

Cardamom



SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:



It takes .3 pounds of cardamom seeds to produce 5 mL of Cardamom essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of cardamom are:

cleansing*

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

RESEARCH:

33

Published studies on the benefits of cardamom

Numbers according to PubMed as of December 2017.

FUN FACT

Cardamom oil is produced from seed pods, which typically contain 10-20 seeds per pod. These pods are dried for 36 hours and then sold either as a spice or for distillation.

WORKS WELL WITH:

