



PRODUCT DESCRIPTION

Sweet fennel has a distinct licorice aroma, but don't let that deter you from all the benefits this essential oil can provide your body. Its natural chemical components can provide digestive relief and promote healthy metabolism. This makes it a great essential oil for both upset stomachs and natural weight management. It may also boost respiratory functions with its powerful, invigorating aroma.

PRIMARY BENEFITS AND SAMPLE USES

- » Boosts digestion and metabolism
- » Reduces gas and bloating in the stomach
- » Supports general respiratory health

DIRECTIONS

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Diffusion: Diffuse 3-5 drops or more in the PURELY™ diffuser of your choice.

Topical: Dilute 1-2 drops with a PURELY™ carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION







Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Basil, Rosemary, Sandalwood, Lemon and Lavender

COUNTRY OF ORIGIN Hungary

EXTRACTION METHOD Steam distillation

-  **DIFFUSION**
-  **TOPICAL**
-  **STEAM**
-  **BATH**
-  **INGEST**
-  **SENSITIVE**

DILUTION TABLE

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

SKU# 1062
retail: \$14

SWEET FENNEL

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



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