



Hempture



HEMPTURE TERPENES MIXING GUIDE

Cannabis



BECOME A **STOCKIST**



Be part of our forward thinking team and show the world the next step in human evolution – Cannabis. We will handle operations and all the back office details leaving you to do what you do best.

The Hempture team is your team, we give you your own personal Hempture advisor that will answer your questions and your clients questions via email on demand.

WE SHIP TO ALL EU COUNTRIES

Get in touch: hello@hempture.ie



IRISH CANNABIS EXPERTS



HEMPTURE PLANT MEDICINE PRODUCTS CONTAIN LESS THAN 0.2% THC AND COME FROM EU CERTIFIED SEED TO RESPECT EUROPEAN REGULATION.

Hempture CBD is ORGANIC, all natural, no herbicides, fungicides or chemical fertilisers have been used in the process whatsoever.

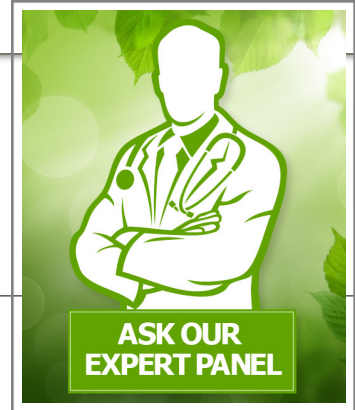
All our products (including our packaging) are produced in the **Republic of Ireland.**

www.Hempture.ie

MEET OUR EXPERTS



FOOD IS
MEDICINE



JENNY MCELVANEY

**dip NT, dip HM, dip LC, dip Ac. LAc,
(Vietnam), NTOI, AFPA.**



“My extensive research and education in Herbal Medicine has contributed to my development of an innovative approach to healthcare. I have travelled to the US, Vietnam and numerous European Countries, researching and training under some of the Worlds renowned doctors.

While studying Nutritional Therapy using Functional Medicine I discovered treating the body as a whole is vital, and the only way to get to the root cause of the health issue. Thanks to this combination of skills, I have great flexibility in working with clients.”

Jenny McElvaney

Jenny is a fully qualified Irish Nutritional Therapist and has furthered her career in to Herbal Medicine and Acupuncture. After more than a decade of practicing nutritional science, **herbal medicine** and acupuncture, this has enabled Jenny through practical experience to become one of Irelands leading contemporary experts when it comes to the **nutritional value of Cannabinoids.**

Through her years of experience, she has discovered what works, what doesn't, and what it means to live a truly full life. Jenny's practical advice combined with **Hempture CBD** has helped many people recover to full health without the need for synthetic chemicals.

To start restoring your health book a professional consultation on Hempture CBD, Herbal Medicine or Nutritional Therapy by simply contacting Jenny today via jenny@hempture.ie

Hempture terpenes are undiluted, 100% pure, highly concentrated and completely raw, so they should be handled with care and should never be consumed without mixing them with the intended product. When diluted in the desired product and in the correct proportions, terpenes are 100% safe and provide flavour and other benefits, they can be used individually in your product to harness each terpene's unique effect or combined in different terpenes.

1ml of terpenes = approx 20 drops.

1 drop in 10ml = 0.50%.

2 drops in 10ml = 1%.

4 drops in 10ml = 2%.

8 drops in 10ml = 4%.

10 drops in 10ml = 5%

It is recommended to test the quantity from the lowest, as our terpenes have an easily intense aroma and taste when used.

Aim to dilute terpenes to a concentration of 5% or less of the volume of the final product. Terpenes will dissolve well in oils, alcohols, and vegetable glycerin — but poorly in water

Concentrated terpenes can cause damage and irritation to the skin and lungs. Avoid getting terpenes in your eyes, mouth, or nose — wear gloves and goggles

Terpene oils contain pure, concentrated terpenes; using terpene oils in this form can cause several health issues.

Terpene oils aren't actually made of oil — they're made of alcohols, ketones, monoterpenes, triterpenes, and more. Their chemical characteristics have solvent-like activity — which can irritate the skin and mucous membranes, or worse.

Liquid bases for vaping (for making Vape e-liquids)

The recommended and most commonly used amount of terpenes to ensure sufficient flavour in e-liquid bases is between 1 and 3% terpenes (you can use up to 4, but 2% is standard and most commonly used).

For example, if you wanted to add 2% terpenes to 10ml of e-liquid base, you would use 0.2ml of terpenes and for 100ml of e-liquid base and 2% terpenes, you should add 2ml.

Cannabis extracts and concentrates

The recommended and most common amount of terpenes used to impart sufficient flavour and aroma to dry extracts (dry hash or traditional hash), jelly, BHO (wax, shatter, live resin...), rosin or THC and CBD distillates is between 1 and 3% terpenes (you can use a maximum of 4%, although 2-3% is the standard).

For example, to add 3% terpenes to 10grams of a cannabis concentrate, distillate for example, you would add 0.3ml of terpenes.

It is strongly recommended to test the amounts used and start with small amounts - for example, use 1 drop per 3g, 1 drop per 2g, 1 drop per 1g, and then wait a few days to test them and see which one is best for your particular taste depending on the ratio used.

It's important to mix your creation properly to ensure an even and balanced result, and you should let it sit for at least 24/48 hours before consuming it so that the terpenes can be fully absorbed.

Cannabis or hemp flowers

Terpenes can also be used to enhance and improve the aroma of cannabis or cannabis flowers. It is not recommended to add more than 4 % terpenes to the flowers and in some cases it may be necessary to use even less, as the flowers may already contain some terpenes of their own. Excess terpenes can cause an intense aroma which may be too strong and not at all pleasant.

The ideal way to use terpenes with flowers is to use a Terps Spray.

Food and beverages

Its not recommended to add terpenes to food products without safeguards in place and the correct authorisations. The correct proportion of our terpenes (cannabis flavourings) recommended for food and beverages is much lower than the proportion used in e-liquids and cannabis products.

The amount of terpenes always depends on the base of the food or beverage being produced and also on the process used.

It is recommended to use terpenes during cold processes and when there are no pressure changes (e.g. vacuum drying) as this will stop any evaporation and allow them to fully dissolve and be absorbed into the food or drink.

Some examples of ratios used in food and beverages are as follows:

Beer: 1ml of terpenes per 3l of beer, approx.

Sparkling water: 1 or 2 drops per approx. 1L of water.

Oils: 1: 1ml of terpenes per 3L of oil, approx.

Storage

- Our terpene profiles are supplied with safety valves, anti-leakage technology and screw caps.
- After using the product, we recommend placing each element back in place to prevent possible terpene evaporation or contamination.
- Terpenes are volatile compounds, their recommended storage is in the refrigerator (approximately 7 degrees C) to prevent evaporation during use.

- The temperature at which terpenes are handled should never exceed 60°C to prevent evaporation of the most volatile terpenes.
- Always store terpenes in their original packaging, as the material used (dark glass, which does not transmit UV radiation) is designed to better preserve thermo- or photosensitive products. This protects them from temperature changes, cross-contamination, etc. (terpenes can act as a diluent and cause corrosion of materials such as plastic).



**HEMPTURE
TERPENES**

STRAIN SPECIFIC

HEMP



HEMP



Lab tested by
IIHA APPROVED



WHAT IS **CBD**?

Cannabidiol (CBD) is a chemical compound found in Hemp and Cannabis plants. CBD is thought to have potential utility for treating a wide range of symptoms and illnesses, including anxiety, inflammation, pain, seizures and even chronic addictions such as alcoholism.

CBD is a Phytocannabinoid discovered in 1940. It is one of at least 113 identified Cannabinoids in cannabis plants and accounts for up to 40% of the plant's extract. CBD can be used in multiple ways including by inhalation of smoke or vaping e-liquid, by mouth in the most common form of CBD oil, in addition to capsules, dried cannabis, hemp tea, or in cream and balms etc.

CBD has no psychoactive effects and is not thought to alter a user's state of mind. This makes the molecule attractive to those looking to medicate without the "stoned" feelings often associated with THC, particularly with those who suffer from anxiety. CBD is also generally considered to be safe at high doses and has not shown indications of causing dependency.

CBD is also being looked at closer at several academic research facilities for its potential anti-cancer properties. The first documented use of cannabis-derived medicine dates back to 2737 BC when Chinese Emperor Sheng Nung used a cannabis-infused tea to aid with a variety of ailments including memory, malaria, rheumatism and gout.

It wasn't until 1839, when **Irish physician** and medical researcher, William B. O'Shaughnessy, published a study which investigated the plant's therapeutic effects, that researchers did begin to consider the medical applications of cannabis.

While the Irish researcher may have not realised it then, he had just opened the door towards the discovery of the compounds that would one day be referred to as cannabinoids.

This brings us to the modern age and the possibility that Endocannabinoid Deficiency Syndrome (**ECDS**) could be the cause and rise of so many diseases and illnesses in this day and age. The Endocannabinoid system regulates our body's homeostasis, a state of harmonic balance where everything works as it should.

After all.. When the Cannabis plant was 'banned' nearly 100 years ago they essentially removed Cannabinoids from the human diet - in essence what they did was deprive the human race of a what is now widely considered an essential micronutrient, or in simple terms - a Vitamin, that your body needs in small quantities for the proper functioning of its metabolism... **A shocking coincidence?**

WHAT IS **ECDS?** **Endocannabinoid Deficiency**

Syndrome (ECDS) is a condition where an individual's body produces a lower amount of cannabinoids than experts consider to be essential in the promotion of health, vitality, and well-being.

The theory of ECDS explains that these health conditions are due to a deficiency in Endocannabinoid levels, akin to the way neurotransmitter deficiencies are behind other illnesses - like serotonin deficiency in depression for example. The theory is that the cause of these syndromes is an insufficient amount of Cannabinoids in your body - its that simple.

The Endocannabinoid System (ECS) is present in every major bodily system, which is how its dysfunction can theoretically cause such a variety of conditions - and how cannabis manages so well to treat them!

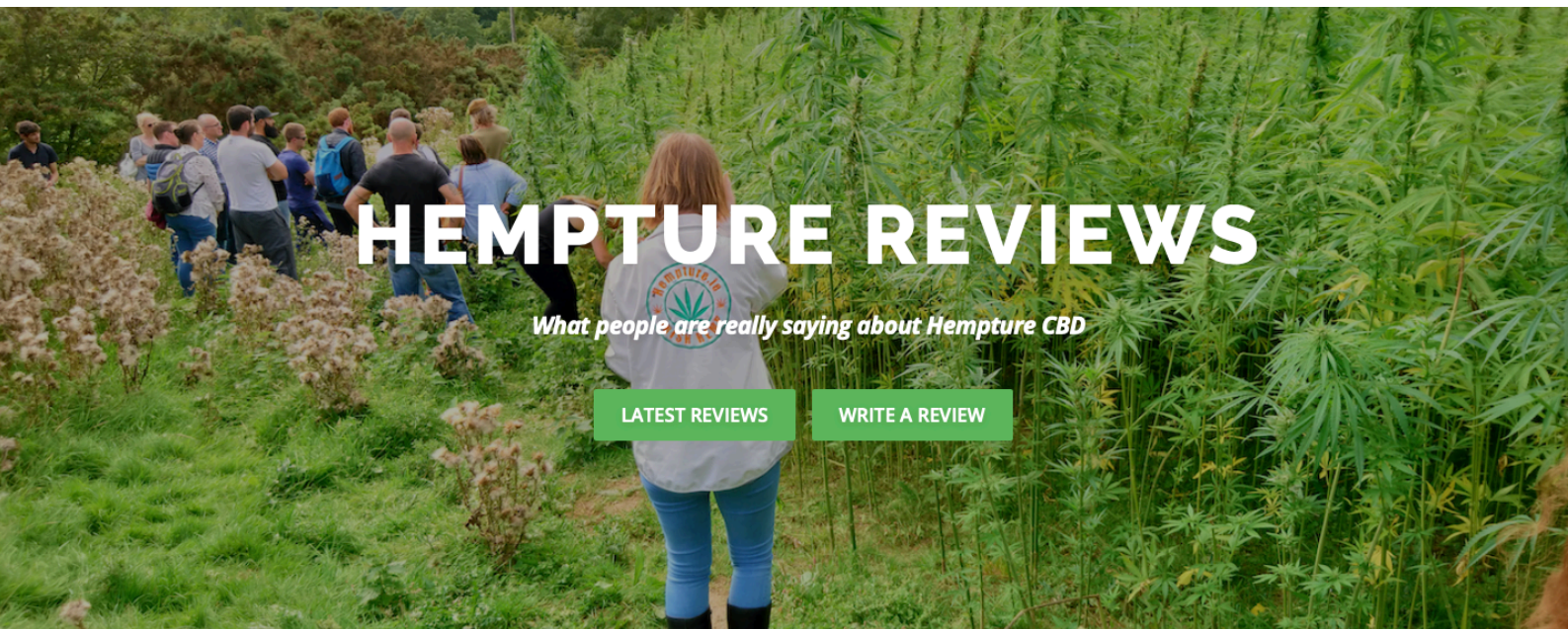
Renowned cannabinoid researcher Dr. Ethan Russo first proposed the theory of Endocannabinoid deficiency in 2004. In a study, published in *Neuro Endocrinology Letters*, Russo suggested that deficient cannabinoid levels might explain why some conditions develop. Cannabinoids found in plants like hemp, including cannabidiol (CBD), are analogous to the Endocannabinoid's naturally produced by the body. Research shows that they interact with the cannabinoid receptors of the Endocannabinoid system to elicit chemical responses that help bring about homeostasis.

While more research needs to be done before endocannabinoid deficiency can be proven beyond doubt, the theory could open the door for methods to prevent and manage certain conditions. Russo believes cannabinoids from cannabis plants like hemp are essential nutrients that can minimise certain diseases by assisting the endocannabinoid system and ensuring that it functions properly. The endocannabinoid system has been recently recognised as an important modulatory system in the function of brain, endocrine, and immune tissues. It appears to play a very important regulatory role in the secretion of hormones related to reproductive functions and response to stress.

You shouldn't assume that your doctor is well versed in current medical cannabis literature. One way to find out his level of knowledge is to inquire if he or she has attended any education programs or workshops about cannabis recently. You shouldn't be surprised if the answer is "no." Most doctors these days simply prescribe toxic synthetic chemicals masquerading as medicine. What happened to the Hippocratic oath?

So the next time you're at the doctor's, whether you suffer from a chronic illness, or not, think about asking your doctor what you can do to improve the health of your Endocannabinoid system.. And maybe put some pressure on them to find out!





5 STAR REVIEWS

We are delighted to announce our new dedicated website for leaving reviews and general feedback for Hempture products or anything that's on your mind for that matter we are all ears!

You're feedback helps us improve.

Leave a review and get entered into a monthly competition to win a Hempture CBD hamper

If you have used our products or dealt with our company in any capacity over the years we would be really grateful if you can leave an honest review, good or bad!

Write your review
www.HemptureReviews.ie



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HEMPTURE



At Hempture it's not just our organic CBD extract that make us special, it's the people who bring it to the masses. They are carefully chosen for their approach in this area of expertise, enthusiasm and belief in this true wonder of nature – CANNABIS.

Get in touch to discuss partnerships.



YOUR LOCAL HEMPTURE STOCKIST IS: