

Product Information and Traditional & Alternative Uses

Fennel essential oil is best known in the alternative health arena as a potent ingredient for good digestive health with a pleasant licorice-like flavor. Fennel's broad range of benefits are attributed to its potent compounds as an antiseptic, reduce gut spasms, prevent gas and bloating, purifying and detoxifying agents, and works as an expectorant. Additionally, it has been studied for its powerful effects to increase the flow of breast milk.

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| 1 INCREASE LACTATION | 6 REDUCE FLATULENCE |
| 2 FOOD ADDITIVE | 7 WEIGHT LOSS |
| 4 DIETARY SUPPLEMENT | 8 RELIEVE CONSTIPATION |
| 5 REDUCE GASTRIC SPASMS | 9 STOPS BEDWETTING |

Primary Use - Digestive:

INDIGESTION/FLATULENCE /HEARTBURN: 1 drop with one drop carrier oil up to 3 times daily or as needed
Or add 3-5 drops to 8 oz of water and sip over 60 minutes.

ACID REFLUX: Apply 1-2 drop to the back of the hand and do "lick trick" 10-15 minutes before meals.

CONSTIPATION: Apply one drop to a capsule fill the rest with mineral oil up to 3 times daily or as needed.

FOOD ADDITIVE: Use 1/2 to 1 drop or the toothpick trick (by dabbing the tip of the toothpick in the essential oil). Add at the very end of cooking to keep it from flashing.

STOPS BEDWETTING: Add 1 Tbsp. of sugar to 4 oz of water add to a saucepan until it turns into a syrup-like substance. Allow cooling for 2-3 minutes add 2-3 drops of fennel. Add 2 Tbsp of this syrup to 8 oz of warm milk. Give to the child each day until bedwetter reduces or stops.

*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.

**Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.

