

# FENNEL | SWEET

FOENICULUM VULGARE 15 ML



## PRIMARY BENEFITS

- PROVIDES A SWEET, LIQUORICE-HONEY AROMA AND TASTE.
- PROVIDES A FRAGRANT AND SOOTHING AROMA.

## 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 liquorice aroma and taste. Put a drop in water or tea and drink for a sweet flavour instead of indulging in sweets.

## USES

- Add to desserts for an additional depth of flavour.
- Instead of indulging in sweets, put a drop in water or tea and drink as a flavour.

## DIRECTIONS FOR USE

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

Food flavour use: Add 1 or 2 drops to food.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

**PLANT PART:** Seed

**EXTRACTION METHOD:** Steam distillation

**AROMATIC DESCRIPTION:** Liquorice, sweet, honey

**MAIN CHEMICAL COMPONENTS:** E-anethole,  $\alpha$ -pinene, limonene

