## BETA-CARYOPHYLLENE (BCP) FREQUENTLY ASKED QUESTIONS

### WHERE DOES BCP COME FROM?

At least 30 plants have high concentrations of BCP but the main source for it is hops or copaiba which is a rainforest tree from South America. Hemp contains only trace amounts of BCP.

### WHAT'S THE DIFFERENCE BETWEEN ORAL AND TOPICAL BCP FORMULATIONS?

The topical form of BCP is highly concentrated and immediately absorbed locally and systemically into the body. The oral form of Liposomal BCP delivers enhanced absorption and distribution to all parts of the body including the immune system, brain, eyes, liver and fat tissue. The liposomal form does this by imitating a natural cell membrane that can be easily absorbed by the body.

### HOW IS IT TAKEN?

Topical formulas are used by applying drops to an area of pain, such as the lower back, or the back of the hands. The liposomal formula is taken orally twice a day with or without food. In addition, the liposomal formula can be applied to painful, sensitive areas on the skin or in the mouth.

## HOW DOES BCP WORK?

Beta-Caryophyllene (BCP) works by targeting the body's endocannabinoid system to block the inflammatory process which helps with pain, stress disorders, diabetes, and high cholesterol. BCP blocks overreacting immune conditions and pain receptors when applied locally to joints, muscles, the back of hands or taken orally.

A few drops of the oil are all that are needed for calming, relaxing, and inflammation or swelling. Since it does not come from cannabis, everyone could benefit from this natural terpene.

ABLEDOC'S APOTHECARY
ENDOCANNABINOID ACTIVATION

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# BCP

*Beta-Caryophyllene (BCP) is a natural and safe food-derived dietary cannabinoid that works with the body to enhance endocannabinoid health.*

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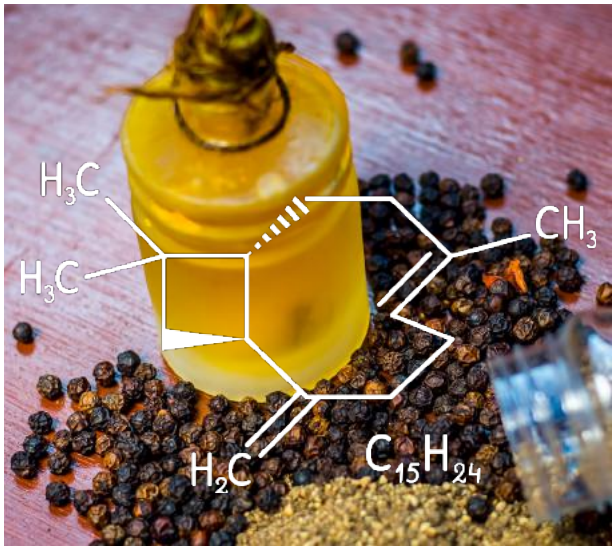



# AN EVERYDAY SOLUTION FOR EVERYONE

Beta-Caryophyllene, or BCP, is a terpene (chemical compound) found in medicinal and food plants such as hemp, black pepper, clove oil, hops, oregano, allspice, chamomile, rosemary, and cinnamon.

BCP's most distinguishing characteristic is that it can be categorized as both a cannabinoid and a terpene. It has been proven to have powerful antimicrobial, antibacterial and anti-inflammatory properties. Similar to CBD, it binds to the brain's CB2 receptors to provide powerful therapeutic relief for chronic pain and inflammation.

It is approved by the USFDA and European Food Safety as a food additive. Currently BCP is available in capsules, powder, oil tinctures and gel formulations.

**Both internal and topical applications of BCP have no psychoactive effect.**


- Proc Natl Acad Sci U S A. 2008 Jul 1;105(26).
- Polypharmacological Properties & Therapeutic Potential of Beta-Caryophyllene. Curr Pharm Des. 2016;22


## BCP: A NATURAL ACTIVATOR WITH NO ADVERSE SIDE EFFECTS

Beta-Caryophyllene (BCP) works by targeting the body's endocannabinoid system to block the inflammatory process and to help with pain, stress disorders, diabetes, and high cholesterol. BCP activates the endocannabinoid CB2 receptors that regulate all immune cells and inflammatory substances. It also acts on other receptors that control pain, and levels of glucose and cholesterol. It has shown potent therapeutic promise in neuropathic pain, neuro-degenerative and metabolic diseases, as well as antibiotic and anti-cancer effects.

Specifically, BCP is a natural endocannabinoid type 2 receptor activator which is discussed in numerous medical research articles showing great benefits but no adverse effects. Many people get benefits from BCP alone or in combination with CBD.

Research and preclinical studies show that BCP is proven to help with:

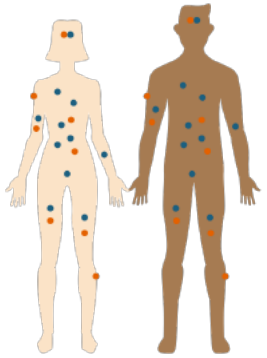
- Inflamation & pain
- Neurological and cognative issues such as depression, anxiety, memory loss, dementia & Alzheimers
- Insomnia & sleep disorders
- Neuropathy
- PTSD
- Epilepsy & autism
- Addiction

## HUMAN RECEPTOR CHART

THE MOST WELL KNOWN CANNABINOID RECEPTORS, CB1 AND CB2, ARE PROTEINS THAT ARE IMBEDDED IN THE MEMBRANES OF CELLS. THESE SURFACE PROTEINS ARE THEN ATTACHED TO ANOTHER PROTEIN THAT DETERMINES THE SIGNALING DIRECTION ACTIVATION OR INHIBITION.

**CB1**

- Brain
- Bone marrow
- Gastrointestine tract
- Immune system
- Liver
- Lungs
- Muscles
- Pancreas
- Reproductive organs
- Vascular system



**CB2**

- Bone
- Bone marrow
- Immune system
- Liver
- Pancreas
- Skin
- Spleen

## YOUR ENDOCANNABINOID SYSTEM AT WORK

The endocannabinoid system (ECS) plays a critical role in our survival. This is due to its ability to maintain homeostasis (balance) of the human body, which encompasses the brain, endocrine, and immune system. It is present nearly everywhere in the human body; allowing it to function as a "master regulator" in the body.

Humans are hard-wired with a system of cannabinoid receptors throughout our brains and bodies. When these receptors are activated, they enable two-way communication between body systems; something previously thought to be impossible.

Multiple known endocannabinoids effect the ECS. All of them seem to have a purpose in anti-proliferative, anti-inflammatory, and anti-metastatic effects (Madia & Daeninck, 2016). Additionally, it appears that they have a role in neurotransmission, immune system, and mitochondrial function.

The ECS supports vital communications between the control centers of the body and every other system. When this system is out of balance, we experience distress.