



Papers that used essential oils in capsules for treatment/ investigation of pharmacokinetics.

This is not a complete list, but just whatever was in my EndNote library (extracted from my computer on 4 March 2021). There may well be more research available on each EO, and more besides which I have missed. The table below is a summary, references in full follow after:

Oil	Conditions	Number of papers found
Anise oil	Irritable Bowel Syndrome (IBS)	1
Blend of monoterpenes	HDL-cholesterol	1
Blend of monoterpenoids - Rowachol (product)	Biliary stones	4
Blend of eucalyptol, limonene and pinene	Respiratory mucus	2
Coumarin & psoralens	Liver enzyme inhibition, pharmacokinetics	3
Blend of Cretan herb oils	Respiratory	2
Eucalyptol (cineole)	Respiratory	3
Eucalyptus oil	Respiratory	1
Fennel	Menopausal symptoms (1), IBS (2)	3 (two of these included tumeric/ curcumin)
Gelomyrtol/ Myrtol (Eucalyptus, Orange, Lemon, Myrtle EOs)	Respiratory	3
Lavender	Sleep (3), Anxiety, depression (5)	8
Lavender, Spike (Tavipec)	Respiratory	2
Bitter Orange	Sleep and post-menopausal symptoms	1
Lemongrass Oil	Serum cholesterol	1
Menthol	pharmacokinetics	2
Peppermint oil	IBS (6); colon motility (5)	11
Caraway oil	pharmacokinetics	1
Perillyl alcohol	Brain tumors	2
Salvia lavandulaefolia oil	Acetyl cholinesterase inhibition	1
Thymol	pharmacokinetics	1



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