

FENNEL (Sweet)

FOENICULUM VULGARE

Country of Origin: Hungary

Steam Distilled from seeds

Sweet Fennel (*Foeniculum vulgare*) is a steam-distilled oil drawn from the seeds, valued for its warm, sweet, licorice-like aroma and its strong affinity for the digestive system. Naturally rich in compounds such as anethole, it carries a toning character, known for supporting digestion, easing gas and bloating, and promoting more efficient movement through the gastrointestinal tract.

Its aroma is soft, sweet, and herbaceous with a distinct anise-like note, offering a comforting and slightly warming quality. It is often used when digestion feels sluggish, tense, or irregular, or when the body is holding onto excess heaviness or stagnation.

In both aromatic and traditional use, sweet fennel has long been regarded as a balancing and restorative oil, supporting digestive function, fluid movement, and overall system regulation. It helps the body release buildup, restore tone, and return to a more comfortable, functional state.

FUNCTIONAL CONSTITUENTS

Anethole The dominant constituent in sweet fennel, anethole gives the oil its characteristic sweet, licorice-like aroma. It is associated with supporting digestive function, easing gas and bloating, and promoting smooth muscle activity in the gastrointestinal tract, helping restore more regular, efficient movement.

Fenchone A ketone that adds a slightly bitter, herbal edge to the oil's profile. Fenchone is known for its role in supporting digestive tone and fluid movement, helping reduce stagnation and encourage a more balanced, functional digestive state.

Limonene Present in smaller amounts, limonene contributes a light, uplifting quality. It supports the oil's cleansing and circulatory properties, helping promote a more active, responsive system overall.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7697926/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6259638/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC6085528/>



HOW WE SOURCE

Sweet fennel oil is shaped by the quality of the seed and the timing of its harvest. We look for *Foeniculum vulgare* grown in warm, dry climates and harvested when the seeds are fully developed and aromatic.

The seeds are dried, then steam distilled to preserve their volatile compounds. Because fennel is valued for its sweetness and balance, proper handling is essential. We look for oil that is soft, sweet, and clearly anise-like, never flat, bitter, or overly sharp.

OUR FENNEL IS:

- ✓ Steam distilled from the dried seeds
- ✓ Unrefined and not standardized
- ✓ Naturally rich in anethole
- ✓ Harvested at full seed maturity
- ✓ Sweet, warm, and distinctly anise-like

We look for oil that carries a smooth, rounded sweetness with a clean herbal edge, an immediate sign of proper harvest, drying, and careful distillation. Flat, bitter, or imbalanced oil signals poor handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Sweet, anise-like aroma*
- Warm, smooth profile*
- Clear, well-defined character*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Bitter or harsh scent*
- Flat or dull aroma*
- Adulterated/extended oil*
- Clear or plastic packaging*

HOW TO USE FENNEL

Sweet fennel is commonly used when the goal is digestive support, reducing buildup, and restoring smooth, functional movement. It fits best into aromatic and topical routines, with occasional internal use.

Aromatic

Diffuse 2–4 drops or inhale directly. Often used to help settle the stomach and reduce feelings of heaviness or fullness.*

Internal

Use sparingly in cooking or dilute in a carrier (1 drop). Commonly used to support digestion, ease gas, and promote more regular movement.*

Topical

Dilute with a carrier oil and apply to the abdomen. Often used to support digestive comfort, reduce bloating, and encourage intestinal activity.*

Bath

Add 3–5 drops to bath salts before dispersing in warm water. Often used to support circulation and help the body release excess fluid or tension.*

WHAT IT SUPPORTS

Sweet fennel is traditionally used when the goal is digestive regulation, reducing buildup, and restoring smooth, functional movement. It supports:

- Digestive comfort and efficient gastric activity*
- Reduction of gas, bloating, and abdominal tension*
- Healthy intestinal movement and regularity*
- Fluid balance and reduction of excess retention*
- Hormonal balance and menstrual support*

Used consistently, it helps the body feel lighter, more regulated, and comfortably active, supporting digestion, fluid movement, and overall system balance.

FENNEL IN THE STILLROOM

Sweet fennel has long been kept in the stillroom as a regulating oil to be used when the system feels heavy, sluggish, or out of balance. Distilled from the seeds of *Foeniculum vulgare*, it is associated with supporting digestion, easing buildup, and restoring smooth, functional movement.

It is often reached for after rich meals, periods of imbalance, or when the body is holding tension in the gut. This is not a stimulating oil in the sharp sense. It works with steadiness, helping tone and organize digestive activity while encouraging release. Used in small amounts, it supports a more comfortable, responsive state without creating unnecessary strain on the system.

MORE WAYS TO USE FENNEL

After Heavy Meals

Dilute and massage over the abdomen. Commonly used to ease fullness and support more efficient digestion.*

Bloating Relief Blend

Combine with ginger or peppermint in a carrier oil. Often used to reduce gas and encourage movement through the gut.*

Warm Digestive Tea

Add 1 drop to honey or a carrier, then stir into warm water. Commonly used to support digestion and reduce sluggishness.*

Lower Abdomen Support

Apply diluted oil to the lower abdomen during menstrual cycles. Often used to support comfort and balance.*

Circulation Bath

Add to bath salts and soak in warm water. Often used to support fluid movement and reduce feelings of heaviness or retention.*

CAUTIONS


- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.



ZILARA

FENNEL
foeniculum vulgare
STEAM DISTILLED • HUNGARY



10 mL / 0.34 fl oz

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, diffuse for 10 minutes per hour.

Supplement Facts
Per 10 mL (0.34 fl. oz.)
Servings Per Container: About 200

Amount Per Serving 2SDV
% Daily Value (SDV)
Foeniculum vulgare from Hungary, steam distilled 100% (v/v) (100% Natural Essential Oil)

Caution: Keep out of reach of children. Avoid contact with eyes. Discontinue use if irritation occurs. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.



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