

Lemon Monograph



Lemon

Botanical Name

Citrus limon

Synonyms

Expressed lemon oil, yellow lemon

Botanical Family

Rutaceae

Method of Extraction

Generally cold expressed from fruit rinds (steam distilled produces different chemical composition)

Characteristics

Yellow to orange or greenish color with light citrusy, fruity, sweet odor

Description & Area Grown

Cultivated trees for essential oil production grow in Italy, Spain, Israel, Argentina, and USA

Main Chemical Components

Monoterpenes 90–95%

Linalool 0.9%

Neral 0.76%

Main Therapeutic Properties

Antidepressant, antifungal, antimicrobial, antirheumatic, antiseptic, antispasmodic, astringent, carminative, diaphoretic, digestive, diuretic, rubefacient

Safety Considerations

Phototoxic, non-toxic, non-irritant; risk of sensitizing, especially if oxidized



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