

AUS ONLY SKU: 60214124  
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# FENNEL

*Foeniculum vulgare* seed oil essential 1 mL/mL

## Digestive wellbeing

*Aromatic description: Liquorice, sweet, honey*

*Support your digestive wellbeing with fragrant and flavoursome sweet Fennel seed oil.*

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 BENEFIT

Traditionally used in Western herbal medicine and aromatherapy, Fennel seed oil's carminative properties can help support healthy digestion.

### INHALATION USES



Traditionally used in aromatherapy to:

- Support healthy digestion
- Reduce flatulence, as a carminative

### ORAL USES



Traditionally used in Western herbal medicine to:

- Support healthy digestion
- Support a 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

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

**Note:** Note: Use up to 2 times per day.

*See additional precautions below*

### PLANT PART:

Seed

### EXTRACTION METHOD:

Steam distillation

### KEY COMPOUND:

(E)-anethole, limonene, α-pinene



Certified Pure Tested Grade

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#### WARNING

KEEP OUT OF REACH OF CHILDREN. ADULTS ONLY. Do not use if pregnant or likely to become pregnant. Do not use while breastfeeding. Avoid contact with eyes, inner ears, and sensitive areas. If you are under a doctor's care, consult your physician.

THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ THE WARNINGS BEFORE PURCHASE. ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL

