



## Safety Guidelines for Using VINEVIDA Fennel Essential Oil

**This Certificate assesses the conformity of a fragrance mixture with IFRA Standards and provides restrictions for use as necessary. It is based only on those materials subject to IFRA Standards for the toxicity endpoint(s) described in each Standard.**

<b>Certifying Party</b>	VINEVIDA
<b>Product Name</b>	Fennel essential oil
<b>Botanical Name</b>	Foeniculum vulgare
<b>Country of Origin</b>	Hungary

### **Using Vinevida Fennel Essential Oil Safely**

The International Fragrance Association set boundaries for creating fragranced products to ensure people can enjoy the art of perfumery with confidence. The IFRA Standards ban, limit or set criteria for the use of certain ingredients, based on scientific evidence and consumer insights.

Vinevida Fennel essential oil contains 18 % limonene. IFRA recommends that an antioxidant should be added to new products that will not be used up immediately, at the time of their formulation, if they contain limonene or linalool. The addition of 0.1% BHT or alpha-tocopherol, for example, has shown great efficiency.

Like all fennel oils, Vinevida fennel essential oil contains estragole, a potentially carcinogenic compound listed as being of concern in the March 2021 listing of California Proposition 65

### **Practical Usage Notes**

Do not apply this oil neat. Essential oils should always be diluted into carrier oils, and applied over a large surface skin area. We have a number of them for you to choose from on our site. Robert Tisserand and Rodney Young recommend a **maximum dermal level of 2.5% dilution for fennel essential oil** in their *Essential Oil Safety for Health Practitioners*. This means you can add 2 drops of fennel essential oil safely to a teaspoon of carrier oil. If you do happen to come into contact with a spillage, and are exposed to larger concentrations than that, add more vegetable oil to dilute it, then wash off with soap. They also advise **avoiding using it on children under the age of 5**.

### **Pregnancy and Breastfeeding**

Fennel essential oil is not advised during pregnancy or breastfeeding.

### **Other Safety Concerns**

Since fennel oil exhibits a hormonal effect, it can be problematic for sufferers of endometriosis and may pose potential hazards for anyone with estrogen-dependant cancers. It may also interact negatively with diabetes medication in some people.

Being such a wonderful digestive aid, fennel may be a choice for people with peptic ulcers. Should the ulcer perforate or bleed, fennel oil could, theoretically, make this difficult.

Fennel essential oil also has a blood thinning action and so may be problematic to anyone with a clotting disorder or who is taking anticoagulation. Likewise we would recommend discontinuation of use of fennel essential oil in the 48 hours preceding any planned surgery.

Likewise, fennel can sometimes have a negative interaction with anti-diabetic medications.

### **Care Around Pets**

Some essential oils pose a potential risk of toxicity to cats as they do not possess the correct enzyme to metabolize some of its components in their livers. This means the oil does not break down into smaller parts in their system, so it's as if they have imbibed it undiluted.

Diffusers, evaporators and even reed diffusers propel drops into the air, which could land on your cat. Limit the amount of time you leave it in the room, as the longer it stays, the more chance it has of collecting droplets on its fur and then grooming itself, which could be hazardous for it.

Fennel is not one of these oils, and can be used safely around both cats and dogs, however please note that both cats and dogs have profoundly stronger senses of smell than we do, and like humans each has its own individual likes and dislikes, so always make sure the door is open for your pet to leave the room when they have had enough.

As ever, when introducing something new to the home, it's worth keeping an eye out to see how it affects everyone. Some cats can develop a runny nose or itchy eyes from strong fragrances, or burning sensations in their nose and throat. Watch out for them drinking more water than usual. Drooling can be a sign they feel nauseous, and watch for them vomiting or having difficulty breathing. They might seem to be coughing up a hairball, and that too might indicate some kind of respiratory irritation. If any of these do start, the first thing to do is to get them out into the fresh air. Usually being moved away from the scent will help. If not, then seek urgent veterinary assistance. Remember that what you are witnessing is poisoning and they need immediate assessment.

### **Diffusion**

We recommend that the maximum time you would diffuse for any purposes would be 2 hours before taking half an hour's break. This applies for humans and creatures alike!

### **Dealing With Accidents**

Keep essential oils out of the reach of children. We do not advise ingesting any essential oils, however if it does happen accidentally, drink milk and seek medical assistance. Take this leaflet and the bottle of oil with you to the emergency room.

Avoid inner ears, eyes, and sensitive areas. If you should get it into your eyes, or start to have a skin reaction, we suggest rinsing with vegetable oil to dilute it more. Do not try to rinse with water, since oils and water do not mix so it will merely spread the oil over a larger surface area. Cold full fat milk will work, but it will need to have a high fat content to absorb the essential oil. If you do happen to develop a rash, discontinue use immediately.

### **Shelf Life**

The chemistry of this oil gives it a shelf life of roughly 5 years.

**Long Term Use**

Essential oils have a cumulative effect, which means there are slightly different considerations to the safety of an oil since tolerance will increase over time. Ensure your workspace is well ventilated and you take frequent breaks. Vary the oils you use often. There is a slight risk of skin sensitization with Fennel essential oil, so perhaps avoid regular use if you have sensitive or damaged hands. Discontinue use if your hands become cracked and sore. *(The Aromatherapy Practitioner Reference Manual, Sheppard Hangar 1994)*

## **Disclaimer & Caution**

This information is provided for documentation purposes only. This Certificate provides restrictions for use of the specified product based only on those materials restricted by IFRA Standards for the toxicity endpoint(s) described in each Standard. This Certificate does not provide certification of a comprehensive safety assessment of all product constituents. This certificate is the responsibility of the fragrance supplier issuing it. It has not been prepared or endorsed by IFRA in any way.

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