

# Fennel (sweet)

*Foeniculum vulgare* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



## Application:



**Plant Part:** Seed

**Extraction Method:** Steam distillation

**Aromatic Description:** Licorice, sweet, honey

**Main Chemical Components:** trans-Anethole,  $\alpha$ -pinene, limonene

## PRIMARY BENEFITS

- Can be used in cooking

## PRODUCT DESCRIPTION

Fennel can grow up to six feet in height and has delicate, feathery leaves. The history of Fennel use dates back to ancient times when Roman warriors were said to have consumed Fennel to make them strong and ready for battle. Fennel is best known for its distinct licorice aroma and taste.

## USES

- Can be used internally
- Put a drop of Fennel in water or tea to help fight sweet-tooth cravings.
- Add 1–2 drops in a veggie capsule

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

