



KENTUCKY ALTERNATIVE CARE  
*wellness without compromise*

## TERPENES 101

*The scents, the science, and how they make you feel*

### WHAT ARE TERPENES?

Terpenes are the natural compounds that give cannabis its smell, flavor, and personality. That citrusy strain you love? That calming lavender aroma? That earthy pine scent? Thank terpenes.

But they're not just about fragrance. Terpenes also interact with cannabinoids like THC and CBD to influence how a product feels — whether it's relaxing, energizing, soothing, or uplifting.

This interaction is part of what's known as the entourage effect, where cannabinoids and terpenes work together to enhance therapeutic effects.

### HOW DO TERPENES AND CANNABINOIDS WORK TOGETHER?

The way cannabis affects you isn't just about how strong it is — it's about how it's made up.

That's where cannabinoids come in — especially psychoactive cannabinoids, which affect mood, perception, and energy. When combined with specific terpenes, these compounds can create very different results.

### KEY PSYCHOACTIVE CANNABINOIDS

CANNABINOID	WHAT IT DOES
<b>THC (Delta-9)</b>	Produces the classic "high", may reduce pain and support sleep Common Use: General relief, appetite, mood
<b>THCV</b>	Can act as a stimulant in low doses; may suppress appetite Common Use: Focus, energy, appetite control
<b>CBN</b>	Mildly psychoactive, often used for sedation Common Use: Sleep support, relaxation
<b>Delta-8 THC</b>	Milder than Delta-9; may offer calm without intensity Common Use: Anxiety support, mild euphoria

**Note:** All psychoactive cannabinoids are regulated and available only to certified Kentucky medical cannabis patients through licensed dispensaries.

## TOP TERPENES TO KNOW

TERPENE	SCENT	MAY SUPPORT	FOUND IN
Myrcene	Earthy, musky	Relaxation, body effects	Mango, hops
Limonene	Citrus, lemon	Mood, stress relief, energy	Citrus peel, juniper
Linalool	Floral, lavender	Calming, sleep, anxiety support	Lavender, mint
Pinene	Pine, fresh	Mental clarity, inflammation	Pine needles, rosemary
Caryophyllene	Peppery, woody	Pain support, tension relief	Black pepper, cloves
Terpinolene	Herbal, citrusy	Uplifting, light sedation	Apples, nutmeg, lilacs

## MATCHING TERPENES + CANNABINOIDS TO YOUR GOALS

YOUR GOAL	HELPFUL TERPENES	KEY CANNABINOIDS
Restful sleep	Myrcene, Linalool	THC, CBN
Focus and mental clarity	Pinene, Limonene	THCV, Low-dose THC
Stress relief	Linalool, Caryophyllene	CBD, Low-dose THC
Uplifted mood	Terpinolene, Limonene	THC, Delta-8
Pain management	Caryophyllene, Myrcene	THC, CBD

## TIPS FOR PATIENTS

- Smell can guide you: If you're drawn to a scent, your body might be too
- Ask for lab results: Look for products with terpene and cannabinoid profiles on the label
- Start low and slow: Especially with psychoactive cannabinoids, ease in and see how your body responds
- Keep a log: Track the products you try, how they made you feel, and which terpenes or cannabinoids were dominant

## STAY COMPLIANT. STAY EMPOWERED.

### As a Kentucky patient, you must:

- Be registered with the Kentucky Medical Cannabis Program
- Purchase only from licensed dispensaries
- Keep products stored safely and use them responsibly
- Never share your products — even if someone has a card

## LET'S FIND YOUR PERFECT MATCH

We're here to help you understand more than just strain names. We'll work with you to match terpenes, cannabinoids, and product types to your individual needs — so you can feel informed, supported, and in control of your wellness journey.



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