

Bergamot Monograph



Bergamot

Botanical Name

Citrus bergamia

Synonyms

Citrus aurantium subsp. *bergamia*

Botanical Family

Rutaceae

Method of Extraction

Cold expressed from fruit rinds

Characteristics

Green to olive-green color with warm fresh citrus slight floral aroma

Description & Area Grown

Small cultivated tree up to 16 ft high with dark green leaves and fragrant star-shaped flowers; non-edible green small fruit is picked unripe; commercially grown in southern Italy and the Ivory Coast

Main Chemical Components

Monoterpenols 45-65%

Esters 17-58%

Monoterpenes 10-52%

Main Therapeutic Properties

Analgesic, antidepressant, antibacterial, antifungal, antiviral, carminative, cicatrisant, digestive, sedative

Safety Considerations

Non-skin irritant, strongly photosensitizing



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