

# Fennel (sweet)

*Foeniculum vulgare* 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CP** **TG** Certified Pure Tested Grade®

With several health benefits dating back to ancient Rome, Fennel essential oil can still be used internally to promote healthy digestive system, while exuding a unique licorice aroma and flavor\*.

**Plant Part:** Seed

**Extraction Method:** Steam distillation

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

**Main Chemical Components:** Trans-anethole,  $\alpha$ -pinene, limonene

## PRIMARY BENEFITS

- May promote a healthy digestive system
- Aroma can be both calming and invigorating
- May help promote healthy circulation when taken internally\*

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*Foeniculum vulgare* 15 mL

## 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, yet its ability to promote healthy digestive system when used internally is equally noteworthy.\* Fennel can be added to water as a satisfying alternative to sweets. Fennel is also known for its ability to promote healthy circulation when ingested.\*

## USES

- Add a drop of Fennel in water or tea when craving sweets.
- Add one to two drops in a veggie capsule to promote a healthy digestive system.

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fluid ounces of liquid.

## 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.

\* Information has not been reviewed by the health authorities in Israel and around the world and this product is not intended for the diagnosis, treatment, or prevention of any disease.