

Fennel (Sweet) A T I S



WHAT IT TAKES TO MAKE A BOTTLE:



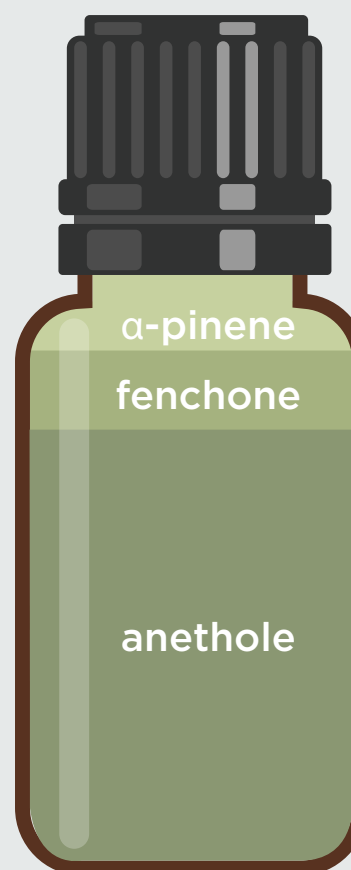
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0.7 LBS



It takes 0.7 pounds of fennel seeds to produce 15 mL of Fennel essential oil.

CHEMISTRY:



The main chemical constituent and associated benefit of fennel is:

relaxing

fragrant

digestive support*

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

RESEARCH:

161

Published studies
on the benefits
of fennel

Numbers according to
PubMed as of December 2017

FUN FACT

The town of Marathon, Greece was named as such due to its abundance of fennel plants, which are called "marathos" in Ancient Greek.

WORKS WELL WITH:

