KINETIC GATE
Nonprofit Organization

What Are Terpenes?

And why are they abundant in our tinctures?

Imagine cutting into a fresh lemon…

The aroma you're smelling is limonene, beta-pinene and gamma-terpinene. Terpenes are what give plants and fruits their aroma and flavor. In cannabis, terpenes increase the effectiveness of cannabinoids' therapeutic qualities and also give cannabis strains their unique and wonderful aromas.

The terpenes in our tinctures are hand-picked to deliver the most benefit-rich and highly potent product. The mouthwatering, exceptional taste is the cherry on top — but the real pearl of immeasurable value is in what the terpenes will do for your well-being.

Superhero of the Plant

(aka The Entourage Effect)

Here are some major benefits of using terpenes and the reason we use them.
Terpenes and cannabinoids are known to work together with receptors in the body and neurotransmitters in the brain. Different cannabis strains contain a variety of different terpenoid and cannabinoid levels at varying ratios. For this reason, different strains produce different effects on mood, alertness and calmness.

The three most abundant terpenes in our tinctures are **myrcene, beta-caryophyllene** and **limonene**. The combination of these terpenes have a specific flavor that is similar to that of vanilla and wild mountain berries. That's the main reason we use the wording of Flavor Notes to describe the taste of our tinctures.

It's not to be confused with added artificial flavorings. (Which we would never, EVER use). It's similar to when fine wines are described as having the flavor notes of cherries, oak or leather, etc.

Fueling the Healing Process

Myrcene, beta-caryophyllene and limonene

Myrcene has been found to decrease inflammation. Studies show that myrcene slows down the degeneration of cartilage and could be used to block the progression of osteoarthritis. It has a mildly sweet flavor profile found in mangos, thyme, parsley, bay leaf, hops, cardamom, lemongrass and juniper. (*See peer-reviewed study: Evaluation of the anti-inflammatory, anti-catabolic and pro-anabolic effects of E-caryophyllene, myrcene and limonene in a cell model of osteoarthritis)

Beta-caryophyllene (β-caryophyllene) is a sesquiterpene, known to deliver oxygen directly into the cell to fuel the healing process. Beta-caryophyllene is considered an atypical cannabinoid because it's the only known terpene to bind to CB2 receptors that help relieve inflammation, pain, atherosclerosis, and osteoporosis. Studies show that beta-caryophyllene is directly beneficial for colitis, osteoarthritis, diabetes, cerebral ischemia, anxiety and depression, liver fibrosis, and Alzheimer-like disease types. (*See

peer-reviewed study: Caryophyllene). Beta-caryophyllene is found in cloves, hops, rosemary, black pepper and copaiba.

Limonene gives cannabis an uplifting feel and citrusy flavor. A study has shown limonene to boost the immune system and neutralize pathogenic bacteria and viruses by increasing the production of antibody-producing cells. (*See peer-reviewed study: Immunomodulatory Activity of Naturally Occurring Monoterpenes Carvone, Limonene, and Perillic Acid)

*For supporting references, visit KineticGate.com/why-terps