

# Caraway Seed

## CO2 Extract



**Ingredients:** Carum Carvi (Caraway) Seed Extract

**Botanical Name:** *Carum carvi*

**Shelf Life:** 3-4 Years

**Country of Origin:** Germany

**KidSafe:** Yes **Pregnancy Safe:** No

**Nursing Safe:** No **Pup & Pony Safe:** No

**Extraction Method:** CO2 Extraction **Plant Part:** Seed

**Cautions:** Harmful if swallowed. Keep out of reach of children. Discontinue use if skin irritation/sensitivity occurs. If pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes and mucous membranes. External use only.

**Directions:**

**Aromatic** - Diffuse using 3-4 drops per 100 mL of water or use in a personal inhaler.

**Topical** - Dilute to 0.5-2% in a carrier.

## DESCRIPTION

The light and refreshing characteristics of Caraway Seed CO2 have a profound effect on emotional well-being, leaving you balanced and energized for the day. Its warm, rich aroma is similar to fresh rye bread and helps stimulate a tired mind and promote feelings of alertness. Traditionally, the seeds of the Caraway herb were often used to make “comfits,” or seeds coated in sugar, to eat after meals to help aid in digestion and relieve feelings of bloat. That is because the seed, much like the oil it creates, has carmative properties that support the digestive system and can ease discomfort caused by excess gas and cramping. Additionally, Caraway Seed CO2 can support the respiratory system during times of seasonal concerns as well as encourage a strong immune system. It makes a great addition to cleaning products thanks to its high limonene content, which not only helps to freshen up your space, but also imparts a stimulating, inviting, and spicy scent.

Eases occasional  
digestive upset

Supports a healthy  
immune system

Stimulating,  
energizing aroma