

# SOOTHE FORMULATION

SOOTHE formulation is specially blended to harness the analgesic properties of the marijuana plant.

## WHAT IS SOOTHE?

SOOTHE 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.

## WHAT FORMS OF SOOTHE ARE AVAILABLE?

Available as a topical cream, SOOTHE offers both fast acting and long-lasting effects.

## WHAT MAKES UP SOOTHE?

### THC + CBD + Terpenes (Caryophyllene, Humulene)

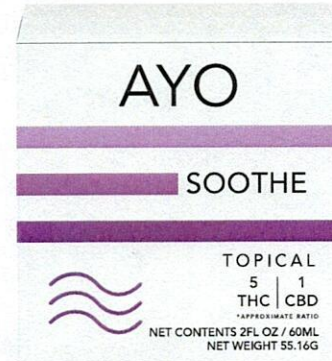
- **THC** in elevated amounts for anti-inflammatory, analgesic and mood enhancing effects
- **CBD** further reduces inflammation and provides added medicinal benefit
- **Caryophyllene** impacts the CB2 receptors to support anti-inflammatory and analgesic effects
- **Humulene** is an anti-inflammatory agent that enhances the effectiveness of cannabinoids

### THC + CBD + TERPENES (CARYOPHYLLENE, HUMULENE)

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.



# SOOTHE



\*Approximate Ratio

## SOOTHE TERPENES



**Caryophyllene** gained the attention of scientists when it was discovered to be one of the first non-cannabinoids to directly activate cannabinoid receptors. Since Caryophyllene interacts with the body's CB2 receptors, which play a role in relieving pain, this terpene supports and boosts the analgesic effects of CBD and THC.<sup>1</sup>



**Humulene** is a terpene that binds effortlessly to the body's endocannabinoid system's receptors.<sup>2</sup> Humulene is anti-inflammatory<sup>3</sup> and an anti-pain compound<sup>4</sup>. This is why it has been used for years in Chinese medicine, in recent times, in medical marijuana.

<sup>1</sup> Taming THC: potential cannabis synergy and phytocannabinoid-terpenoid entourage effects Ethan B Russo <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3165946/> <sup>2</sup> <https://www.ncbi.nlm.nih.gov/pubmed/18951339> <sup>3</sup> <https://www.ncbi.nlm.nih.gov/pubmed/17559833> <sup>4</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5083753/>

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