

ROSEMARY

Chemistry - Usage - Caution



CHEMISTRY

Camphor	1.8 cineole	Verbenon
Ketone (camphor <30%)	Oxydes (1.8 cineol 38-55%)	Ketone (borneone <15% - verbenone 15-37%)
Oxydes (1.8 cineol <30%)	Monoterpenes (alpha and beta pinene 15-25%)	Ester (acetate bornyl 18%)
Monoterpenes (alpha pinene <30%)	Ketone (camphor 5-15%)	Monoterpenes (alpha pinene 15-37%)



PROPERTIES

Camphor	1.8 cineole	Verbenon
Muscle relaxant ++++	Mucolytic, Expectorant Respiratory anti infective +++	Expectorant, mucolytic, anti-catarrhal +++
Nerve tonic ++++	Antifungal +++	Liver regenerating, hepatoprotective +++
Expectorant, mucolytic ++	Bactericide ++	Antiviral, Anti infectious ++
		Nerve balancer and stimulant ++



CAUTION

Camphor	1.8 cineole	Verbenon
Breastfeeding mothers	Babies	Babies
Pregnant women	Young kids	Young kids
Young kids	Breastfeeding mothers	Breastfeeding mothers
Babies	Pregnant women	Pregnant women
Neurotoxic	Irritative	Irritative
Irritative	Dermocaustic	
Hepatotoxic		