

Fennel Seed

Botanical Name: *Foeniculum vulgare*

Family: Apiaceae

Energetics: Warming, sweet

Taste: Sweet, licorice-like

Actions: Carminative, digestive tonic, galactagogue, antispasmodic, anti-inflammatory

Overview

Fennel Seed is a digestive and aromatic herb known for relieving bloating, gas, and cramping. It supports lactation, calms digestive discomfort, and has mild anti-inflammatory effects.

Uses

Internal Uses

- Digestive support for bloating, gas, and indigestion
- Relieves menstrual cramps and digestive spasms
- Supports lactation in breastfeeding mothers
- Mild anti-inflammatory and antioxidant effects

External Uses

- Infused oils for muscle cramps and aches
- Aromatic baths for relaxation and digestive support

Medication Interactions

- May enhance the effect of antispasmodic medications
- Caution with blood sugar-lowering medications

Contraindications

- Pregnancy: generally safe in culinary amounts; medicinal doses should be guided by practitioner
- Allergy to Apiaceae family
- Children: safe in culinary use; caution with concentrated doses

Caution & Safety

- Moderate intake internally
- Monitor for allergic reactions
- Avoid large doses if on blood sugar-lowering medications without guidance

Herbal Pairings

Blends Well With

- Chamomile (digestive and calming synergy)
- Ginger (warming and digestive support)
- Fennel + Peppermint (carminative synergy)
- Lemon Balm (soothing digestive aid)

Avoid Combining With

- Blood sugar-lowering herbs or medications in high doses without supervision

Possible Side Effects

- Rare allergic reactions
- Digestive upset in high doses

Forms & Dosage

Tea / Infusion

- 1–2 tsp seeds per cup water
- Steep 5–10 minutes
- 1–3 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Capsules / Powder

- 500–1,000 mg, 1–2 times daily

External / Infused Oil

- Apply topically for mild cramps or discomfort



Fennel Seed is a gentle digestive and antispasmodic herb, suitable for digestive discomfort, menstrual cramping, and lactation support.

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