

Mary Medibles Consulting

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What therapeutic effects does it have?

Relieves pain, inflammation, and insomnia,

Over 0.5% creates a sedating effect, whereas less than 0.5% creates an energizing effect.

What other plants is it in?

Mangos
Hops
Lemon grass
Basil
Thyme
Verbena

What strain is known to be high in myrcene?

Blue Dream is a popular strain known for a sweet berry aroma and gentle cerebral effects. Its high myrcene content provides anti-inflammatory and pain-fighting qualities.

Low in myrcene?

White Widow is a potent strain known for its strongly euphoric and energizing effect.

What is the boiling point?

332°F
167°C

Anything particular interest?

Myrcene is most common terpene in cannabis strains.

Do mangoes increase your high?

- A study in the 1970's on mangoes increasing cell permeability led some to theorize they make THC cross the blood-brain barrier faster.
- Based on a 1997 study, the theory is, if eaten prior to smoking/ingesting that the myrcene & other terpenes from the mango(es) will help pull the THC & it's terpenes into our CB1 receptors more quickly & thus we experience the high more rapidly.