

AUST L 335588
AU SKU: 60214124



dōTERRA® FENNEL

Foeniculum vulgare seed oil essential 1 mL/mL

Liquorice, sweet, honey

Aromatic description

Known for its sweet, distinct aroma, fennel originates from the Mediterranean and has been used as a medicinal plant for centuries. Roman warriors consumed fennel before battle believing it would bestow strength and courage. Today, Fennel seed oil is traditionally used in Western herbal medicine to support healthy digestion and appetite. Fennel seed oil possesses a pleasant liquorice-like taste.

PRIMARY BENEFITS

TRADITIONALLY USED IN
AROMATHERAPY TO:

- Support healthy digestion
- Maintain healthy appetite

PRODUCT DESCRIPTION

Fennel can grow up to two and a half metres in height, and has delicate, feathery leaves. The history of Fennel use dates back to ancient times when Roman warriors were said to use before battles. When diffused, Fennel seed oil has a distinct sweet, honey and liquorice aroma. It is traditionally used in Aromatherapy to support healthy digestion and for its carminative properties. Fennel seed oil has been traditionally used in Western herbal medicine to support healthy digestion, and support healthy appetite, when taken orally.

DIRECTIONS FOR USE

INHALATION: Add 2 drops onto a tissue, hold near the nose and inhale deeply for 5 to 10 minutes

Note: Use once per day

ORAL USE: Dilute 1 drop in a glass of water or tea, and drink immediately

Note: Use up to 2 times per day.

See additional precautions below

WARNINGS

KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF PREGNANT OR
BREASTFEEDING.

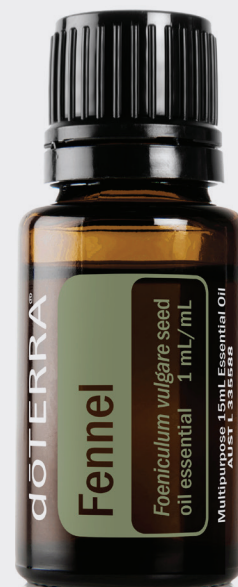
PLANT PART: Seed

EXTRACTION METHOD:

Steam distillation

MAIN CHEMICAL COMPONENTS:

(E)-anethole, limonene, α -pinene



Certified Pure Tested Grade

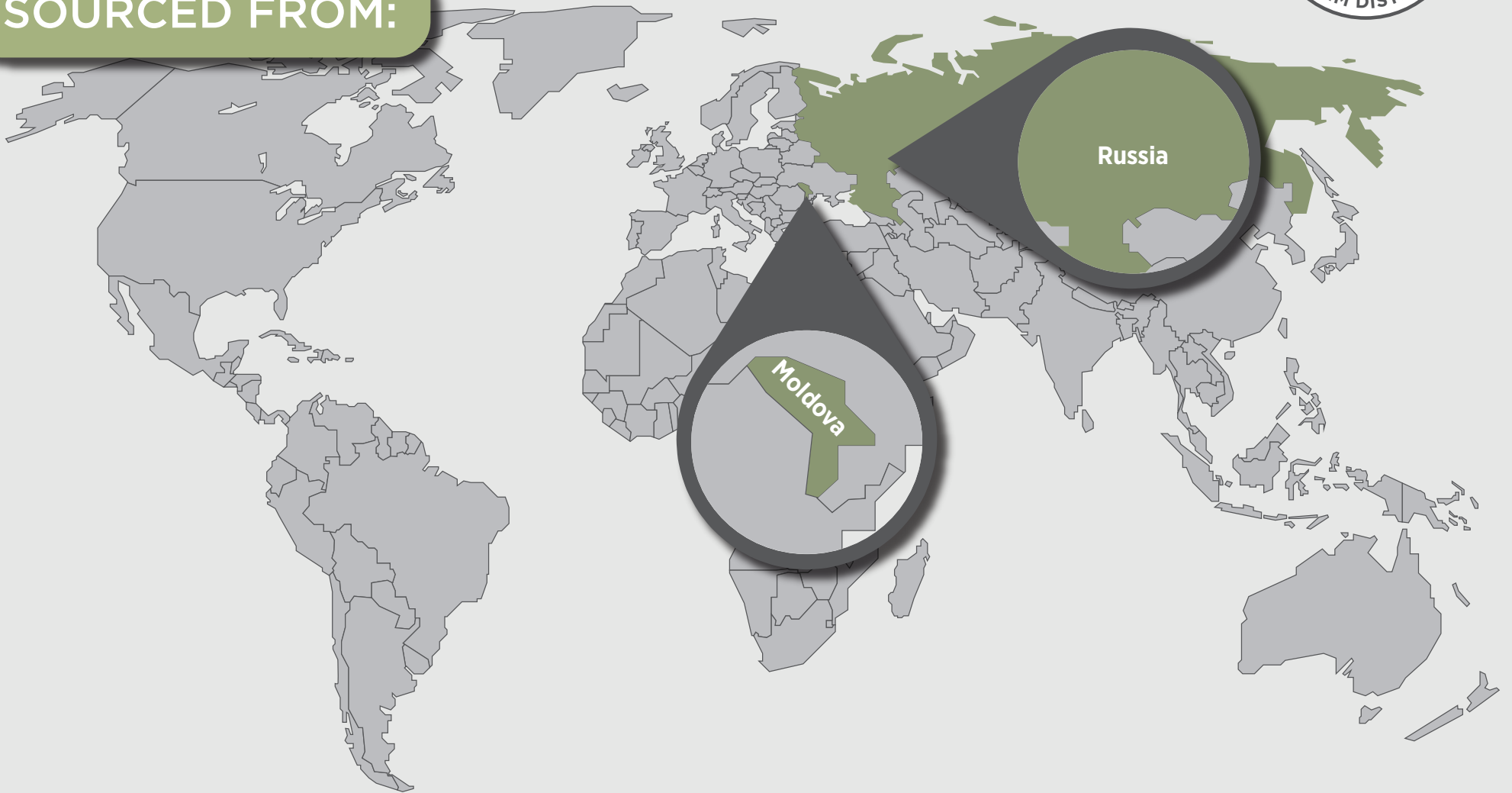
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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Fennel (Sweet) A T I S



SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

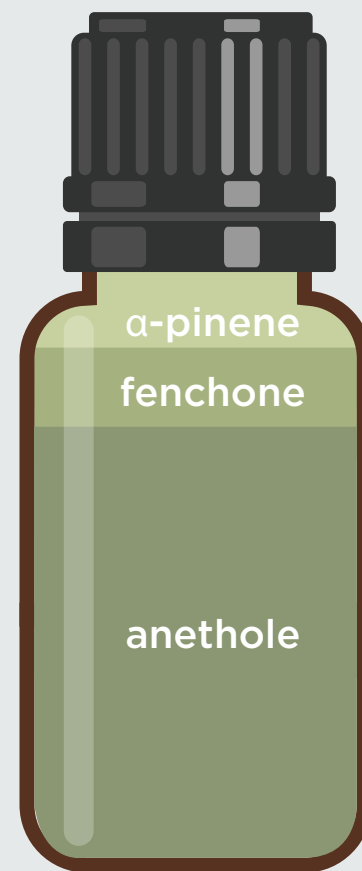


0.32 Kg*



It takes approximately 0.32 kilograms of fennel seeds to produce 15 mL of Fennel essential oil.*

CHEMISTRY:



The main chemical constituent and associated benefit of fennel is:

relaxing

fragrant

digestive support*

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

161

Published studies on the benefits of fennel

Numbers according to PubMed as of December 2017

FUN FACT

The town of Marathon, Greece was named as such due to its abundance of fennel plants, which are called "marathos" in Ancient Greek.

WORKS WELL WITH:

