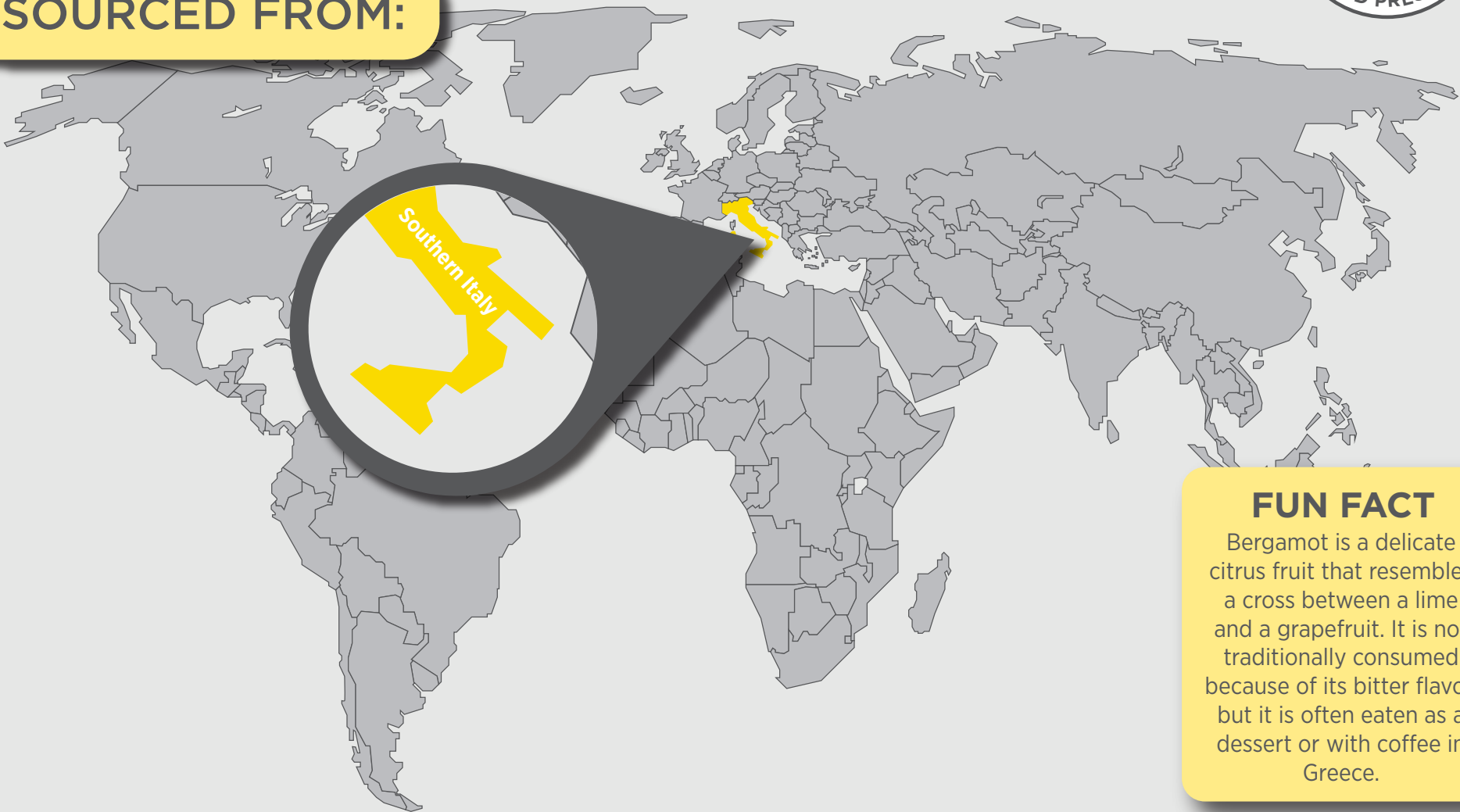


Bergamot A T I S



SOURCED FROM:



FUN FACT

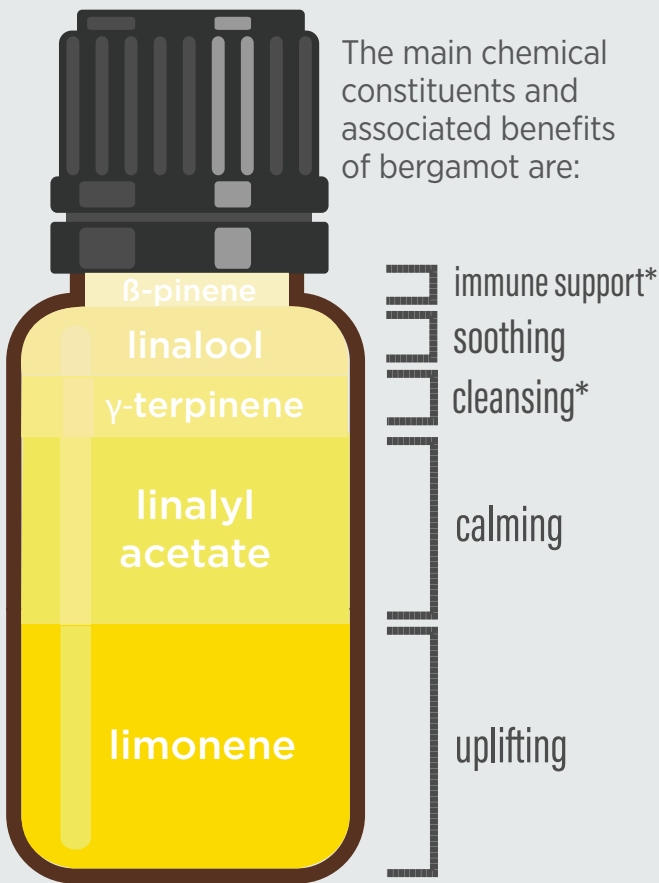
Bergamot is a delicate citrus fruit that resembles a cross between a lime and a grapefruit. It is not traditionally consumed because of its bitter flavor, but it is often eaten as a dessert or with coffee in Greece.

WHAT IT TAKES TO MAKE A BOTTLE:



It takes 6.9 pounds of bergamot peels to produce 15 mL of Bergamot essential oil.

CHEMISTRY:



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

RESEARCH:

121

Published studies on the benefits of bergamot

Numbers according to PubMed as of December 2017

FUN FACT

Earl Grey tea is characterized by the addition of bergamot oil to black teas.

WORKS WELL WITH:

