



Oral use of essential oils

Overview limitations of active ingredients.

Substance	Maximum (total of all sources) per day (mg)	Motivation
α-Pinene	40	monograph <i>Pinus sylvestris</i> (24.02.2022)
β-myrcene	150	monograph <i>Pinus sylvestris</i> (24.02.2022)
β-pinene	18	monograph <i>Citrus limon</i> (28.10.2021)
γ-terpinene	25	monograph <i>Citrus limon</i> (28.10.2021)
Camphene	37.5	monograph <i>Zingiber officinale</i> (30.08.2022)
Camphor	60	monograph <i>Rosmarinus officinalis</i> (22/10/2020) available in Dutch , French and English
Carvacrol	60	monograph <i>Thymus vulgaris/Thymus zygis</i> (28/02/2023)
Cinnamaldehyde	75	monograph <i>Cinnamomum verum</i> (bark) (28/04/2020) available in Dutch , French and English
p-Cymene	7	monograph <i>Thymus vulgaris/Thymus zygis</i> (28/02/2023)
Estragol (= methylchavicol)+ Methyleugenol (sum)	3	monograph <i>Ocimum basilicum</i> (26/04/2022)
Geraniol	120	monograph <i>Thymus vulgaris/Thymus zygis</i> (28/02/2023)
Geranyl acetaat	550	monograph <i>Thymus vulgaris/Thymus zygis</i> (28/02/2023)
Limonene	200	monograph <i>Citrus limon</i> (28.10.2021)
Linalool + Linalylacetate (sum)	70	monograph <i>Lavandula officinalis</i> (25/08/2020) available in Dutch , French and English
Menthol	240	monograph <i>Mentha x piperita</i> (22/04/2021) available in Dutch , French and English
Menthone	120	monograph <i>Mentha x piperita</i> (22/04/2021) available in Dutch , French and English



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Pinocamphones	6	monograph <i>Rosmarinus officinalis</i> (22/10/2020) available in Dutch , French and English
Pulegone + Menthofuran (sum)	37.5	monograph <i>Rosmarinus officinalis</i> (22/10/2020) available in Dutch , French and English monograph <i>Mentha x piperita</i> (22/04/2021) available in Dutch , French and English
Safrole	0,6	monograph <i>Cinnamomum verum</i> (bark) (28/04/2020) available in Dutch , French and English
Thymol	120	monograph <i>Thymus vulgaris/Thymus zygis</i> (28/02/2023)