# Article information:

Myrcene—What Are the Potential Health Benefits of This Flavouring and Aroma Agent? - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8326332/>

# Article summary:

1. Myrcene is a popular flavouring and aroma agent used in the manufacture of food and beverages, as well as in cosmetics, soaps, and detergents.

2. β-Myrcene has shown promising health benefits in many animal studies, including anxiolytic, antioxidant, anti-inflammatory, analgesic properties.

3. Despite safety concerns due to alleged risk as a potential human carcinogen, several regulatory and scientific expert bodies argue that β-myrcene is safe under conditions of intended use as a flavouring substance.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Myrcene—What Are the Potential Health Benefits of This Flavouring and Aroma Agent?" provides a comprehensive overview of the occurrence, biological and toxicological profile of β-myrcene. The article discusses the potential health benefits of β-myrcene, including anxiolytic, antioxidant, anti-ageing, anti-inflammatory, and analgesic properties. However, the article lacks evidence from human studies to support these claims.

The article also highlights the safety concerns surrounding β-myrcene due to its alleged risk as a potential human carcinogen. The National Toxicology Program in the USA has shown an increased incidence of kidney and liver neoplasms in rodents. However, several other regulatory and scientific expert bodies have argued that β-myrcene is safe under conditions of intended use as a flavouring substance.

The article provides a balanced view on the safety concerns surrounding β-myrcene but fails to explore counterarguments or present both sides equally. The article also lacks information on the potential risks associated with high doses or long-term exposure to β-myrcene.

The article appears to be promotional in nature as it highlights the potential for the formulation and production of non-alcoholic beers, functional foods and drinks, and cannabis extracts rich in β-myrcene. The article does not provide sufficient evidence to support these claims.

Overall, while the article provides valuable information on the occurrence, biological properties, and safety concerns surrounding β-myrcene, it lacks evidence from human studies to support its potential health benefits. The article also appears to be promotional in nature without providing sufficient evidence to support its claims.

# Topics for further research:

* Long-term exposure risks of β-myrcene
* Counterarguments on the safety concerns of β-myrcene
* Human studies on the potential health benefits of β-myrcene
* β-myrcene toxicity levels in non-alcoholic beers and functional foods
* β-myrcene and its effects on liver and kidney neoplasms in humans
* β-myrcene extraction methods for cannabis extracts

# Report location:

<https://www.fullpicture.app/item/82257115e09b4db6e792801f244a2339>