

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, α -pinene, limonene

PRIMARY BENEFITS

- Can be used in cooking

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Foeniculum vulgare 15 mL

Part Number: 41290406

Wholesale: HK \$145.00

Retail: HK \$240.00

PV: 19

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.

