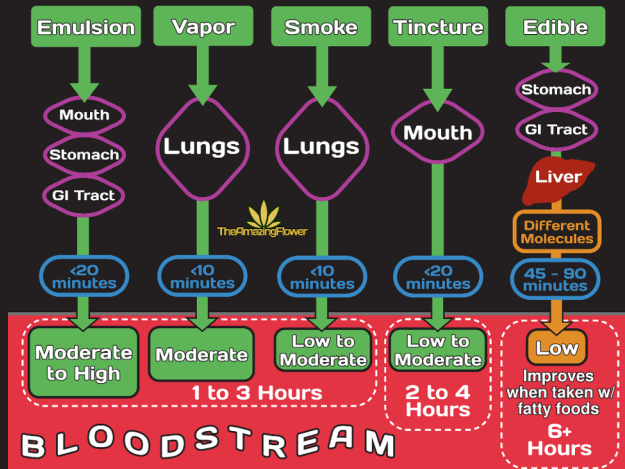


Cannabinoid Bioavailability

(How much actually gets into your bloodstream)



*Rough estimates based on good conditions. People respond to cannabinoids differently & significant variations have been observed. Design# C041, © 2024 CBGA Medical, LLC

This guide presents a collection of information about individual molecules from research & experts. Always **START LOW** (dose) & **GO SLOW** (increasing it). If something in this guide needs updating, please send let us know: (cs@cbgamedical.com). Thank you!

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2024 Pocket Guide

MAJOR CANNABINOIDS


Name	Reported to help with:
CBDA	nausea, spasms, pain, inflammation, anxiety, antiviral, tumors
CBGA	tumors, seizures, blood sugar/pressure, nausea, antimicrobial
THCA	nausea, inflammation, antiviral, tumors, seizures, neuro. aid
THCVA	appetite suppression, pain, inflammation, sleep 
CBC	pain, depression, bone stimulant, inflammation, skin health, spasms, antimicrobial, tumors, neuro. & gastro. aid
CBD	pain, anxiety, depression, blood sugar/pressure, spasms, tumors, antimicrobial, inflammation, bone stimulant, gastro. aid, skin aid
CBDV	nausea, anxiety, inflammation, spasms, bone stimulant, gastrointestinal & neurological aid
CBG	hypertension, pain, anxiety, depression, blood sugar/pressure, skin aid, inflammation, antimicrobial, spasms, tumors, bone & appetite stimulant, neuro. & gastro. aid
CBN	pain, anxiety, depression, spasms, inflammation, bone stimulant, sleep, gastro. & neuro. aid, tumors, appetite stimulant
Δ8-THC	pain, anxiety, depression, nausea, inflammation, appetite stimulant, sleep, gastro. & neuro. aid; euphoric
Δ9-THC	bronchodilator, pain, anxiety, depression, nausea, appetite stimulant, inflammation, spasms, seizures, tumors, sleep, skin aid, hypertension, gastro. & neuro. aid; euphoric
THCV	focus/energy, appetite suppression, blood sugar, spasms, bone stimulant, inflammation, pain, tumors, neuro. aid

Cannabinoids are often bi-phasic: a high dose can have the exact opposite effect of a low dose. They boil at very high temperatures (over 400°C, 752°F). However they (& terpenes) will evaporate (vaporize) at temperatures well below their boiling points.

MORE UPLIFTING THE TERPENE

Name	Reported to help with:	Boils
Terpinolene	uplifting (with THC), pain, antimicrobial, tumors, depression, gastrointestinal aid; (sweet herbal, pine)	369F 187C
Phellandrene	pain, inflammation, depression, antimicrobial, tumors, gastrointestinal aid; (woody, citrus, mint)	342F 172C
Ocimene	decongestant, depression, inflammation, tumors, spasms, antimicrobial, gastro. aid; (green citrus)	352F 178C
Carene	memory retention, focus, bone stimulant, anxiety, inflammation, gastro. aid; (musky citrus, pine)	340F 171C
Valencene	alertness/focus, bronchodilator, allergies, inflammation; (fresh citrus, orange)	520F 271C
Limonene	anxiety, depression, inflammation, spasms, tumors, antimicrobial, gastrointestinal aid; (citrus, lemon)	349F 176C
Borneol	pain, anxiety, inflammation, antimicrobial, tumors, gastro. & neuro. aid; (metallic, minty, cool)	414F 212C
γ-Terpinene	inflammation, antimicrobial, antioxidant, tumors, blood sugar, neurological aid; (lime, tropical, citrus)	362F 183C
α-Pinene	focus, memory, pain, bronchodilation, neuro. aid, antimicrobial, tumors, anxiety, inflammation; (pine)	313F 156C
α-Terpinene	inflammation, antimicrobial, antioxidant, tumors, blood sugar; (woody, pine, smokey)	343F 173C
β-Pinene	focus, memory, pain, bronchodilation, neuro. aid, tumors, anxiety, inflammation; (earthy pine)	331F 166C
Sabinene	inflammation, antimicrobial, antioxidant, gastrointestinal aid; (spicy, citrus, pine) 	396F 202C
Bisabolol	skin aid/softener, pain, inflammation, anxiety, tumors, antimicrobial, neuro. aid; (light, floral, sweet)	599F 315C
Fenchol	antifungal, pain, inflammation, antimicrobial, neuro. aid; (lemon-lime, pine, camphor)	397F 203C

SPECTRUM MORE CALMING

Guaiol	blood pressure, pain, inflammation, tumors, antimicrobial, gastro. aid; (cypress, rose)	550F 288C
Camphene	reduce cholesterol and triglycerides, antimicrobial, antioxidant, tumors, antiviral (camphor, musky)	318F 159C
α-Terpineol	hypertension, anxiety, inflammation, spasms, sleep, antimicrobial, tumors, gastro. aid; (lilac, floral)	430F 221C
Humulene	appetite suppression, pain, inflammation, spasms, tumors, antimicrobial; (wood, earth, hops)	334F 168C
Caryophyllene	bone stimulant, pain, depression, spasms, tumors, inflammation, gastro. & neuro. aid; (spicy, pepper)	493F 256C
Farnesene	relaxant, anxiety, inflammation, antimicrobial, spasms, tumors, gastro. & neuro. aid; (apple rinds)	523F 273C
Eucalyptol	bronchodilation, focus, pain, anxiety, tumors, inflammation, gastro. & neuro. aid; (cool camphor)	349F 176C
Nerolidol	anxiety, inflammation, tumors, antimicrobial, antioxidant, anti-fungal, relaxant; (woody bark, floral)	529F 276C
Linalool	sedative, pain, anxiety, depression, inflammation, spasms, skin, tumors, neuro. aid; (floral, lavender)	388F 198C
Caryophyllene Oxide	binds w/CB2 receptor, pain, inflammation, antimicrobial, antioxidant; (dry, spicy-sweet) 	536F 280C
Myrcene	THC agonist (helper), sedative, pain, anxiety, depression, inflammation, spasms; (musky, earth)	333F 167C

Everyone has unique biochemistry; these compounds may affect you differently. Always START LOW (dose) & GO SLOW (increasing the dose). Cannabis' aroma is not solely determined by terpenes; other molecules contribute such as esters, thiols, VSCs, & many more.