

# Sweet Orange Monograph



## Sweet Orange

### Botanical Name

*Citrus sinensis*

### Synonyms

Orange oil, *Citrus aurantium* var. *dulcis*, *C. vulgaris*

### Botanical Family

Rutaceae

### Method of Extraction

Cold expressed from fruit rinds

### Characteristics

Greenish orange color, thin consistency, citrus sweet scent reminiscent of orange peel

### Description & Area Grown

Cultivated tree generally less than 15 ft high with smooth grey-brown bark and glossy dark green leaves. Most essential oil is produced from Israel, Brazil, North America and Australia.

### Main Chemical Constituents

Monoterpenes 95-98%

Aldehydes 1.2-2.5%

Monoterpenols 0-0.5%

### Main Therapeutic Properties

Antidepressant, antibacterial, antispasmodic, digestive, lymphatic stimulant, sedative

### Safety Considerations

Non-toxic, non-irritant, non-sensitizing; oxidized oil increases risk of skin irritation



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