

Grapefruit

A T I N



WHAT IT TAKES TO MAKE A BOTTLE:



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10 LBS

It takes 10 pounds of grapefruit peels to produce 15 mL of Grapefruit essential oil.

CHEMISTRY:



limonene

The main chemical constituent and associated benefit of grapefruit is:

uplifting

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

RESEARCH:

980

Published studies on the benefits of limonene, the main chemical constituent in grapefruit

Numbers according to PubMed as of December 2017

FUN FACT

Grapefruits presumably got their name because they grow in clusters that resemble large yellow grapes.

WORKS WELL WITH:



FUN FACT

Research suggests that the smell of grapefruit can help reduce unnecessary food cravings.