

## Product Summary

Fennel has a sweet, earthy, anise-like aroma that is energizing, vitalizing, and balancing. It is stimulating to the circulatory, glandular, respiratory, and digestive systems.\* Fennel may also support feelings of well-being during the menstrual cycle.\*

## Product Story

For hundreds of years, fennel seeds have been used as a digestive aid and to balance menstrual cycles. Fennel is mentioned in one of the oldest-known medical records, the Ebers Papyrus (dating from 16th century B.C.), an ancient Egyptian list of 877 prescriptions and recipes. Fennel is also listed in Hildegard's Medicine a compilation of early German medicines, by highly regarded Benedictine herbalist Hildegard of Bingen (1098–1179). †

## Primary Benefits

- + Fennel has traditionally been used to support circulatory, respiratory, and digestive health.\*
- + Fennel may support feelings of well-being during a woman's menstrual cycle.\*

## How to Use

**Internal:** Dilute one drop of fennel essential oil with one drop of V-6™ Enhanced Vegetable Oil Complex or olive oil. Put in a vegetable capsule and take up to three times daily or as needed.

**Topical:** Apply two to four drops of fennel essential oil directly to desired area. Dilution not required, except for the most sensitive skin. Use as needed.

**Aromatic:** Diffuse up to 30 minutes three times daily.

## Did You Know?

- + During medieval times fennel was believed to ward off evil spirits and protect against spells cast by witches.
- + Fennel is part of the same botanical family as parsley.
- + The fennel plant originated in Hungary.

## Cautions

- + Keep out of reach of children.
- + If you are pregnant, nursing, taking medication, or have a medical condition, please consult a health-care practitioner prior to use.



## Frequently Asked Questions

**Q:** How is fennel essential oil extracted?

**A:** Young Living's fennel essential oil is steam distilled from the crushed seeds (fruit).

**Q:** What other Young Living products feature fennel?

**A:** Fennel essential oil can be found in the following Young Living products: ComforTone™, CortiStop™ Women's, Detoxzyme®, Di-Gize™, Dragon Time™, Dragon Time™ Bath & Shower Gel, Dragon Time™ Massage Oil, Essentialzyme™, Estro™, FemiGen™, ICP™, JuvaFlex™, K&B™, Power Meal™, Prenolone® Plus Body Cream, and SclarEssence™.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Modern scientific research has not yet validated such usage.