

# Pelargonium tomentosum

Top 5 components (as percentage) from GC/MS test performed at KQATSA Analytical & Consulting Scientists.

## Isomenthone 51.2% and Menthone 36.3% 24.8%

Menthone and Isomenthone has been reported to act as a bronchidilator, appetite suppressant and improve digestion as well as athletic performance. These terpenes are also used a top note in perfumery.

## alpha-Phellandrene 2.1%

Among its properties, A-Phellandrene is known to increase energy levels, reduce pain, and as an anti-cancer. In addition, it a common additive in cosmetic products and perfumes due to its pleasing aroma, and easy absorption in the skin

## Limonene 2%

"The therapeutic effects of limonene have been extensively studied, proving anti-inflammatory, antioxidant, antinociceptive, anticancer, antidiabetic, antihyperalgesic, antiviral, and gastroprotective effects, among other beneficial effects in health" - National Institute of Health UK

## beta-Phallandrene 1.3%

$\beta$ -Phellandrene was a major constituent (34.7%) of the essential oil from its aerial parts. While it wasn't a major constituent of the oil from the fruits, "The two oils showed good antimicrobial activity against *Clostridium difficile*, *C. perfringens*, *Enterococcus faecalis*, *Eubacterium limosum*, *Peptostreptococcus anaerobius* and *Candida albicans*."

A separate study looking at the correlation between chemical composition and antifungal activity of certain essential oils found that, "Higher contents of  $\beta$ -Phellandrene,  $\beta$ -Sesquiphellandrene and  $\beta$ -Bisabolene in EOs of pericarps were likely responsible for the high antifungal activity of Cluster IV Eos." - Abstrax.com

## Myrcene 0.9%

"Myrcene has many therapeutic benefits. Like other terpenes, myrcene is believed to have potential anti-inflammatory, potential anti-tumor, sleep-supportive, and other health benefits. Traditional Uses of Plants High in Myrcene:

Improve sleep

Reduce pain

Promote relaxation

Enhance mood

Relieve anxiety

Relieve Stress

Strengthen the immune system" - finestlabs.com