

Helichrysum foetidum

Top 5 components (as percentage) from GC/MS test performed at University of Cape Town's Department of Molecular and Cell Biology.

Alpha-Pinene 51.89%

"A wide range of pharmacological activities have been reported, including antibiotic resistance modulation, anticoagulant, antitumor, antimicrobial, antimalarial, antioxidant, anti-inflammatory, anti-Leishmania, and analgesic effects." - Biomolecules. 2019 Nov; 9(11): 738

Sabinene 30.29%

"Sabinene is a natural bicyclic monoterpene and is isolated from the essential oils of various plants. It gives off pleasant aromas ranging from citrusy and spicy to piny and woody. Sabinene is a major constituent of carrot seed oil and one of the compounds that contribute to the spiciness of black pepper. Sabinene is also found in a variety of spices, such as nutmeg, basil, marjoram, cloves, and cardamom. As a monoterpene, it is used in aromatherapy but equally used as flavorings in food or fragrance manufacturing.

Sabinene has been studied for its implications in soothing problematic skin conditions, relieving arthritis pain, and aiding digestion. Sabinene has been shown to possess anti-inflammatory, anti-fungal, antimicrobial, antioxidant, and antibacterial properties." - LabEffects.com

beta-Pinene 3.66%

"Both α -pinene and β -pinene are perhaps most noted in the scientific community for their ability to increase mental alertness, clarity, and overall cognitive functions. They also have been researched for their significant applications in bronchodilation, pain relief, epilepsy and cancer treatment, and neuroprotection. The pinenes are also widely recognized as an anti-inflammatory, antidepressant, (targeted at treating conditions such as arthritis and fibromyalgia), antiseptic, and antioxidant" - LabEffects.com

alpha-Thuiene 2.39

Thujene is often used in the cosmetic and fragrance industries due to its pungent, spicy taste and herbal, woody scent. Applications & uses; used as flavour agents in foodstuffs, as fragrance agents, as an active anti-malarial agent and is widely used in the cosmetic industry widely used in pharmaceuticals, has the effects of pain-relieving, antioxidant, antimicrobial, and anti-inflammatory, etc." - Foreverest Resources

D-limonene 2.13%

"D-limonene is a chemical compound that naturally occurs in the peel of citrus fruits, such as oranges or lemons. Some scientists believe that d-limonene could have a range of beneficial effects on health, such as: reducing oxidative stress, the risk of diabetes, the risk of cancer, inflammation and protecting the heart, the gastrointestinal system, the liver and regulating the immune system" - Medical News Today