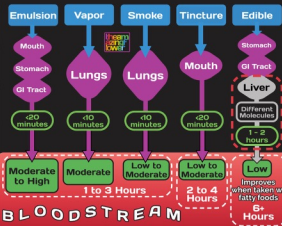


Cannabinoid Bioavailability

(How much actually gets into your bloodstream)



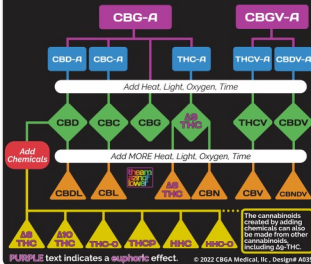
Based on averages. People respond to cannabinoids differently & significant variations have been reported. START LOW (dose) & GO SLOW (increasing that dose).

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The Family Tree



One way to help normalize cannabis is by doing more research. You can help. Stop by TheAmazingFlower.com & take 1 anonymous research survey. Here's what we've got so far:



theamazingflower.com

2023 Pocket Guide



Compliments of:

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Cannabinoids




Name	Boils	Reported to help with:
CBD-A		nausea, inflammation, antiviral, tumors
CBG-A		pain, antimicrobial, antiviral, inflammation
THC-A		nausea, inflammation, antiviral, tumors, spasms, gastrointestinal aid, calming
THCV-A		appetite suppression, sleep, pain, inflammation
THCV	428°F 220°C	appetite suppression, focus, high blood sugar, spasms, bone stimulant, pain
CBC	428°F 220°C	pain, depression, bone stimulant, inflammation, skin, antimicrobial, tumors, neurological aid
CBN	365°F 185°C	sedative, pain, anxiety, depression, spasms, inflammation, bone stimulant, neurological aid
CBD	356°F 180°C	pain, anxiety, depression, blood sugar, hypertension, inflammation, spasms, tumors, bone stimulant, gastrointestinal aid 
Δ8-THC	347°F 175°C	pain, anxiety, nausea, inflammation, appetite stimulant, sleep, neurological aid; (euphoric)
CBDV	329°F 165°C	inflammation, nausea, spasms, bone stimulant, neurological & gastrointestinal aid
Δ9-THC	315°F 157°C	pain, anxiety, depression, nausea, appetite stimulant, inflammation, spasms, tumors, sleep, gastrointestinal & neurological aid; (euphoric)
CBG	126°F 52°C	hypertension, pain, anxiety, depression, inflammation, antimicrobial, spasms, tumors, bone stimulant, neurological aid, calming

Table row **COLORS** represent boiling point temperature ranges: **Blue** for the lowest boiling points, up to **Purple** for the highest boiling points. Ingredients in dark text are reported to have **Calming or Relaxing** effects. Visit TheAmazingFlower.com for more cannabinoids, terpenes, benefits & links to terpene boiling point references. Some benefits were omitted for space.

Terpenes & Terpenoids

Name	Boils	Reported to help with:
Geraniol	446°F 230°C	blood sugar, pain, depression, spasms, tumors, inflammation, neurological aid; (floral)
Terpineol	430°F 221°C	anxiety, inflammation, spasms, antimicrobial, tumors, gastrointestinal aid; (lilac, floral)
Borneol	414°F 212°C	pain, anxiety, inflammation, antimicrobial, tumors, gastrointestinal aid; (metallic, minty)
Fenchol	397°F 203°C	antifungal, pain, inflammation, antimicrobial, antioxidant, neurological aid; (pine, lime)
Linalool	388°F 198°C	sedative, pain, anxiety, depression, spasms, inflammation, tumors; (floral, lavender)
Terpinolene	369°F 187°C	energizing (with THC) - sedating by itself, pain, depression, gastrointestinal aid; (pine, herbal)
Terpinene	362°F 183°C	inflammation, antimicrobial, antioxidant, tumors, sedative; (herbal, pine, allspice) 
Ocimene	352°F 178°C	depression, inflammation, tumors, spasms, antimicrobial, gastrointestinal aid; (tropical)
Eucalyptol	349°F 176°C	alertness, bronchodilation, pain, anxiety, inflammation, gastrointestinal aid; (camphor)
Limonene	349°F 176°C	anxiety, depression, inflammation, spasms, tumors, gastrointestinal aid; (citrus, lemon)
Carene	340°F 171°C	memory, bone stimulant, inflammation, anxiety, gastrointestinal aid; (musky lemon)
Humulene	334°F 168°C	appetite suppression, pain, inflammation, spasms, tumors, antimicrobial; (earth, hops)
Myrcene	333°F 167°C	THC agonist (helper), pain, anxiety, depression, inflammation, spasms, sedative; (musky, earth)
a-Pinene	313°F 156°C	focus, memory, bronchodilation, anxiety, inflammation, antimicrobial; (pine needles)

Terpenes & Terpenoids

Name	Boils	Reported to help with:
Phytol	637°F 336°C	anxiety, inflammation, tumors, spasms, antioxidant, mild sedative; (green tea)
Bisabolol	599°F 315°C	skin aid/softener, pain, inflammation, tumors, antimicrobial; (light, floral)
Guaiol	550°F 288°C	pain, inflammation, tumors, antimicrobial, gastrointestinal aid; (cypress, pine, rose)
Caryophyllene Oxide	536°F 280°C	binds w/CB2 receptor, pain, inflammation, antimicrobial, antioxidant; (spicy-sweet)
Nerolidol	529°F 276°C	anxiety, inflammation, tumors, sedative, antimicrobial, antioxidant; (woody, waxy)
Farnesene	523°F 273°C	anxiety, inflammation, spasms, tumors, antimicrobial, gastrointestinal aid; (apple)
Valencene	520°F 271°C	focus, allergies, bronchodilation, skin damage, inflammation; (sweet, citrus)
Cedrene	505°F 263°C	inflammation, spasms, tumors, antimicrobial, antiseptic; (woody-sweet)
Caryophyllene	493°F 256°C	binds w/CB2 receptor, pain, depression, spasms, inflammation, tumors, gastrointestinal & neurological aid; (spicy)
COMBUSTION	451°F 233°C	FAHRENHEIT 451 

These are not claims about any product or ingredient. This is just a collection of generally accepted information from experts & research. Everyone has unique biochemistry, so these ingredients may affect you differently. Always **START LOW** (dose) & **GO SLOW** (increasing your dose).

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