

Lactones

CHEMICAL COMPONENTS

Lactones are an ester group derived from lactic acid. Although lactones can be neurotoxic, essential oils usually only contain extremely low quantities. They are known primarily for their balancing and decongestant properties, making them suitable for treating conditions such as chronic bronchitis.

THERAPEUTIC PROPERTIES		
ANTI-ALLERGIC	ANTI-INFLAMMATORY	ANTI-PARASITIC
ANTISEPTIC	ANTISPASMODIC	ANTITUMORAL
IMMUNE SUPPORT	LIVER SUPPORT	MUCOLYTIC

COMMON LACTONES CHEMICALS

MOLECULAR STRUCTURES

achillin	aesculetine	alantolactone
alantolactone	bergaptene	bergamottin
butanolide	scopoletin	umbelliferone
citropten	coumarin	uraogermacrene
herniarin	limettine	nepetalactone

COMMON LACTONES CHEMICALS
MOLECULAR STRUCTURES

psoralen

helenalin

ESSENTIAL OILS CONTENT OF LACTONES
LACTONES % CONTENT

Essential Oils	Percentage
Catnip	13%
Celery Seed	11%
Bay Laurel	3%
Fleabane	2%
Myrtle	2%
Yarrow	2%
Valerian	1%
Mugroot	1%