

# Fennel (sweet)

*Foeniculum vulgare* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A I

**Plant Part:** Seed

**Extraction Method:** Steam distillation

**Aromatic Description:** Licorice, sweet, honey

**Main Chemical Components:** trans-Anethole,  $\alpha$ -pinene, limonene

## PRIMARY BENEFITS

- Promotes healthy digestion when consumed
- Aroma can be both calming and invigorating
- May help promote healthy metabolic function circulation when taken internally

## PRODUCT DESCRIPTION

Fennel can grow up to six feet in height and has delicate, feathery leaves. The history of Fennel use dates back to ancient times when Roman warriors were said to have consumed Fennel to make them strong and ready for battle. Fennel is best known for its distinct licorice aroma and taste, yet its ability to promote healthy digestion is equally noteworthy. Fennel can be added to water as a satisfying alternative to sweets. Fennel may also promote healthy metabolic function, and circulation.

## USES

- Add a drop of Fennel in water or tea when craving sweets.
- Add one to two drops in a veggie capsule to promote digestion.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 120ml of liquid.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

