



Essential Oils FDA Approved for Internal Consumption

A list of essential oils certified as
GRAS (Generally Recognized As Safe)
by the FDA for oral consumption.

Please consult your certified Aromatherapist for the exact amount of drops and the exact dilution, prior to consuming any essential oil, because each oil is highly concentrated and, like pharmaceutical drugs, can damage the liver if overly consumed.

Essanté Organics does not recommend oral consumption. Essanté Organics recommends and promotes diffusing essential oils, because it is the #1 way to receive the highest therapeutic benefit from all essential oils.

Angelica	Hyssop	Pepper
Basil	Idaho Blue Spruce	Peppermint
Bergamot	Juniper	Petitgrain
Chamomile, Roman	Jasmine	Pine
Chamomile, German	Laurus nobilis	Rosemary
Cinnamon Bark	Lavender	Rose
Citrus rind (all)	Lemon	Savory
Clary Sage	Lemongrass	Sage
Clove	Lime	Sandalwood
Coriander	Melissa (lemonbalm)	Spearmint
Dill	Marjoram	Spruce
Eucalyptus globulus	Myrrh	Tarragon
Frankincense	Myrtle	Tangerine
Galbanum	Nutmeg	Thyme
Geranium	Orange	Valerian
Ginger	Oregano	Vetiver
Grapefruit	Patchouli	Ylang Ylang

Essential oils are powerful substances and can be harmful if not used with due care and diligence. The essential oil in a bottle is 50-100 times more concentrated than in the plant. Safety issues apply to essential oils that may not apply to the whole plant or herbal extract. Essential oils are widely used in food flavorings, and the FDA's GRAS status for many essential oils applies to food flavoring use, but it specifically excludes medicinal use. One or two drops of most essential oils can be safely taken in a day, but more than this is not recommended.

Source: <http://tisserandinstitute.org/safety/safety-guidelines/>