

Natural Touch Aromatherapy

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PURITY ANALYSIS CERTIFICATE

FENNEL (SWEET)

BOTANICAL CLASSIFICATION *Foeniculum vulgare* var. *dulce* is a species of the Apiaceae family. Also known as Roman or garden fennel.

GENERAL DESCRIPTION An annual herb with feathery leaves and yellow flowers. The essential oil is a clear liquid with a yellow hue and a sweet, aniseed-like scent.

ORIGIN The essential oil is distilled from fennel herbs grown mainly in the south of France, Hungary and Germany. Sweet fennel oil is obtained from the crushed seeds of the herb, whereas bitter fennel comes from the oil in the whole herb including the stalks and leaves. Sweet fennel essential oil is preferred in aromatherapy because it is non-sensitising.

GAS LIQUID CHROMATOGRAM Key components of the essential oil type, as indicated by GLC, are compared to classic profiles below. Sweet fennel is mainly distinguished from bitter fennel by its anethole content. Bitter fennel contains under 40% anethole whereas a good sweet fennel (from the seeds) contains over 62% anethole. Adulterated sweet fennel oil normally contains high percentages of limonene (or other terpene hydrocarbons).

COMPONENT	NATURAL TOUCH (%)	CLASSIC (%)
α -pinene	6.2	1 - 2
Myrcene	4.6	2 - 5
Limonene	3.4	2 - 10
Fenchone	9.6	< 15
Trans-anethole	68.8	60 - 80
Methyl chavicol	<1	1 - 5

- GLC analysis carried out at the Scottish Agricultural College, Auchincruive.
- Official stamp: