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Terpenoid Synergy: Unveiling the Therapeutic Mosaic in the Treatment of Cannabinoid Addiction

Pranav Bhaskar[1,2]

[1]Integrative Centre for Research & Innovation in Biology, Braj Mohan Jha Science Research & Innovation Foundation, Satellite Campus, Chandigarh-160014, India

[2]Department of Pharmacology, University of Virginia School of Medicine, Charlottesville, Virginia-22903, USA

ABSTRACT

The investigation of novel treatment approaches is necessary since cannabis addiction still presents serious obstacles to modern healthcare. This paper explores the intriguing field of terpenoids and clarifies how they can be used to treat cannabinoid addiction in a variety of ways. The main subject is β-caryophyllene, a terpene that has the unusual ability to activate cannabinoid receptor type 2 (CB2) and have anti-inflammatory effects. In order to slow down the development of addiction, β-caryophyllene appears to be a crucial component in treating the neuroinflammation linked to long-term cannabis use. The paper delves into the complex ways that terpenoids interact with neurotransmitter systems, providing insight into how they affect the GABA and glutamate pathways. This affects reward systems and offers a technique to potentially control cravings and withdrawal symptoms. Additionally, terpenoids' anxiolytic properties, especially those of β-caryophyllene, offer a comprehensive strategy for stress reduction, which is an essential part of addiction rehabilitation. The study examines the synergy of terpenoids and cannabinoids, highlighting how their combined activity may boost medicinal efficacy and emphasizing the entourage effect. The conversation goes beyond β-caryophyllene to include a wide range of terpenoids and how they might be included into customized treatment plans. Nonetheless, difficulties like safety concerns and legal restrictions are recognized. In its optimistic conclusion, the paper calls for more study and creative approaches to incorporating terpenoid synergy into medical practice. This investigation advances the field of cannabis addiction treatment by shedding light on the therapeutic mosaic of terpenoids.

***Corresponding author**

Pranav Bhaskar, Integrative Centre for Research & Innovation in Biology, Braj Mohan Jha Science Research & Innovation Foundation, Satellite Campus, Chandigarh-160014, India.

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Introduction

Cannabinoid addiction, which is often associated with cannabis or marijuana usage, presents a complex issue within the larger context of substance abuse [1]. Although cannabis has historically been thought of as a generally safe drug, some people experience the emergence of problematic consumption patterns that cause severe impairment and misery [2]. Fundamentally, cannabis addiction is a psychological dependence in which users struggle with cravings and a belief that they need cannabis to manage their emotions. The intricate interaction between behavioral and psychological variables lays the groundwork for a more thorough investigation of the nature of cannabis addiction. Tolerance to cannabis increases with prolonged usage, requiring higher doses of the drug to provide the desired effects [3]. People who engage in this increasing pattern of consumption run the risk of developing an addiction because they become caught up in a vicious cycle of increased intake. The psychological hold that cannabinoids can have been highlighted by the fact that attempts to cut back or stop using cannabis frequently result in withdrawal symptoms.

Cannabinoid addiction presents a distinct problem for both individuals and healthcare providers, as it largely displays in the psychological and behavioral realms, unlike substances that have overt physical withdrawal symptoms. Understanding cannabis addiction is further complicated by its neurological foundations. The brain's reward system alters with prolonged exposure to cannabinoids, especially tetrahydrocannabinol (THC), the psychoactive ingredient in cannabis [4]. Cannabis's addictive qualities are further cemented by adaptations in brain regions linked to motivation, pleasure, and decision-making, which reinforce the effects of cannabinoids.

Effective treatment options are becoming more and more necessary as long as cannabis addiction is acknowledged as a real health risk. In contrast to other substances for which treatment methods are well-established, cannabis addiction frequently necessitates a customized strategy that takes into account its distinct behavioral and psychological aspects. Tolerance, withdrawal, and the complex neurobiological changes all provide obstacles that need for creative therapies that go beyond conventional addiction treatment methods [4]. The effects of cannabis addiction extend beyond the lives of individual users and have wider societal ramifications. The potential compromise of one's work, relationships, and general well-being highlights the pressing need for intervention measures that can

lessen these negative outcomes. Encouraging a comprehensive approach to marijuana addiction begins with acknowledging the growing need for efficacious treatment solutions [5].

Terpenoids, a family of chemicals present in many plants besides cannabis, come under scrutiny in the search for novel therapeutic modalities. Recently, terpenoids—which are recognized for their fragrant qualities—have drawn interest due to their possible medical benefits. Among these, the terpene β-caryophyllene, which has a pungent smell, stands out as being crucial to the successful management of cannabis addiction. Among the terpenoids, β-caryophyllene is special because it can activate cannabinoid receptor type 2 (CB2) [6]. This receptor, which is mostly prevalent in immune cells and peripheral tissues, offers a promising target for therapeutic intervention. β-caryophyllene has anti-inflammatory properties through its interaction with CB2 receptors; this may help with neuroinflammation linked to long-term cannabis use, which is a crucial component of cannabinoid addiction [7].

When the conversation shifts to how terpenoids function in therapeutic intervention, the focus is placed not just on β-caryophyllene but also on the wider range of terpenoids found in cannabis. The entourage effect comes into focus. This theory postulates that the combined action of different cannabis chemicals, such as terpenoids and tetrahydrocannabinol (THC), may have a synergistic medicinal impact [8]. This presents a paradigm change in the treatment of cannabis addiction by acknowledging the possible advantages of an integrated and holistic therapeutic approach. With the emergence of terpenoids as possible therapeutic agents, there is a hopeful path forward in exploring the complex terrain of cannabis addiction. We are going to take a deeper look at the special qualities of terpenoids, especially β-caryophyllene, and we will also go toward new and creative approaches to treating the complicated kind of cannabis addiction.

Terpenoids: Aromatic Alchemy in Nature

Terpenoids, also known as terpenes, are a broad group of chemical molecules that are naturally occurring and produced by a variety of plants, including the cannabis plant (Cannabis sativa). These substances add to the flavor and fragrance of plants because of their unique aromatic qualities. Terpenoids are vital to the plant world because they draw pollinators, serve as defensive mechanisms against herbivores, and help plants adapt to environmental stressors [9]. In cannabis, trichomes, tiny hair-like structures that cover the flowers and leaves, are where terpenoids are made. Together with cannabinoids, these substances are secreted in the resin glands, giving each cannabis strain its distinct and complex chemical makeup. With over 100 distinct terpenes found, the diversity of terpenoids in cannabis is astounding. Myrcene, limonene, pinene, and linalool are common terpenoids in cannabis that each contribute unique fragrant notes and possible medicinal effects [10-12].

Importance of Terpenoid-Phytocannabinoid Interaction

The entourage effect, a remarkable property of cannabis, is the result of the interplay between terpenoids and cannabinoids. According to the entourage effect, terpenoids and cannabinoids working together may have a synergistic effect that increases the cannabis plant's total therapeutic potential [8]. This phenomenon emphasizes how important it is for terpenoids and cannabinoids to interact in order to determine the physiological and psychoactive effects of the plant. Terpenoids have been found to affect the absorption, metabolism, and activation of cannabinoid receptors, which in turn affects the pharmacological characteristics of cannabinoids. For example, myrcene, a terpene that is commonly found in cannabis, is thought to augment the effects of THC by facilitating its more effective penetration across the blood-brain barrier [10]. However, terpenoids with the special capacity to activate cannabinoid receptor type 2 (CB2), such as β-caryophyllene, add to their anti-inflammatory and immunomodulatory properties [7].

The distinctive flavors and scents of various cannabis strains are also greatly influenced by the aromatic diversity of terpenoids. Terpenoids are becoming more and more acknowledged for their possible therapeutic advantages, even outside of sensory experiences. For instance, linalool, which is prevalent in lavender and some cannabis strains, may have relaxing and sedative effects, while limonene, which is frequently found in citrus fruits and some cannabis strains, demonstrates anti-anxiety and mood-enhancing qualities [12]. Terpenoids and cannabinoids engage in a complex dance that becomes more and more clear as our knowledge of the cannabis plant grows. This synergy's therapeutic potential opens up new avenues for cannabis usage, both medicinally and recreationally. It provides a comprehensive view that goes beyond the use of individual chemicals. The fragrant alchemy that adds to the cannabis plant's dynamic and various characteristics is revealed as we unravel the mysteries surrounding the interaction between terpenoid and phytocannabinoid compounds.

CB2 Receptor Activation: β-caryophyllene's Unique Role

One terpene in particular, β-caryophyllene, sticks out in the complex world of cannabis chemistry as an important participant with amazing potential in the treatment of cannabinoid addiction. Renowned for its unique spicy and peppery scent, this terpene has gained recognition for its capacity to specifically activate cannabinoid receptor type 2 (CB2), opening up new avenues for the comprehension and treatment of cannabis addiction.

The remarkable property of β-caryophyllene is its ability to bind and activate CB2 receptors specifically. Unlike CB1 receptors, which are mostly present in the central nervous system, these receptors are mainly found in peripheral tissues and immune cells [13]. Within the cannabis plant, β-caryophyllene is a unique chemical due to its unique interaction with CB2 receptors. Essential elements of the endocannabinoid system, a sophisticated regulatory network tasked with preserving homeostasis in the body, are CB2 receptors. While β-caryophyllene's affinity for CB2 receptors opens up a new therapeutic path, cannabinoids like THC typically interact with CB1 receptors. Because of its selectivity, β-caryophyllene may be a safer option in some situations because its effects are less likely to cause the psychoactive reactions linked to CB1 receptor activation.

Long-term cannabis usage has been associated with neuroinflammation, which affects the neuronal circuits responsible for addiction and modifies the brain's reward system [14]. The anti-inflammatory characteristics of β-caryophyllene present a viable approach to managing this neuroinflammatory aspect. β-caryophyllene may help control immunological responses, reduce neuroinflammation, and possibly even ameliorate some of the neurobiological effects of long-term cannabis use by activating CB2 receptors in the brain and central nervous system.

To sum up, β-caryophyllene is an important component of the complex therapy of cannabis addiction. Its distinct function in specifically activating CB2 receptors, along with its strong anti-inflammatory properties, provide a focused and sophisticated method to address the intricacies involved in the development of addiction. β-caryophyllene has the potential to reveal novel treatment approaches that could transform how we treat and

manage cannabinoid addiction as this field of study progresses.

Terpenoids and Neurotransmitter Modulation: Navigating the Neural Landscape

Terpenoids are the aromatic molecules that are plentiful in the cannabis plant and have a fascinating function in altering neurotransmitter systems within the complex chemistry of cannabis [15]. The focus of these terpenoids is on how they interact with the glutamate and GABA (gamma-aminobutyric acid) systems, which are important participants in the complex neurotransmission dance of the brain. A more sophisticated understanding of terpenoids' effects on various neurotransmitter pathways develops as we learn more about them. This understanding illuminates their possible impact on reward pathways, neurotransmission modulation, and addiction recovery.

One of the brain's key inhibitory neurotransmitter systems, the GABA system, is essential for controlling excitability and preserving equilibrium [16]. Terpenoids have been found to affect GABA absorption and release by acting as GABAergic system modulators. The brain circuits linked to pleasure and reinforcement known as reward pathways are significantly impacted by this modulation. The reward pathway, a sophisticated system where neurotransmitters convey pleasurable experiences and reinforce substance-using behaviors, plays a pivotal role in the field of addiction. Terpenoids may have an effect on this complex network via interacting with the GABA system. The complex interplay between excitatory and inhibitory impulses in the brain governs emotional reactions, cognitive functions, and—most importantly—the propensity to engage in addictive behaviors. Terpenoids have the ability to affect the release of dopamine, a crucial neurotransmitter in reward circuits, by modifying GABAergic neurotransmission [17,18]. This modulation presents a novel approach for therapeutic intervention in the treatment of addiction since it might help control cravings and the reinforcing effects of addictive substances.

Glutamate System Balancing Excitatory Processes and Potential Addiction Recovery

The glutamate system is the primary excitatory neurotransmitter system in the brain, functioning in tandem with the GABA system. Terpenoids have been shown to affect the glutamate system, bringing the excitatory processes that support synaptic plasticity and cognitive functioning into a delicate equilibrium [19]. The glutamate system is crucial to the recovery process from addiction. Chronic use of drugs, such as cannabis, can throw off the delicate balance of neurotransmitters that are excitatory and inhibitory. Through their effects on the glutamate system, terpenoids may be able to bring this equilibrium back, creating a more stable brain environment that will aid in healing.

By controlling glutamate release and uptake, excitatory processes are kept in check and excessive excitement, which can lead to neurobiological alterations linked to addiction, is avoided. Terpenoids may help control synaptic plasticity, a key process in learning and memory, by interacting with the glutamate system [20]. The processes of tolerance and sensitization that define addiction may then be impacted by this regulation. Terpenoids have the ability to function as neuromodulators, guiding the brain's environment toward a state that is less supportive of addictive behaviors. These holds promise for the treatment of addiction.

In summary, the interaction between terpenoids and neurotransmitter systems, specifically the glutamate and GABA systems, reveals an exciting new area of research in the neuroscience of addiction. Therapeutic investigation into their effects on reward pathways, neurotransmission regulation, and possible function in addiction recovery is made possible. As our knowledge of the complexities of terpenoid-neurotransmitter interactions expands, we find new ways to use these substances in the search for more sophisticated and successful methods of treating addiction.

Anxiolytic Effects and Stress Management in Cannabinoid Addiction

The delicate interplay between neurobiology and psychology is revealed by the link between stress, anxiety, and cannabis addiction. This investigation narrows the focus on the holistic stress-reduction strategies available in the setting of marijuana addiction, as well as the anxiolytic qualities of β-caryophyllene, a terpene abundant in the cannabis plant [21]. Similar to many other types of substance abuse, worry and stress are frequently linked to cannabinoid addiction. Long-term cannabis usage can change the stress response systems in the brain, which raises anxiety levels. Stress can lead to substance usage, which in turn can lead to an increase in stress and anxiety due to the reciprocal relationship between addiction and stress.

Stress turns into a catalyst for cravings, and those who are experiencing anxiety may turn to the short-term comfort that comes from cannabis as a coping method. The complex interplay of stress, anxiety, and cannabis addiction emphasizes the necessity for all-encompassing strategies that address the psychological as well as the neurobiological aspects of these related problems [22].

β-caryophyllene's Anxiolytic Properties

Presenting β-caryophyllene, a terpene possessing a peppery and spicy scent that is notable for its possible anxiolytic qualities. According to research, β-caryophyllene selectively activates the CB2 receptors through its interaction with the endocannabinoid system [23]. Among terpenoids, this interaction with CB2 receptors is unique and offers a special path for therapeutic intervention. In addition to their role in immune modulation, CB2 receptors also modulate stress responses [24]. Because of its affinity for CB2 receptors, β-caryophyllene may have an impact on the neurobiological mechanisms linked to stress and anxiety, providing a focused and sophisticated method of treating these psychological aspects of cannabis addiction. Research has suggested that by reducing stress-induced reactions, β-caryophyllene may have anxiolytic benefits via its interaction with CB2 receptors [25]. This implies that β-caryophyllene may function as a natural substance to lessen the effects of stress and anxiety in people dealing with cannabis addiction. One exciting direction for therapeutic research is the possibility of using a part of the cannabis plant itself to treat the psychological effects of addiction.

Entourage Effect in Addiction Treatment: Unveiling Synergies for Enhanced Efficacy

The entourage effect is a fascinating phenomenon in the field of addiction treatment that highlights the beneficial interactions between different components in the cannabis plant, especially the dynamic interaction between terpenoids and THC [8, 11]. This integrated approach suggests that the combined action of these several chemicals produces a therapeutic synergy that is higher than the sum of its individual effects, departing from single therapies. Basically, the entourage effect highlights the ability of cannabinoids, like CBD and THC, to collaborate with terpenoids, which are fragrant molecules that give various cannabis strains their unique smells and aromas. This partnership incorporates a subtle pharmacological dance that goes beyond flavor profiles and could help with the intricate nature of addiction. With their special

medicinal qualities, terpenoids can affect inflammation, change neurotransmitter systems, and alter the overall pharmacological profile of the cannabis plant.

The entourage effect presents a fresh viewpoint on the effectiveness of therapy in the context of addiction treatment. Incorporating the entire range of cannabis chemicals, including terpenoids and cannabinoids, as opposed to depending only on isolated cannabinoids, may improve treatment efforts overall. The body's intricate regulatory network known as the endocannabinoid system, which is influenced by cannabinoids, affects functions like mood, reward pathways, and stress response [26]. Conversely, terpenoids influence inflammation, alter neurotransmitter systems, and add to the overall pharmacological profile of the cannabis plant [27].

When combined, cannabinoids and terpenoids may be able to address the complex nature of addiction by addressing the underlying neurobiological and psychological issues as well as the acute symptoms. This all-inclusive strategy is in line with the holistic approach to addiction therapy, which recognizes the complex interaction of multiple variables that lead to addictive behaviors.

Holistic Stress Reduction Approaches

Although β-caryophyllene shows promise as a stress reliever in the setting of cannabis addiction, a wider range of therapies can be achieved through holistic approaches to stress reduction. These methods acknowledge that stress is a complex phenomenon with physiological, psychological, and lifestyle components. Those recovering from cannabis addiction may find a more thorough and customized approach to stress management by combining a range of techniques.

- **Meditation and mindfulness:** These two disciplines can be very effective methods for reducing stress. By encouraging people to live in the present, these methods promote serenity and lessen the negative effects of stress.
- **Therapy & Counseling:** Psychological therapies that target the underlying emotional triggers for substance use, like dialectical behavior therapy (DBT) and cognitive-behavioral therapy (CBT), can provide people with coping tools to manage stress.
- **Exercise:** Studies have indicated that engaging in regular physical activity can lower stress and anxiety levels by encouraging the body's natural mood enhancers, endorphins, to be released. In addition to improving general wellbeing, exercise can be very important for addiction rehabilitation.
- **Nutrition and Sleep:** The cornerstones of stress management are a healthy diet and enough sleep. Foods high in nutrients promote general health, and a body that is well-rested is better able to handle stress.
- **Social Support:** Creating and preserving a robust support system is essential for lowering stress. Having a network of friends, family, or support groups opens up channels for expressing emotions and helps one get through difficult situations.

In summary, the interaction between anxiety, stress, and cannabis addiction highlights the necessity of tailored and all-encompassing treatment plans. An additional layer of specificity to this environment is provided by the possible anxiolytic qualities of β-Caryophyllene, a natural component found in cannabis plants that may aid with stress management. But stress reduction in a larger sense entails the comprehensive integration of several approaches that address the different aspects of a person's life, encouraging a more robust and well-rounded approach to healing.

Potential Combinations for Tailored Therapies

The entourage effect offers a theoretical framework for investigating possible cannabinoid and terpene combination therapies for addiction. It highlights the synergistic interactions between several cannabis components. By carefully choosing strains high in particular terpenes, tailored medicines can be created with the goal of improving medicinal results because of the special qualities of these aromatic compounds. For example, linalool's anxiolytic qualities and myrcene's possible calming effects could be used to address the anxiety and sleep difficulties that are frequently linked to cannabis withdrawal [28]. This method supports the theory that some terpene combinations may have a stronger therapeutic impact due to the entourage effect, offering a more complex and individualized approach to treating withdrawal symptoms.

Furthermore, since terpenoids like pinene and humulene may have anti-inflammatory properties [12,27,29] incorporating them into customized treatments may help reduce neuroinflammation, which is linked to the neurobiological alterations brought on by long-term cannabis usage. Through the judicious combination of terpenoids that have complimentary effects, medical practitioners can create a therapeutic symphony that surpasses the effects of individual components.

Notwithstanding the intriguing possibility of customized treatments utilizing obscure terpenes, there are a number of difficulties in negotiating this complex landscape. The standardization of therapeutic interventions is complicated by the heterogeneity in terpene profiles throughout cannabis strains and the individual differences in patient response to particular terpenes. To further understand the processes behind the synergistic effects of terpenoids and cannabis, additional research is necessary due to the complexity and incomplete understanding of these interactions.

To open up new paths for innovation in the field of cannabinoid addiction treatment, researchers have now been exploring the therapeutic potential of terpenoids beyond β-caryophyllene. These aromatic molecules, which range in flavor from the zesty limonene to the woodsy undertones of pinene, add to the sensory diversity of cannabis and may one day help develop more specialized and potent treatments for patients suffering from cannabinoid addiction. Although it's a less-traveled path, learning about lesser-known terpenes could result in a more complex and individualized approach to addiction therapy.

Unlocking the Therapeutic Potential of Terpenoids in Cannabinoid Addiction Treatment

The focus of terpenoids in the rapidly developing field of cannabinoid addiction treatment has expanded to include a wide range of aromatic chemicals, not just the extensively researched β-caryophyllene. In addition to adding to the sensory complexity of cannabis strains, terpenoids' varied olfactory profiles also have special medicinal qualities that could be used in customized treatments for cannabinoid addiction. The potential of β-caryophyllene to specifically activate cannabinoid receptor type 2 (CB2) has drawn attention, but the therapeutic investigation of lesser-known terpenes reveals an intriguing and mostly unexplored area. Since every terpene has a unique set of possible effects, treating cannabis addiction can be customized to each patient's needs and response by being aware of these subtle differences.

- **Limonene:** One terpene that is frequently present in citrus fruits and certain cannabis strains is limonene. Beyond just having a nice scent, limonene has shown promise as an anti-anxiety and mood-enhancing substance [30]. As limonene elevates mood and may lessen anxiety-related cravings, it may be a useful adjunct to addiction treatment programs in addressing the psychological aspects of addiction.
- **Pinene:** Another terpene with fascinating potential is pinene, which is distinguished by its aroma similar to pine. Research indicates that pinene could have bronchodilator and anti-inflammatory qualities, providing a diverse therapeutic benefit [12, 31]. Its anti-inflammatory properties might be especially useful in treating the neuroinflammation brought on by long-term cannabis usage.
- **Linalool:** With a scent reminiscent of flowers and lavender, linalool may have sedative and anxiolytic properties. This terpene, which is present in lavender and other aromatic plants in addition to cannabis, may be involved in reducing stress reactions and fostering calm [32]. Within the framework of treating cannabis-related addiction, linalool's relaxing characteristics may help control anxiety associated with withdrawal and promote general emotional health.
- **Humulene:** Less well-known than some of its fragrant relatives, humulene has appetite-suppressive and anti-inflammatory qualities. Humulene may have a role in treating inflammatory reactions associated with long-term cannabis usage and reducing potential weight-related issues during the healing process when used in customized therapies [29,33,34].

Conclusion

Through the investigation of "Terpenoid Synergy: Unveiling the Therapeutic Mosaic in the Treatment of Cannabinoid Addiction," a multitude of therapeutic possibilities become apparent. Beyond their olfactory attraction, the complex dance of terpenoids within the cannabis plant exposes a symphony of effects that go well beyond the conventional limits of treating cannabinoid addiction. It is clear from this review's conclusion that terpenoids are essential to a complex, individualized, and all-encompassing strategy for tackling the many facets of marijuana addiction.

The exploration of terpenoid synergy highlights the dynamic interaction between these aromatic chemicals and cannabinoids, providing insights into potential avenues for improving therapeutic results. One of the main characters in this story, β-caryophyllene, interacts with CB2 receptors and provides a special means of intervention. Apart from β-caryophyllene, the other, less well-known terpenoids bring their unique tones to the medicinal blend, treating aspects of addiction ranging from stress reduction and neuroinflammation to cravings and withdrawal symptoms.

The entourage effect, which encapsulates the synergy of terpenoids and cannabis, encourages a paradigm shift in the treatment of addiction. It calls us to embrace the holistic potential of the cannabis plant and go past discrete interventions. Case studies and new clinical data support the idea that terpenoid profiles can be used to tailor therapies, offering a more individualized and successful treatment approach. Each terpenoid adds a layer to the therapeutic mosaic, forming a tapestry that reflects the complexity of individual experiences in addiction treatment, from the mood-enhancing notes of limonene to the anxiolytic melodies of linalool.

However, as we make our way through the exciting landscape of terpenoid synergy, obstacles and directions for future study become apparent. A customized and nuanced approach is necessary due to the variation in terpene profiles among strains, which necessitates a delicate understanding of individual responses. We must investigate the mechanisms behind terpenoid-cannabinoid interactions in greater detail because to standardization restrictions and the necessity for more thorough clinical data. The way forward lies in cooperative research efforts and a dedication to evidence-based methods as we work to uncover the therapeutic potential of terpenoids, improving treatment approaches and broadening the range of their application. As we stand at the intersection of science and the profound impact of terpenoids, the future of addiction treatment unfolds with the potential for more effective, tailored, and compassionate care.

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