

TANGERINE

CITRUS RETICULATA

Country of Origin: Germany

Cold Expressed from peel

Tangerine (*Citrus reticulata*) is a cold-pressed oil expressed from the peel, valued for its vibrant aroma and its gentle yet effective influence on mood, digestion, and overall nervous system ease. Naturally rich in limonene and light ester compounds, it carries a cheerful, uplifting character known for easing tension, softening emotional edges, and helping the system feel lighter and more at ease.

Its aroma is sweet, sparkling, and slightly tangy with a playful brightness that feels less sharp than lemon and more buoyant than orange. It is often used when the system feels heavy, tense, or emotionally flat, particularly in cases of irritability, low mood, or mild digestive discomfort.

In both aromatic and traditional use, tangerine has been regarded as a gently uplifting and restoring oil, supporting emotional balance, digestive comfort, and a more relaxed internal state. It works by lifting without pushing, helping the system release tension and return to a lighter, more open rhythm.

FUNCTIONAL CONSTITUENTS

Limonene	The primary monoterpene in tangerine, limonene gives the oil its sweet, sparkling citrus character. It is strongly associated with uplifting mood, supporting digestion, and promoting a lighter, more energized state.
Methyl Anthranilate	A distinctive ester that contributes to tangerine's slightly fruity, almost candy-like note. It is associated with calming the nervous system and softening emotional tension, giving tangerine its uniquely gentle, comforting edge.
Geraniol	A monoterpene alcohol that adds a subtle floral nuance. It is known for its skin-supportive and antimicrobial properties, helping round out the oil's balancing and cleansing effects.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC7587980/ https://pmc.ncbi.nlm.nih.gov/articles/PMC11858331/ https://pmc.ncbi.nlm.nih.gov/articles/PMC9962211/



HOW WE SOURCE

Tangerine oil is shaped by the maturity of the fruit and the condition of the peel at harvest. We look for *Citrus reticulata* grown in regions such as Germany, where controlled cultivation produces fruit with a balanced aromatic profile and clean, consistent oil quality.

The peel is cold pressed soon after harvest to preserve its volatile compounds and bright citrus character. Because tangerine oil is sensitive to oxidation, careful handling and proper storage are essential. We look for oil that is sweet, sparkling, and clean with a lively, slightly tangy edge, never dull, heavy, or lacking freshness.

OUR TANGERINE IS:

- ✓ Cold pressed from fresh peel
- ✓ Unrefined and not standardized
- ✓ Sourced from Germany for consistency
- ✓ Naturally high in limonene
- ✓ Sweet, sparkling, and lightly tangy

We look for oil that delivers a lively citrus profile with a soft, rounded sweetness, an indicator of proper harvest and careful extraction. Dull, heavy, or flat oil signals oxidation or poor handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Cold pressed*
- Sweet, sparkling aroma*
- Bright, lively citrus note*
- Clean, slightly tangy edge*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Dull or heavy scent*
- Flat or muted aroma*
- Adulterated or extended oil*
- Clear or plastic packaging*

HOW TO USE TANGERINE

Tangerine is commonly used when the goal is lifting mood, easing tension, and supporting gentle digestive function. It fits easily into aromatic, topical, and internal routines.

Aromatic

Diffuse 3–5 drops or inhale directly. Often used to uplift mood and create a light, positive environment.*

Topical

Dilute with a carrier oil and apply to abdomen, chest, or pulse points. Commonly used to ease tension and support digestive comfort.*

Internal

Add 1 drop to water or tea. Often used to support digestion and promote a lighter internal state.*

Bath

Add to bath salts before dispersing in warm water. Commonly used to relax the body and ease emotional tension.*

WHAT IT SUPPORTS

Tangerine is traditionally used when the goal is lifting mood, easing tension, and supporting gentle digestive function. It supports:

- Emotional uplift and reduced irritability*
- Nervous system relaxation and stress relief*
- Digestive comfort and reduction of bloating*
- Mild support for lymphatic movement*
- A lighter, more relaxed, and balanced state*

Used consistently, it helps the system feel more open, calm, and at ease, supporting mood, digestion, and overall comfort.

TANGERINE IN THE STILLROOM

Tangerine has long been kept in the stillroom as a brightening, easing oil to be used when the system feels tense, heavy, or emotionally tight. Expressed from the peel of *Citrus reticulata*, it is closely associated with lifting mood, softening reactivity, and helping the body return to a more relaxed, open state.

It is often reached for during irritability, low mood, or when tension settles into the digestive system. This is not a sharp or forceful citrus. It works with lightness, helping release pressure and restore ease without overstimulation. Used in small amounts, it supports a calmer, more buoyant state while maintaining comfort and balance.

MORE WAYS TO USE TANGERINE

Midday Mood Lift

Inhale from palms during low-energy moments. Commonly used to shift mood and restore a lighter outlook.*

Post-Meal Abdominal Rub

Dilute and apply over stomach area. Often used to ease fullness and support smoother digestion.*

Children's Calm Blend

Dilute and apply to feet or diffuse lightly. Commonly used to support relaxation without heaviness.*

Fresh Linen Spray

Add to water and mist fabrics lightly. Often used to create a clean, uplifting scent in living spaces.*

Morning Diffusion Boost

Diffuse briefly to start the day. Commonly used to promote a positive, energized environment.*

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

TANGERINE

citrus reticulata

COLD EXPRESSED • GERMANY



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, up to 10 minutes per hour.

Supplement Facts
Serving Size: 1 mL (0.34 fl. oz.)
Servings Per Container: About 200

Amount Per Serving ... 70% DV
Citrus reticulata (Cold-pressed)
Citrus reticulata from Germany, cold-pressed
Total Citrus (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.



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