



KNOW YOUR TERPENES

| <u>TERPENE</u> | <u>EFFECTS</u> | <u>FOUND IN</u> |
|----------------|---|--|
| CARYOPHYLLENE | ELEVATED MOOD RELAXATION | BLACK PEPPER, OREGANO, CLOVES, BASIL |
| FARNESENE | SEDATIVE MUSCLE RELAXANT | NUTMEG, APPLES, CUMIN, LILACS |
| HUMULENE | SEDATIVE MUSCLE RELAXANT | GINGER, HOPS, BASIL, GINSENG |
| LIMONENE | ELEVATED MOOD RELAXATION | FRUIT, LEMON, JUNIPER, PEPPERMINT |
| LINALOOL | ELEVATED MOOD PAIN RELIEF STRESS RELIEF | LAVENDER, FLOWERS |
| MYRCENE | MUSCLE RELAXANT ELEVATED MOOD SEDATIVE | MANGO, THYME, HOPS, LEMONGRASS |
| OCIMENE | ELEVATED MOOD ENERGY | MINT, ORCHIDS, PARSLEY, BASIL |
| PINENE | ASTHMA INFLAMMATION IMPROVES MEMORY | PINE NEEDLES, ROSEMARY, BASIL, PARSLEY |
| TERPINEOL | ELEVATED MOOD STRESS RELIEF SEDATIVE | MINT, ORCHIDS, PARSLEY, BASIL |
| TERPINOLENE | SEDATIVE MUSCLE RELAXATION | NUTMEG, APPLES, CUMIN, LILAC |



ABOUT US

"Akeso Botanicals, LLC Provides Medical and Recreational Cannabis, Hemp, and other related health products. Everything we do, we do for you. Come and check us out and you will see the difference."

CONTACT US



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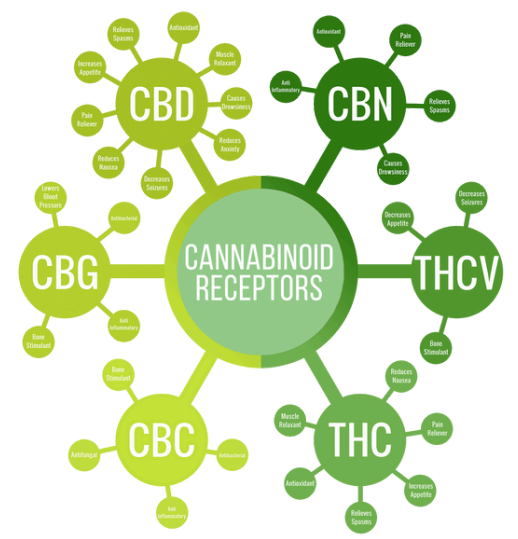


@akesobotanicalsnm

*Use Responsibly
Keep away from children
and pets*



THE ENDOCANNABINOID SYSTEM AND OTHER HERBS THAT CONTAIN CANNABINOIDS.



CANNABINOIDS

Cannabis is a complex plant that works through the interactions of various chemical components. While we're continually discovering more about the compounds that make weed work—including things like [terpenes](#), [flavonoids](#) and [cannasulfurs](#)—the OG elements of the plant's therapeutic applications are the cannabinoids. Humans have receptor sites within our bodies that are configured to respond to cannabinoids. The ultimate goal of this interplay is to create stability and promote wellness.

Here's a rundown of common cannabinoids and their effects:

THC

Tetrahydrocannabinol (THC) is the most well-recognized cannabinoid because it's the one that's primarily responsible for the psychoactive effects of cannabis, the "high." Once the only measure of the quality of any given cannabis flower, this cannabinoid's brilliance over all others is only now starting to dim slightly with the rise of CBD. THC can alter the functioning of the hippocampus, the area of the brain that stores memories. [THC](#) also impacts the brain's areas associated with pleasure, concentration, movement, coordination, and time perception. It's the most prevalent of the active ingredients in cannabis. The presence of THC, more specifically 0.3% THC, is the arbitrary measure that defines a plant as cannabis as opposed to hemp.

CBD

Cannabidiol (CBD) is the second most prevalent cannabinoid found in cannabis. This cannabinoid doesn't make people feel "stoned" or intoxicated and can alleviate some of the adverse effects of feeling too high. Scientists and researchers are studying [CBD](#) to treat a wide range of illnesses associated with anxiety, chronic pain, depression, and inflammation.

THCA & CBDA

The acidic precursors of what becomes THC and CBD, these cannabinoids need the heat to become "active" in the traditional sense. In their raw form, these cannabinoids benefit the body by reducing inflammation and regulating the immune system.

CBN

Cannabinol (CBN) is what THC turns into as it ages. This cannabinoid has synergistic effects with THC, leading to enhanced sedative effects, meaning it's useful for treating insomnia. The easiest way to find [CBN](#) is through aged flowers.

CBG

The "mother" of all cannabinoids, cannabigerol (CBG) is the main building block for what later becomes THC and CBD. As the plant matures, enzymes break down the acidic form of [CBG](#), CBGA, into THCA, CBDA and CBCA (cannabichromene). The amounts of CBDA that remain after this process become CBG with heat. CBG is gaining increasing attention for its potential to treat things like inflammatory bowel disease, chronic pain and epilepsy.

THCV

[Tetrahydrocannabivarin \(THCV\)](#) is a rare cannabinoid that acts as an appetite suppressant. This cannabinoid has shown an ability to treat diabetes and several other conditions, including anxiety and osteoporosis.

CBC

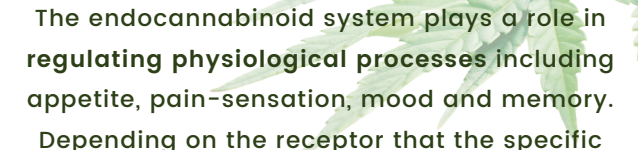
[Cannabichromene \(CBC\)](#), has potent anti-inflammatory effects and treats pain.

A GUIDE TO FINDING THE BEST EDIBLE DOSE FOR YOU

It is important to remember that ingesting THC takes between 45-90 minutes to have an effect as it enters the bloodstream through digestion. If you decide to take more before you feel any effects, you risk having an unpleasant or even frightening experience.

- **1 - 2.5mg THC:** This dose is considered a micro dose, which even seasoned consumers take regularly if they want to stay focused and productive. You can expect mild pain and stress relief, while getting a jolt of creativity and focus. This is also wonderful for social situations and people who suffer from social anxiety disorder as it will help take the edge off.
- **2.5 - 15mg TCH:** For those struggling with persistent insomnia, stress, pain and other ailments, this dose is recommended. You can expect stronger symptom relief as well as blissful feelings though this is strong enough to cause impairment, so be sure that you don't have to operate machinery of any kind with this amount.
- **15 - 30mg THC:** Only seasoned cannabis users and edible consumers are recommended to start dosing at this amount, as well as medical patients who have already developed tolerances. This is also ideal for patients who struggle with extreme, treatment-resistant insomnia because it will deliver an intense head and body high that is sure to lull you to sleep. Driving is not recommended at all.
- **30 - 50mg THC:** Individuals who struggle with gastrointestinal disorders that may affect how they metabolize cannabinoids, and individuals who have a high tolerance to THC, are ideal consumers for this type of dosage. You can expect extremely relaxed, and in many cases, couch-locked.

Unless you have years of experience with cannabis, its not recommended to consume over 40mg of edibles in one go. Even then, its effects will be powerful and can last for up to 12 hours



The endocannabinoid system plays a role in **regulating physiological processes** including appetite, pain-sensation, mood and memory. Depending on the receptor that the specific cannabinoid binds to. The naturally occurring cannabinoids are produced internally by humans and animals and are known as **ENDOCANNABINOIDS**. There are other types of cannabinoids that will affect your body in a similar way, such as those produced by certain plants, **PHYTOCANNABINOIDS**, These include, but **are not limited to the cannabis plant.**

- **Cacao:** Is a superfood that contains beneficial chemicals which help make serotonin and melatonin. Serotonin is the key hormone that **stabilizes your mood and feeling of well-being** or happiness, helping with sleeping disorders, eating and digestion while melatonin is a hormone associated with our **sleep-wake cycle** and can be used to treat insomnia.
- **Black Pepper:** Is a very common herb used for cooking and possibly found in all homes around the globe but what most people don't know is that black pepper contains lots of **beta-caryophyllene** which acts on the **CB2 receptors**, just like CBD does, providing a potent anti-inflammatory effect that can ease joint pain, easily.
- **Coneflower:** Is a pink flower usually used as a cold remedy but has a lot in common with cannabis when talking about the cannabinoid system. This plant can **relieve anxiety, migraines, fatigue and arthritis** due to the natural amides it contains, which provide very similar effects to those produced by THC.
- **Helichrysum:** Contains large amounts of **CBG** which is the same Phyto cannabinoid found in cannabis plants and is most often used as an antidepressant and mood stabilizer
- **Black Truffles:** Produce the same anandamide that cannabis and cacao produce, providing in a runner's high type of effect. This chemical helps regulate mood and pain perception.