

# TERPENE CHART

## LIMONENE



- ◆ Uplift
- ⚡ Energy
- ▲ Focus

### Effects

Described as mood-boosting & motivating. Popular for daytime use.

**Aroma**  
Citrus  
Lemon



## TERPINOLENE



- ◆ Uplift
- ⚡ Energy
- ▲ Focus

### Effects

Described as light & creative, favored for social settings or daytime use.

**Aroma**  
Herbal  
Fresh



## PINENE



- ▲ Focus
- ⚡ Energy
- Recover

### Effects

Chosen for clear-headed, refreshing & light energy during daytime activities.

**Aroma**  
Pine  
Fresh



## CARYOPHYLLENE



- Recover
- Calm

### Effects

Described as grounding & steady, offering body comfort without sedation.

**Aroma**  
Spicy  
Warm



## HUMULENE



- Recover
- Calm

### Effects

Described as balanced & restorative, providing grounding without stimulation.

**Aroma**  
Woody  
Earthy



## FARNESENE



- Calm
- Recover

### Effects

Experienced as mellow & easygoing, offering a smooth, low-key balance.

**Aroma**  
Sweet  
Green



## BISABOLOL



- Recover
- Calm

### Effects

Gentle & comforting, with soft body-forward & calming presence.

**Aroma**  
Floral  
Sweet



## LINALOOL



- Calm
- ☾ Sleep
- Recover

### Effects

Often experienced as soothing & gentle. Popular for quiet moments & nighttime use.

**Aroma**  
Floral  
Soft



## MYRCENE



- Calm
- ☾ Sleep
- Recover

### Effects

Chosen for unwinding & body relaxation. Popular for nighttime use.

**Aroma**  
Earthy  
Herbal



### Effect Legend



CALM



ENERGY



FOCUS



RECOVER



SLEEP



UPLIFT

