

## QUICK REFERENCE SHEET

# ANETHI

*Anethum sowa*



Plant Family:  
Umbelliferae



Extraction Method:  
Steam Distilled



Part Utilized:  
Seeds



**Region of  
Origin:**  
India

### AFFINITY FOR:

digestive system, nervous system

### THERAPEUTIC PROPERTIES:

antispasmodic, antibacterial, carminative,  
digestive, expectorant, hypo-tensive, stomachic

### AROMATIC CONSIDERATIONS:

Anethi is reminiscent of Dill with some  
Caraway-like notes.

### APPLICATION:

Like Dill and Caraway, Anethi is usually more  
effective when used as part of a blend of  
essential oils.

### ! CAUTIONS:

There are no cautions for Anethi, but all  
essential oils should be used cautiously by  
pregnant women and those suffering from  
seizure disorders.

### INGREDIENT IN:

LeJulia, LeSafeGuard

### PHYSICAL ASPECTS:

Anethi, well-diluted, has been used to relieve flatulence in infants. Anethi is also known as a mild and soothing expectorant and has been used to dilate blood vessels and lower blood pressure.