

GREEN MANDARIN

CITRUS RETICULATA

Country of Origin: Italy

Cold Expressed from unripened fruit

Green Mandarin (*Citrus reticulata*) is a cold-pressed oil drawn from the peel of unripe fruit, valued for its bright, sweet aroma and its gentle affinity for the digestive and nervous systems. Naturally rich in limonene with softer balancing compounds, it carries a light, calming character known for supporting digestion, easing mild tension, and promoting a more relaxed, settled state.

Its aroma is fresh, sweet, and slightly green with a soft citrus brightness that feels playful without being sharp. It is often used when the system feels tense, overstimulated, or unsettled, particularly when a lighter, more comforting approach is needed.

In both aromatic and traditional use, green mandarin has been regarded as a soothing, approachable oil supporting emotional ease, digestive comfort, and gentle relaxation. It works with subtlety, helping reduce tension, restore calm, and bring the system back to a more balanced, easy state..

FUNCTIONAL CONSTITUENTS

Limonene The primary monoterpene in green mandarin, limonene gives the oil its bright, sweet citrus character. It is associated with supporting digestion, gentle detoxification, and creating a light, uplifted, and more relaxed overall state in the body.

Methyl Anthranilate A key ester that contributes to the oil's soft, sweet, almost "candy-like" aroma. It is known for its calming influence on the nervous system, helping ease tension and promote a more settled, emotionally balanced state.

Gamma-Terpinene Present in smaller amounts, this monoterpene adds a fresh, slightly green edge. It is associated with antioxidant and cleansing properties, supporting overall system balance and a more refreshed internal environment.

Clinical Studies: <https://pubmed.ncbi.nlm.nih.gov/33909955/>
<https://pubmed.ncbi.nlm.nih.gov/38350206/>
<https://pubmed.ncbi.nlm.nih.gov/37981111/>



HOW WE SOURCE

Green mandarin oil is shaped by the stage of the fruit and the conditions in which it is grown. We look for *Citrus reticulata* cultivated in warm, stable climates and harvested while still unripe, when the peel carries a brighter, greener, and more complex aromatic profile.

The peel is cold pressed shortly after harvest to preserve its volatile compounds. Because this oil is valued for its softness and clarity, careful timing and handling are essential. We look for oil that is fresh, sweet, and lightly green with a clean citrus profile, never dull, overly sharp, or lacking vibrancy..

OUR GREEN MANDARIN IS:

- ✓ Cold pressed from unripe peel
- ✓ Unrefined and not standardized
- ✓ Harvested early for a greener profile
- ✓ Sourced for softness and clarity
- ✓ Sweet, fresh, and lightly green

We look for oil that carries a bright, clean citrus profile with a soft, rounded edge, an indicator of proper harvest timing and careful extraction. Flat, overly sharp, or dull oil suggests poor handling or overmature fruit, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Cold-pressed*
- Bright, sweet citrus aroma*
- Lightly green, fresh edge*
- Smooth, rounded profile*
- Stored in dark glass*

Avoid:

- Heat or solvent extracted*
- Sharp or overly bitter scent*
- Flat or dull aroma*
- Adulterated or extended oil*
- Clear or plastic packaging*

HOW TO USE GREEN MANDARIN

Green mandarin is commonly used when the goal is calming the nervous system, easing mild digestive discomfort, and restoring a light, relaxed state. It fits easily into aromatic and topical routines.

Aromatic

Diffuse 3–5 drops or inhale directly. Often used to reduce restlessness, support relaxation, and create a calm, settled environment.*

Topical

Dilute with a carrier oil and apply to abdomen or wrists. Commonly used to support gentle digestion and ease nervous tension.*

Bath

Add 3–5 drops to bath salts before dispersing in warm water. Often used to relax the body and support circulation and fluid movement.*

Inhalation

Add 1–2 drops to a tissue or personal inhaler. Often used for quick calming support during moments of stress or overwhelm.*

WHAT IT SUPPORTS

Green mandarin is traditionally used when the goal is calming the nervous system, supporting gentle digestion, and restoring a relaxed, balanced state. It supports:

- Emotional ease and reduced nervous tension*
- Calm, restful sleep and relaxation*
- Digestive comfort and mild stomach upset*
- Healthy circulation and fluid movement*
- A light, steady, and responsive state*

Used consistently, it helps the body feel more relaxed, settled, and at ease, supporting emotional calm, digestive comfort, and overall balance without heaviness..

GREEN MANDARIN IN THE STILLROOM

Green mandarin has long been kept in the stillroom as a calming, settling oil to be used when the system feels tense, overstimulated, or unsettled. Expressed from the unripe peel of *Citrus reticulata*, it is associated with easing nervous tension, supporting gentle digestion, and restoring a more relaxed, balanced state.

It is often reached for during periods of restlessness, emotional overwhelm, or mild digestive discomfort. This is not a sharp or intensely stimulating citrus oil. It works with softness, helping calm the system and encourage ease without dulling clarity. Used in small amounts, it supports a more relaxed, steady state while maintaining lightness and responsiveness.

MORE WAYS TO USE GREEN MANDARIN

Evening Wind-Down

Diffuse before bed. Often used to quiet restlessness and support a calm transition into sleep.*

Child-Friendly Calm Blend

Diffuse or apply diluted to the back or feet. Commonly used to ease tension and support a more settled state.*

Light Digestive Support

Dilute and apply to the abdomen after meals. Often used to ease mild discomfort and support gentle digestion.*

Mood Reset on the Go

Inhale from a tissue or personal inhaler. Often used to reduce overwhelm and restore emotional balance.*

Gentle Skin Refresh

Add 1 drop to a carrier oil and apply to skin. Commonly used to support clarity and a fresh, balanced complexion.*

CAUTIONS

- Safety Group 1: Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.
- Avoid UV rays for 12 hours after topical application.
- 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

GREEN MANDARIN

citrus reticulata

COLD EXPRESSED • ITALY

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, up to 10 minutes per hour.

Supplement Facts

Servings Per Container: About 200

Amount Per Serving: *%DV

% Daily Value is based on a diet of essential oils. Citrus reticulata from Italy, cold expressed from the peel of unripe fruit. *Daily Value not established.

Caution: Keep out of reach of children. Avoid contact with eyes. Avoid UV rays for 12 hours after topical application. Discontinue use if irritation occurs. Use in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.




10 mL / 0.34 fl oz