



A PLAIN-LANGUAGE GUIDE

BETA-CARYOPHYLLENE (BCP)

A natural plant terpene that works with the body's endocannabinoid system. Non-intoxicating, contains no THC, and is not made from hemp or cannabis.

WHAT IS BCP?

Beta-caryophyllene, or BCP, is a terpene: one of the aromatic compounds that give plants their smell and taste. It is the warm, peppery note in black pepper, and it is also found in cloves, rosemary, hops and hemp. The richest natural source is the resin of the Copaiba tree from the Amazon, where it can make up 50 to 60 percent of the essential oil.

In 2008 a team of researchers led by Jürg Gertsch found that BCP binds directly to CB2, one of the two main cannabinoid receptors in the body. That made it the first known dietary compound to do so, and researchers began calling it a "dietary cannabinoid".

THE HEMP CONNECTION

Hemp makes BCP too. It is one of the most common terpenes in the plant and part of the reason hemp and cannabis smell the way they do. But hemp only carries a fraction of a percent of it. Our BCP comes from Copaiba resin, not from hemp, which gives a far stronger, cleaner source with no THC or other cannabinoids in it at all.

WILL IT GET ME HIGH?

No. THC causes a high by activating CB1 receptors, which sit mostly in the brain. BCP does not activate CB1 at normal amounts. It works on CB2 receptors, which are found mostly on immune cells and in the body's tissues. You can take BCP at any time of day.

	BCP	CBD	THC
Main receptor	CB2, direct	Indirect, several targets	CB1 and CB2
Intoxicating	No	No	Yes
Comes from	Copaiba resin, pepper, cloves, hemp	Hemp and cannabis	Cannabis
Australian status	Unscheduled	Schedule 3 or 4	Schedule 8

WHAT PEOPLE NOTICE

People describe BCP as grounding rather than numbing. Many say they feel calmer and more settled within minutes of taking it under the tongue, with a clear head. Some use it to unwind at night, others for calm during a busy day or before meditation. Everyone is different.

THE ENDOCANNABINOID SYSTEM IN BRIEF

Everyone has an endocannabinoid system: a network of receptors and messenger molecules that helps the body keep things in balance. CB1 receptors are concentrated in the brain and nervous system. CB2 receptors are found

mainly on immune cells and are part of how the body manages its inflammatory response. Researchers are studying CB2 closely, and BCP is one of the compounds at the centre of that work.

WHERE OUR BCP COMES FROM

Copaiba resin is collected by tapping the trunk, much like maple syrup. The tree is not cut down and keeps growing for decades. The resin is wild-harvested without pesticides, and buying it supports forest communities in the Amazon.

- **Tap:** a small cut lets the resin drip out.
- **Distil:** steam distillation draws out the oil without solvents.
- **Concentrate:** a second distillation lifts the BCP content.
- **Test:** third-party lab checks for purity, heavy metals and microbes.
- **Bottle:** blended into MCT oil from coconut.

HOW TO USE IT

- Shake the bottle.
- Place 2 to 4 drops under your tongue and hold for 30 to 60 seconds, then swallow.
- Take once or twice a day, or when you want a moment of calm.
- Start low and increase slowly. Follow your health practitioner's advice.

SAFETY AND CAUTIONS

- BCP has been well tolerated in research. Some people notice mild stomach upset at higher amounts. If so, take less or take it with food.
- Not suitable during pregnancy or breastfeeding, or for children, unless your health practitioner advises it.
- If you take prescription medicines, including immune-suppressing medicines, talk to your doctor or pharmacist first.
- Store below 25°C, out of direct sun, and out of reach of children.

WHAT IS IN THE BOTTLE

Beta-caryophyllene from wild-harvested Copaiba resin, in MCT oil (coconut). 30 mL. No THC, no solvents, no fillers. Packed in Australia and posted from Byron Bay.

SELECTED RESEARCH

1. Gertsch J, Leonti M, Raduner S, et al. Beta-caryophyllene is a dietary cannabinoid. *Proc Natl Acad Sci USA*. 2008;105(26):9099-9104.
2. Bento AF, Marcon R, Dutra RC, et al. β -Caryophyllene inhibits dextran sulfate sodium-induced colitis in mice through CB2 receptor activation and PPAR γ pathway. *Am J Pathol*. 2011;178(3):1153-1166.
3. Turcotte C, Blanchet MR, Laviolette M, Flamand N. The CB2 receptor and its role as a regulator of inflammation. *Cell Mol Life Sci*. 2016;73(23):4449-4470.
4. Scandiffio R, Geddo F, Cottone E, et al. Protective effects of β -(E)-caryophyllene (BCP) in chronic inflammation. *Nutrients*. 2020;12(10):3273.

Important. This guide is general information about a plant compound and the research around it. It is not medical advice, and BCP is not intended to diagnose, treat, cure or prevent any disease. Talk to your doctor or health practitioner before starting any supplement, especially if you are pregnant, breastfeeding or taking medicines.

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