

Grapefruit Monograph



Grapefruit

Botanical Name

Citrus paradisi

Synonyms

Citrus racemose, *Citrus decumana* var. *racemosa*, *Citrus maxima* var. *racemosa*, shaddock fruit

Botanical Family

Rutaceae

Method of Extraction

Cold expressed from fruit rinds

Characteristics

Yellow to green-yellow in color with fresh, sweet, concentrated grapefruit aroma

Description & Area Grown

Large tree growing upwards to 40 feet with large fruit that can be produced for 30–40 years. Cultivated for essential oil production in the USA, West Indies, South Africa, South America, China, and Mexico. White-rind grapefruit has higher aldehyde than the red-rind fruit.

Main Chemical Components

Monoterpenes (*d*-limonene) 95%

Linalool 0.1%

Nootkatone 0.1%

Main Therapeutic Properties

Antidepressant, antiseptic, disinfectant, diuretic, stimulant

Safety Considerations

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



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