



LIST OF ESSENTIAL OILS THAT ARE SAFE FOR CULINARY USE

INTERNAL USE OF ESSENTIAL OILS

Only 3 essential oils are approved for internal use: **Peppermint, Green and Wild Oregano**. However, here is the list of essential oils that have a **FEMA** number, which are classified safe for culinary use (they do not have an NPN with therapeutic dosages for internal use).

FEMA, AN ASSOCIATION RECOGNIZED BY HEALTH CANADA (GRAS)

FEMA, Flavor and Extract Manufacturers Association of the United States

manufacturers of flavors and extractions from the United States) is made up of connoisseurs with a particular interest in flavors. Founded in 1909, it is the U.S. national flavour industry association. Founded in 1909, it is the national association for the US flavour industry. **FEMA** works closely with legislators and regulators to ensure that the needs of members and consumers are consistently appointed. **FEMA** is committed to providing safe flavours.

ESSENTIAL OILS WITH FEMA NUMBER :

Allspice - **2901**

Angelica - Root - **2088**

Anise - Star - **2096**

Balm - Peruvian - **2117**

Basil - Exotic - **2119**

Benzoin - **2133**

Bergamot - **2153**

Cajuput - **2225**

Cannelle - True Bark - **2291**

Caraway - **2238**

Cardamon - **2241**

Carot - **2244**

Cedar - Leaves - **2267**

Celery - **2171**

Chamomile - German - **2273**

Chamomile - Roman - **2275**

Cinnamon - Cassia - **2258**

Cinnamon - Leaf - **2292**

Citronella - Ceylon - **2308**

Citronella - Java - **2308**

Clary Sage - **2321**

Clove Bud - **2323**

Coriander - **2334**

Cumin - **2343**

Dill - **2383**

Elemi - **2408**

Eucalyptus - Blue Gum - **2466**

Fennel - **2483**

ESSENTIAL OILS WITH FEMA NUMBER (continued) :

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|------------------------------------------|----------------------------------------------|
| Fir - Balsam - 2114 | Oregano - 2828 |
| Frankincense - Somalia - 2816 | Oregano - Green - 2660 |
| Galbanum - 2502 | Palmarosa - 2831 |
| Garlic - 2503 | Parsley - 2836 |
| Geranium Rosat Bourbon - 2508 | Patchouli - 2838 |
| Ginger - 2522 | Pepper - Black - 2845 |
| Grapefruit - Pink or White - 2530 | Peppermint - 2848 |
| Ho Wood - 2231 | Petitgrain - 2855 |
| Hyssop - 2591 | Pine - Sylvester (Scotch) Wild - 2906 |
| Jasmine - 2598 | Rose - 2989 |
| Jasmine Absolute - 2598 | Rose - Absolute - 2988 |
| Juniper Berry - 2604 | Rosemary - Cineole Type - 2992 |
| Laurel - Spike - 3033 | Rosemary - Verbenone Type - 2992 |
| Laurel Leaf - 2125 | Rosewood - 2156 |
| Lavender - Cachemire - 2622 | Sage - Common - 3001 |
| Lavender - Hybrid Super - 2618 | Sandalwood - 3005 |
| Lavender - True - 2619 | Savory - Mountain (Winter) - 3016 |
| Lemon - 2625 | Spearmint - 3032 |
| Lemon Balm (Melissa) - 2113 | Spruce - Hemlock - 3034 |
| Lemongrass - Indian - 2624 | Sweet - Birch - 2154 |
| Limes (Sour Lime) - 2631 | Tangerine - 3041 |
| Lovage - 2651 | Tarragon - 2412 |
| Magnolia - 3950 | Tea Tree - 3902 |
| Mandarine - Green - 2657 | Thym, CT Thuyanol-4 - 3064 |
| Marjoram - Sweet - 2663 | Thyme - Linalool - 3065 |
| Mint Arvensis | Tumeric - 3085 |
| (Mint - Japanese) - 4219 | Turpentine - 3089 |
| Myrrh - 2766 | Vanilla - 3106 |
| Neroli (Orange Blossom) - 2771 | Verbena - Exotic - 3846 |
| Onion - 2817 | Wintergreen - Fragrant - 3113 |
| Orange - Bitter - 2823 | Ylang Ylang - 3119 |
| Orange - Sweet - 2825 | |

