

# FENNEL | SWEET

*Foeniculum vulgare 15 mL*

## *Liquorice, sweet, honey*

*Aromatic description*

### PRIMARY BENEFITS

- Provides a sweet, liquorice-honey taste
- Provides a fragrant and soothing aroma

### PRODUCT DESCRIPTION

Fennel can grow up to two metres 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.

### 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 one or two drops to food.

### CAUTIONS

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

**PLANT PART:** Seed

**EXTRACTION METHOD:**  
Steam distillation

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



Certified Pure Tested Grade

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