



Ice E Oil Essential Oil Data Sheet

Sweet Orange Ice E Oil Pure Essential Oil

Common Name: Sweet Orange

Latin Name: *Citrus sinensis*

Other names: orange, China orange, Portugal orange, blood orange

Family: Rutaceae

Source: The outer part of the ripe or almost ripe peel of the fruit is cold expressed and distilled to obtain the essential oil.

Description: Sweet orange essential oil has a sweet, fruity, citrusy and fresh aroma.

Extraction Method: Orange essential oil is obtained by cold expression – a process that involves prodding and pricking the rind. The punctured rind releases the essential oil that is collected and separated from the fruit juice by centrifugal force. Oil collected this way has a higher quality aroma than that of the distilled variety.

Country of origin: USA

History: The orange is a hybrid between pomelo (*Citrus maxima*) and mandarin (*Citrus reticulata*). The tree is an evergreen citrus tree native to Asia and sweet oranges were mentioned in Chinese literature in 314 BC. Orange trees are the most cultivated fruit tree in the world. They are widely grown in tropical and subtropical climates for their sweet fruit. The fruit of the orange tree can be eaten fresh, or processed for its juice or fragrant peel. Sweet oranges account for approximately 70% of citrus production worldwide. The tree has glossy green leaves and fragrant white flowers which develop into an edible orange-colored citrus fruit. It was once common for sailors on ships to fall ill with a disease caused by a deficiency of vitamin C during long voyages. They would sometimes die from this disease, called scurvy. Eating citrus fruits like oranges was found to reverse the effects of the disease.

Constituents: alpha pinene, citronellal, geranial, sabinene, myrcene, limonene, linalool and neral

Types of Use: aromatic, home use, topical with caution, as a supplement only with advice from a healthcare professional

Uses: Orange oil may be used in aromatherapy. Orange oil aroma does not influence the human immune system, but may enhance mood. Diffusing orange essential oil can connect to memory, aid health, and lift mood.

Dilution Guidelines: For aromatic use, add 5-10 drops of oil per one cup of water. People with dry or sensitive skin may require additional carrier oil when using orange topically. For internal use, consult a certified naturopathic physician. For household/environmental purposes, dilution varies based on intended purpose.

Warnings: Although many citrus oils are phototoxic, sweet orange is not. Sweet orange seems to be safe for most uses with most adults. But in children taking large amounts of sweet orange peel is unsafe. It can cause colic, convulsions, or death. Sweet orange has major interactions with the following drugs: Celiprolol (Celocard), Ivermectin, Pravastatin. Sweet orange can have moderate interactions with antibiotics, Fexofenadine (Allegra), and medications moved by pumps in cells (P-Glycoprotein substrates).

Phototoxicity warning: No

Shelf Life and Storage Recommendations: Store oils in a cool, dark place and avoid extreme changes in temperature to ensure the longest life for your collection. Cold pressed citrus oils have a high proportion of chemical components that are more prone to oxidization. Take care to store them safely away from heat. You can expect citrus oils to remain in good condition for a year and even longer when cared for properly. Decant large bottles into two smaller bottles to protect one bottle from oxidization for longer periods. Due to their chemical makeup, essential oils do not turn rancid like vegetable oils; they simply degrade gradually into a state where the therapeutic properties become diminished.

NOT intended to diagnose, treat, cure, and/or prevent any disease or medical disorder. For educational purposes only. NOT intended for internal use. If considering oral consumption seek out the advice of a qualified medical doctor and/or expert, certified aroma therapist. As with all natural supplements it is advised that you inform your medical doctor of the use of this and all essential oils. If going to apply directly to the skin (topical use) it is advised that you perform a small skin patch test to check for sensitivities and refer to suggested dilution guidelines using a carrier oil (ex: fractionated coconut oil, almond oil, jojoba oil, grape seed oil). Keep away from children and pets. This information has NOT been evaluated by Health Canada.

Ice N Fire is dedicated to sourcing 100% pure and natural oils free of pesticides, synthetic fertilizers and herbicide residue.