

Fennel (sweet)

Foeniculum vulgare 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T I S

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Licorice, sweet, honey

Main Chemical Components: Trans-anethole, -pinene, limonene

PRIMARY BENEFITS

- Promotes healthy digestion when consumed[†]
- Provides a calming and invigorating aroma
- May help promote healthy metabolic function circulation when taken internally[†]

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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 digestion 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 metabolic function, and circulation when ingested.[†]

USES

- Add a drop to water or tea when craving sweets.
- Add one to two drops in a veggie capsule to promote digestion.[†]

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fluid ounces 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.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.