

# 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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