

## ESSENTIAL OILS LIST THAT ARE SAFE OF CULINARY USE

### EXTERNAL USE OF ESSENTIAL OILS

There are only 3 essential oils that were approved for internal use by Health Canada: **Peppermint, Green and Wild Oregano.**

However, here is the essential oils list which have a **FEMA** number and that are classified as being safe for a culinary use (they don't have an NPN with therapeutic dosages for internal usage).

### FEMA, AN ASSOCIATION RECOGNIZED BY HEALTH CANADA (GRAS)

The Flavor and Extract Manufacturers Association of the United States (FEMA) is comprised of flavor manufacturers, flavor users, flavor ingredient suppliers, and others with an interest in the U.S. flavor industry. Founded in 1909, it is the national association of the U.S. flavor industry.

FEMA works with legislators and regulators to assure that the needs of members and consumers are continuously addressed. FEMA is committed to assuring a substantial supply of safe flavoring substances.

### ESSENTIAL OILS WITH A FEMA NUMBER

Angelica Root # 2088

Anise - Star # 2096

Basil - Exotic # 2119

Benzoin # 2133

Bergamot # 2153

Black Pepper # 2845

Cajuput # 2225

Caraway # 2238

Cardamom # 2241

Carrot # 2244

Celery # 2171

Cinnamon - Cassia # 2258

Cinnamon - True Bark # 2291

Citronella Ceylon # 2308

Clove Bud # 2323

Clary Sage # 2321

Coriander # 2334

Cornmint (Arvensis) # 4219

Cumin # 2343

Dill # 2383

Elemi # 2408

Estragon # 2412

Eucalyptus - Blue Gum # 2466

Fennel - Sweet # 2483

Fir - Balsam # 2114

Frankincense # 2816

Galbanum # 2502

Garlic # 2503

Geranium - Rose & Bourbon # 2508

Ginger # 2522

Grapefruit - Pink & White # 2530

Jasmine Absolute # 2598

## ESSENTIAL OILS WITH A FEMA NUMBER

Juniper Berry # 2604	Patchouly # 2838
Laurel Leaf (Bay Laurel) # 2125	Peppermint # 2848
Lavender Hybrid Super # 2618	Petitgrain - Bitter Orange # 2855
Lavender - True & Fine # 2619	Pine Sylvester (Scotch) # 2906
Lemon # 2625	Roman Chamomile # 2275
Lemonbalm # 2113	Rose # 2989
Lemongrass # 2624	Rose Absolute # 2988
Lime # 2631	Sandalwood # 3005
Mandarin - Green # 2657	Spearmint # 3032
Mountain Savory (Winter) # 3016	Spruce (Hemlock) # 3034
Myrrh # 2766	Tangerine # 3041
Neroli - Orange Blossom # 2771	Thyme Linalol Type # 3065
Onion # 2817	Thyme Thymol Type # 3064
Orange - Sweet # 2825	Vanilla # 3106
Oregano # 2828	Ylang Ylang # 3119
Palmarosa # 2831	

### Suggested use:

Mix 2 to 4 drops of essential oil in ½ cup (equivalent of approx. 120ml / 4 fluid ounces / 8 tablespoons) in a liquid preparation such as vegetable oil, melted butter (animal or vegetable) or ethyl alcohol / alcoholic drink minimum 40%.

Note: Essential oils do not mix in water (they rise to the surface). If you want to add a few drops of essential oils to a bottle of water, shake vigorously each time before drinking.

Remember to use essential oils sparingly because they are very powerful, always respect the dosages.

We accept no responsibility for any misuse or abuse.