

BREATHE TOPICAL FORMULATION

Specially formulated to showcase the calming properties of the marijuana plant.

WHAT IS BREATHE?

BREATHE is part of a growing family of proprietary medical marijuana formulations by Ilera Holistic Healthcare. Our formulations are created by extracting, isolating, and then re-assembling the medicinal compounds from the marijuana plant to achieve specific, targeted effects.

BREATHE HAS A 2:1 RATIO OF THC TO CBD

Science tells us that THC can make us sleepy, while CBD has been shown to promote mental clarity. CBD reduces some of the effects of THC, particularly paranoia, anxiety, and the psychoactive high because it partially blocks the CB1 receptors that absorb THC.

This makes BREATHE a suitable cannabinoid option for patients with more sensitive systems, or who desire the benefits of medical marijuana without the heavy feeling of sedation.

WHAT MAKES UP BREATHE?

CBD + THC + Terpenes (Linalool, Terpinolene)

- **THC** provides mild pain relief, relaxation and calm
- **CBD's** anti-inflammatory properties add clarity and balance
- **Terpinolene** is an antioxidant¹ and helps reduce anxiety in the central nervous system²
- **Linalool** adds anti-anxiety, analgesic, anti-inflammatory anti-epileptic³ and antidepressant properties⁴

THC + CBD + TERPENES (LINALOOL, TERPINOLENE)

A growing body of research suggests that marijuana compounds work with each other to produce synergistic health effects. This means that while cannabinoids may be powerful on their own, blending THC, CBD and Terpenes can produce complementary medicinal benefits.



*Approximate Ratio

BREATHE TERPENES



Linalool is a naturally occurring terpene found in many flowers and spices including lavender. Humans have inhaled the scent of certain plants, including many containing linalool, since ancient times to help lower stress levels



Terpinolene is able to increase total antioxidant capacity levels in white blood cells, has been found to be a central nervous system depressant and may reduce psychological excitement.

¹<https://www.ncbi.nlm.nih.gov/pubmed/24590926> ²<http://europepmc.org/abstract/MED/23339024>, <https://www.ncbi.nlm.nih.gov/pubmed/23339024> ³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3165946/> ⁴<https://www.sciencedirect.com/science/article/pii/S0378874112004953#f0020>



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