

Intro to Terpenes

Terpenes are aromatic oils produced in trichomes—microscopic hairs on plant leaves—that **create unique scents and flavors**. Cannabis developed terpenes to defend against predators and attract pollinators. There are **many different factors that influence the terpenes present** in any given plant including:

- soil-type
- fertilizers
- weather
- climate
- age and maturation

There are hundreds of terpenes in cannabis and **every strain contains a unique profile** of terpenes. For example, a Super Lemon Haze bud has a high concentration of limonene, a terpene most commonly found in lemons, while a strain such as Purple Kush is high in linalool, a terpene most commonly found in lavender.

Terpenes are produced by all strong-smelling plants, and research suggests that they **play a role in differentiating effects** of various cannabis strains. By binding to receptors in the brain, some terpenes may facilitate anxiety-relief and relaxation.

Terpenes interact with the compounds in cannabis, such as cannabinoids.

Cannabinoids that present in high abundance in cannabis are THC and CBD.

Researcher and neurologist, Ethan Russo, described how **terpene profiles may be amplified or even modified** based on the presence of THC and CBD, which is known as the **entourage effect**. This means that terpenes may have the ability to mediate our body's interaction with therapeutic cannabinoids, possibly creating additional medical value to cannabis.

Many cannabis analysis labs are starting to test the terpene content of strains. With their seemingly unlimited combinations of effects, **terpenes have opened new promising outlets for cannabis research**.