

# Secondary Terpenes

Neroldiol, Bisabolol, Carene, Guaiol, Geraniol, and Terpinene

# Nerolidol

- A) Aroma: woody, like fresh bark
- B) About
  - 1) Effects similar to Linalool
- C) Effects
  - 1) Soothing/calming
  - 2) Euphoric/mood-lifting

- D) B9Apps
  - 1) Anti-inflammatory/pain relieving
  - 2) Antibacterial/antifungal/antimicrobial
  - 3) Antioxidant
  - 4) Anticancer
  - 5) Pesticide/Insect repellant
  - 6) Flavoring for food/gum etc
  - 7) Fragrance in perfumes/cosmetics
  - 8) Fragrance in cleaners
  - 9) Pass BBB
- E) Unique Applications
  - 1) Increases absorption of topical medications up to 20x
  - 2) Easily permeates plasma membranes
  - 3) Helps heal scars and stretch marks when used topically in neroli oil
  - 4) Shows promising treatment for Parkinson's

# Nerolidol

## F) Plants Found In

- 1) Jasmine
- 2) Lemongrass
- 3) Ginger
- 4) Tea tree
- 5) Lavender
- 6) Neroli
- 7) Oolong tea
- 8) Ginkgo Biloba
- 9) Lady of the Night orchid

## G) Strains Found In

- 1) Island Sweet Skunk
- 2) Jack Herer
- 3) Skywalker OG
- 4) Afghan Moon
- 5) White Fire
- 6) Shishkaberry
- 7) GG4

# Bisbolol

- A) Aroma: light, distinctly floral
- B) About
  - 1) Had been used for thousands of years in German chamomile and the candeia tree
    - (a) One of the oldest known herbal treatments
  - 2) Rare, not found in many plants
- C) Effects
  - 1) Soothing/calming
- 2) sedative
- D) B9Apps
  - 1) Anti-inflammatory/pain relieving
  - 2) Antibacterial/antifungal/antimicrobial
  - 3) Anticancer
  - 4) Fragrance in perfumes/cosmetics
- E) Unique Applications
  - 1) Soothes skin when used topically
    - (a) Also helps heal skin and wounds
    - (b) Called the “fountain of youth” in beauty and cosmetics
  - 2) Gastroprotective, helps with upset stomach
- 3) Sleep aid

# Bisabolol

- F) Plants Found In
  - 1) German chamomile
  - 2) Figwort
- 3) Leaf buds of some poplar trees

- Strains Found In
  - 1) Harle-Tsu
  - 2) Pink Kush
  - 3) Headband
  - 4) OG Shark
  - 5) ACDC
  - 6) Rockstar
  - 7) Master Kush
  - 8) Sour Candy
  - 9) Moonshine Haze
  - 10) Dolato
  - 11) Ice Cream Cake
  - 12) Hawaiian Haze
  - 13) Killer Queen
  - 14) Grape Pie
  - 15) Midnight
  - 16) Chocolate Thai

# Geraniol

- A) Aroma: rose-like, slightly citrusy
- B) About
  - 1) First distilled in India from geranium grass
  - 2) Produced by the scent glands of honeybees to mark nectar flowers and the entrance to the hive
  - 3) Extremely strong and fragrant
    - (a) May cause allergic reactions
- C) Effects
  - 1) Soothing/calming
- D) B9Apps
  - 1) Anti-inflammatory/pain relieving
  - 2) Antibacterial/antimicrobial/antifungal
  - 3) Anticancer
  - 4) Pesticide/Insect repellant
  - 5) Flavoring for food/gum/candy etc.
  - 6) Fragrance in perfumes/cosmetics
- E) Unique Applications
  - 1) Could help with food borne illnesses by weakening viruses and bacteria

# Geraniol

- F) Plants Found In
  - 1) Rose
  - 2) Citronella
  - 3) Lemongrass
  - 4) Lavender

- G) Strains Found In
  - 1) Amnesia Haze
  - 2) Afghan
  - 3) Tahoe OG
  - 4) Fruity Pebbles OG
  - 5) Black Cherry Soda
  - 6) Purple Punch
  - 7) Kimbo Kush

# Carene

- A) Aroma: pungent, like damp woodlands
- B) About
  - 1) Believed to be responsible for the dry mouth/red eyes associated with cannabis use
- C) Effects
  - 1) Euphoric/mood-lifting
  - 2) Energetic
- 3) Focused
- D) B9Apps
  - 1) Anti-inflammatory/pain relieving
  - 2) Antibacterial/antifungal/antimicrobial
  - 3) Fragrance in perfumes/cosmetics
- E) Unique Applications
  - 1) Increases memory retention
  - 2) Decongestant/removes and dries up bodily fluids
  - 3) Helps bones mineralize and take in calcium
- (a) Promising treatment for osteoporosis



# Carene

- F) Plants Found In
  - 1) Turpentine (up to 42%)
  - 2) Fir needles
  - 3) Mango
  - 4) Allspice
  - 5) Rosemary
  - 6) Basil
  - 7) Cedar
  - 8) Pine
  - 9) Juniper
  - 10) White pepper
  - 11) Fennel
  - 12) Lime

- G) Strains Found In
  - 1) Lemon Shining Silver Haze
  - 2) Skunk XL
  - 3) Sunberry
  - 4) Dragon Fruit
  - 5) Crescendo
  - 6) White Runtz
  - 7) Super Silver Haze
  - 8) Jack Herer
  - 9) AK-47
  - 10) Arjan's White Haze #2
  - 11) OG Kush
  - 12) Cherry Pie

# Guaiol

- A) Aroma: pine-like with wood and rose
- B) About
  - 1) Quite rare, only found in three types of plants, including cannabis
  - 2) Brought back to Spain from Hispaniola in the 1600s in the guaiacum plant
    - (a) Used to treat syphilis, regulate menstruation, sore throat, gout, arthritis, and constipation
  - 3) Safe to eat and drink with little dilution
- C) Effects
  - 1) Soothing/calming
  - 2) sedative
- D) B9Apps
  - 1) Anti-inflammatory/pain relieving
  - 2) Antibacterial/antifungal/antimicrobial
  - 3) Antioxidant
  - 4) Anticancer
  - 5) Pesticide/Insect repellent
- E) Unique Applications
  - 1) Lowers blood pressure
  - 2) Diuretic

# Guaiol

- F) Plants Found In
  - 1) Cypress trees
  - 2) South American Guaiacum tree
- G) Strains Found In
  - 1) Golden Pineapple
  - 2) Chernobyl
  - 3) Agent Orange
  - 4) ACDC
  - 5) Plushberry
  - 6) Jillybean
  - 7) Pennywise
  - 8) Cinex
  - 9) Blackberry
  - 10) Fruit Loops

# Terpinene

- A) Aroma: piney, fresh
- B) About
  - 1) Very close to terpinolene – only one connection is different
- C) Effects
  - 1) Soothing/calming
  - 2) sedative
- D) B9Apps
  - 1) Same as terpinolene
  - 2) Fragrance in cleaners and industrial fluids
- E) Unique Applications
  - 1) Used in auto care in waxes and polish
  - 2) Common in Indian and Mediterranean food due to high levels of cardamom and marjoram

# Terpinene

- Plants Found In
  - 1) Tea tree
  - 2) Peppermint
  - 3) Cardamom
  - 4) Marjoram
  - 5) Eucalyptus
  - 6) Verbena
  - 7) Betel leaves
  - 8) Cumin
  - 9) Coriander
  - 10) Meleleuca
  - 11) Juniper