

# Fennel

*Foeniculum vulgare* 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



## PRIMARY BENEFITS

- Used for centuries in a variety of applications, fennel is known for its distinct liquorice-honey flavour.
- Stimulating, herbaceous flavour ideal for soups, salads and seasoning for savoury recipes.

## PRODUCT DESCRIPTION

Fennel essential oil is and has been used for centuries. Fennel is a sweet-smelling oil with an aroma and flavour that is commonly compared to that of liquorice.

## USES

- Take one drop of Fennel in water or tea instead of indulging in sweets.
- Add a toothpick's amount to white bean dips and cucumber salads for a savoury flavour.
- Substitute Fennel oil for Fennel seeds in a cooking recipe for a more flavourful meal.

## DIRECTIONS FOR USE

For food flavouring.

## CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa.

