

Terpene Name	Aroma	Properties	Common Uses
Caryophyllene	Spicy	Anti-Bacterial Anti-Fungal Anti-Inflammatory	Muscle Spasms Pain Relief Insomnia
Humulene	Earthy	Anti-Bacterial Anti-Inflammatory Anti-Tumor	Infections Cancer Pain Relief Appetite Suppression
Limonene	Bitter Citrus	Anti-Cancer Anti-Anxiety	Weight Management Gallstones/Digestion Sleep Aid Liver Detoxification
Linalool	Floral	Anti-Anxiety Painkilling Anti-Epileptic Anti-Psychotic	Convulsions Stress/Anxiety Insomnia Depression Pain Relief
Myrcene	Musk Cloves Citrus	Sedating Relaxing	Inflammation Spasms Pain Relief Insomnia
Pinene	Pine	Anti-Inflammatory Anti-Microbial Anti-Depressant	Cancer Asthma Depression Bronchitis Mental Alertness Memory
Phytol	Floral Balsamic	Anti-Insomnia Immunosuppressant	Sleep Aid Reduce Itching Wound Healing
Terpinolene	Woody Smoky	Anti-Fungal Anti-Bacterial Anti-Insomnia Antiseptic	Cancer Heart Disease Sleep Aid