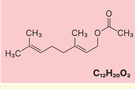
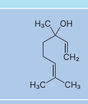
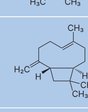
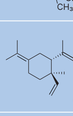
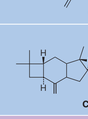
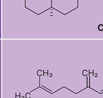
The Cicada Terpene Effect Table

'SATIVA-DOMINANT'	FORM	EFFECTS	SCENT			
ENERGY	Terpinolene	$C_{10}H_{16}$	**Stimulation, energetic** (M. A. Lewis et al., 2018) **Comforting, calming** (Ito & Ito, 2011) (Grafmann et al., 2005) **Anti-inflammatory** (de Christo Scherer et al., 2019) **Anti-oxidant, anti-cancer, antiproliferative** (Aydin et al., 2013)	sweet, piney, herbal, floral **BP: 186°C**	FLORAL NOTES	FLORAL AMBER	MORNING
	α-Phellandrene	$C_{10}H_{16}$	**Anti-nociceptive** (D. F. Lima et al., 2012) **Anti-hyperalgesic, anti-depressive**	citrus, peppery, woody, mint **BP: 171°C**			
	β-Ocimene	$C_{10}H_{16}$	**Anxiolytic** (Mahita, 2014) **Anti-bacterial** (Mihai & Holban, 2017)	floral, green **BP: 100°C**		SOFT FLORAL	
	Geranyl-Acetate	 $C_{12}H_{20}O_2$	**Anti-oxidative** (Quintans-Júnior et al., 2013)	floral with fruity twist **BP: 245°C**			
INSPIRE	ɣ-Terpinene	$C_{10}H_{16}$	**Reduces serum cholesterol and triglycerides** (Y. Takahashi et al., 2003) **Anti-oxidant, anti-inflammatory** (Guo-Xiang & Zai-Qun, 2009) **Anti-fungal** (Barchiesi et al., 2006)	woody, citrus **BP: 183°C**		FRUITY	
	Valencene	$C_{15}H_{24}$	**Anti-inflammatory** (Tsoyi et al., 2011)	citrus, fruity **BP: 123°C**			
	Limonene	$C_{10}H_{16}$	**Inspiration** (M. A. Lewis et al., 2018) **Anxiolytic** (Komiya et al., 2006) (N. G. P. B. Lima et al., 2013) **Anti-depressant** (Komori et al., 1995) (Komiya et al., 2006) **Anti-nociceptive** (Do Amaral et al., 2007) **Increasing motility** (Buchbauer et al., 1993) **Anti-inflammatory** (Lappas & Lappas, 2012) **Anti-carcinogenic** (Haag et al., 1992) **Antioxidant** (Roberto et al., 2010) **Antifungal, anti-bacterial** (E. B. Russo & Marcu, 2017)	sour, citrus, fresh **BP: 176°C**	FRESH NOTES	CITRUS	
	Δ-3-Carene	$C_{10}H_{16}$	**CNS depressant** (Ocete et al., 1989) **Anti-inflammatory** (E. B. Russo & McPartland, 2001) **Dries excess fluids** (Mihai & Holban, 2017)	citrus, sweet **BP: 171°C**			
FOCUS	α-Terpinene	$C_{10}H_{16}$	**Anti-oxidant** (Guo-Xiang & Zai-Qun, 2009)	woody, citrus, medicinal **BP: 174°C**		GREEN	
	α-Pinene	$C_{10}H_{16}$	**Focus** (M. A. Lewis et al., 2018) **Analgesic** (De Cássia Da Silveira E Sá et al., 2013) **Bronchodilator, anti-inflammatory, stimulant, AChE inhibitor** (F. J. B. Lima et al., 2010) **Anti-microbial** (Da Silva et al., 2012)	piney, dry, woody, resinous, herbal **BP: 155°C**			
	β-Pinene	$C_{10}H_{16}$	**Anxiolytic** (Satou et al., 2014) (Yang et al., 2016) **Anti-nociceptive** (Hiin et al., 2008) **Anti-depressant** (Guzmán-Gutiérrez et al., 2015) **Bronchodilator** (Falk et al. 1990) **Relaxant, anti-spasmodic** (Câmara et al., 2003) **Increasing motility** (Buchbauer et al., 1993) **Memory enhancing** (Kennedy et al., 2011) **AChE inhibitor** (F. J. B. Lima et al., 2010) **Anti-microbial, anti-cancer anti-inflammatory, anti-allergic** (Gil et al., 1989) (Salehi et al., 2019) (Da Silva et al., 2012)	piney, dry, woody, resinous, cooling **BP: 166°C**		HERBAL MINT	
	1,8-Cineole	$C_{10}H_{18}O$	**Anti-nociceptive, stimulant, AChE inhibitor, increases cerebral blood flow, anti-biotic, anti-inflammatory**	eucalyptus **BP: 172°C**			
CALM	Fenchol	$C_{10}H_{18}O$	**Possible stimulant, anti-bacterial**	camphor, piney, sweet, lemon **BP: 201°C**	AMBER NOTES	SOFT AMBER	
	α-Terpineol	$C_{10}H_{18}O$	**Sedative, AChE inhibitor** (E. B. Russo & McPartland, 2001) **Calming** (M. A. Lewis et al., 2018) **Anti-oxidant, anti-inflammatory, antibiotic** (Buchbauer et al. 1993)	flowery, herb, piney **BP: 219°C**			
	Bisabolol	$C_{15}H_{26}O$	**Anti-irritant, anti-inflammatory, antimicrobial, analgesic, anti-biotic** (Srivastava et al., 2010)	citrus, floral, sweet, spicy, peppery **BP: 153°C**		AMBER	
	Camphene	$C_{10}H_{16}$	**Reduces plasma cholesterol and triglycerides** (Vallianou et al., 2011) **Anti-oxidant, free radical scavenger** (Quintans-Júnior et al., 2013)	piney, herbal, green, spicy **BP: 159°C**			
RELAX	Linalool	 $C_{10}H_{18}$	**Relaxing** (M. A. Lewis et al., 2018) **Sedative** (Buchbauer et al., 1991) **Anxiolytic** (E. B. Russo & McPartland, 2001) **Anti-depressive** (Komori et al. 1995) (Guzmán-Gutiérrez et al., 2015) **Analgesic** (Batista et al., 2010) (Peana et al., 2002) **Neuroprotective, anti-inflammatory** (Pereira et al., 2018) (De Cássia Da Silveira E Sá et al., 2013) **Anti-convulsant** (Elisabetsky et al., 1995) (E. B. Russo & McPartland, 2001) **Immunostimulant, local anaesthetic** (E. B. Russo, 2011)	flowery, fresh, spicy, wood **BP: 198°C**		WOODY AMBER	MIDDAY
	β-Caryophyllene	 $C_{15}H_{24}$	**Analgesic, anti-inflammatory** (Gertsch, 2008), **Anxiolytic, anti-depressant** (Bahi et al., 2014) **CB2 receptor agonist** (Klodzinska et al., 2016) **Cytoprotective, anti-malarial**	woody, spicy, clove, dry **BP: 160°C**			
	ɣ-Elemene	 $C_{15}H_{24}$	**Anti-cancer effects** ("Recent advances in the study of elemene on cancer," 2012)	sweet, fruity, dry **BP: 252°C**	WOODY NOTES	DRY WOOD	
	Caryophyllene-oxide	 $C_{15}H_{24}O$	**Anti-fungal, stimulant, decreases platelet aggregation** (E. B. Russo, 2011)	woody, sweet **BP: 279°C**			
SLEEP	α-Humulene	$C_{15}H_{24}$	**Anti-inflammatory** (Fernandes et al., 2007) **Anti-asthmatic** (Rogerio et al., 2009)	woody, hoppy **BP: 106°C**		WOODY	EVENING
	Guaiol	$C_{15}H_{26}O$	**Anti-inflammatory** (Apel et al., 2010)	woody, pine, hints of rose **BP: 92°C**			
	Eudesmol	$C_{15}H_{26}O$	**Stimulates appetite** (Ohara et al., 2017)	sweet, waxy **BP: 301°C**		MOSSY WOOD	
	Myrcene	 $C_{10}H_{16}O$	**Sedative, motor relaxant** (M. A. Lewis et al., 2018) (Do Vale et al., 2002) **Anxiolytic** (Dkempol et al., 2008) **Analgesic** (Lorenzetti et al., 1991) (RAO et al., 1990) **Anti-spasmodic** (Câmara et al., 2003)	earthy, fruity, clove-like, spicy, herbaceous **BP: 168°C**			
'INDICA-DOMINANT'	FORM	EFFECTS	SCENT				

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