/Insect repellant
- 5) Flavoring for food, candy, gum, etc.
- 6) Fragrance in perfumes/cosmetics
- 7) Fragrance in cleaners and industrial fluids
- 8) Opens BBB

E) Unique Applications

- 1) Suppresses appetite and supports healthy digestion
- 2) Prevents some of the negative side effects of chemo
- 3) Lowers blood sugar, triglycerides, cholesterol
- 4) Analgesic in large doses

Limonene – Plants Found In

- 1) citrus fruit peels and juice
* orange peel contains up to 97% limonene
- 2) red and silver maple trees
- 3) cottonwoods and aspens
- 4) sumac, spruce, douglas fir
- 5) juniper
- 6) larches, cedars

Limonene – Strains Found In

- G) Strains Found In
- 1) Super Lemon Haze
 - 2) Lemon OG
 - 3) Banana OG
 - 4) Berry White
 - 5) Emerald Jack
 - 6) Cookies n Cream
 - 7) Black Cherry Soda
 - 8) Do-Si-Dos
 - 9) Purple Hindu Kush
 - 10) Shining Silver Haze
 - 11) Liberty Haze
 - 12) Wedding Cake
 - 13) White Fire OG