

# Rosemary **A T I N**

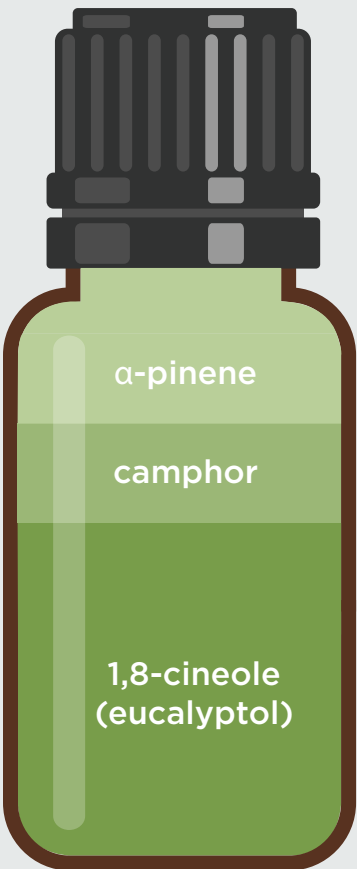


## WHAT IT TAKES TO MAKE A BOTTLE:



It takes 2.2 pounds of rosemary to produce 15 mL of Rosemary essential oil.

## CHEMISTRY:



The main chemical constituents and associated benefits of rosemary are:

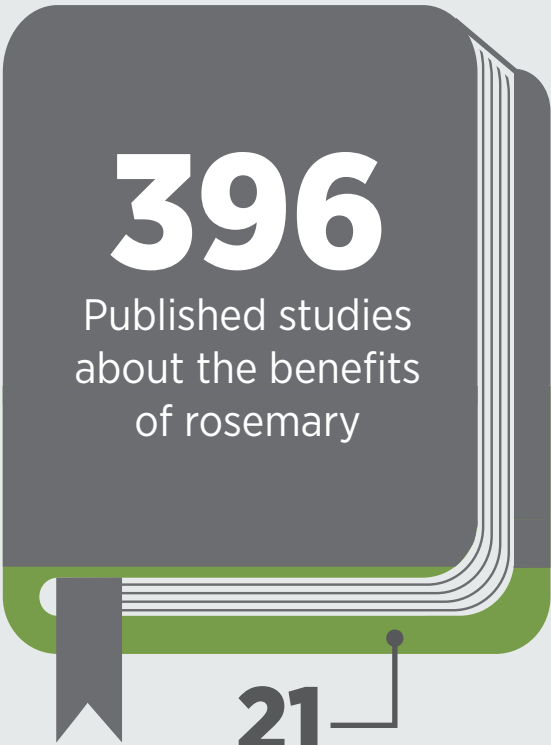
relaxing

soothing

cleansing

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

## RESEARCH:



Published studies about the benefits of rosemary

21

Human Clinical Trials

Numbers according to PubMed as of December 2017

## FUN FACT

Rosemary was traditionally considered a good omen for marital bond and the blossoming of a family. In the Middle Ages, brides would wear a rosemary headpiece during a wedding ceremony, while grooms and wedding guests would wear a twig of rosemary on their chests.

## WORKS WELL WITH:

