

## QUELQUES RECHERCHES SUR LES HUILES ESSENTIELLES

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**148- Les huiles essentielles antioxydantes**  
 ESSENTIAL OILS HAVE THE HIGHEST ORAC SCORES (Oxygen Radical Absorbance Capacity )  
 Essential oils have the highest ORAC scores of any known substance. According to the Essential Oils Desk Reference, 2nd ED., they are as follows: ESSENTIAL OIL BOTANICAL NAME ORAC SCORE

Sandalwood (Santalum Album)	1,655
Roman Chamomile (Chamaemelum nobile)	2,446
Juniper (Juniperus osteosperma)	2,517
Rosemary (Rosmarinus officinalis)	3,309
Lavender (Lavendula angustifolia)	3,669
Spearmint (Mentha spicata)	5,398
Helichrysum (Helichrysum italicum)	17,420
Lemongrass (Cymbopogen flexuosus)	17,765
Orange (Citrus aurantium)	18,898
Eucalyptus (Eucalyptus globuleux) (Eucalyptus)	24,157
Rose of Sharon (Cistus ladanifer)	38,648
Cinnamon Bark (Cinnamamum verum)	103,448
Mountain Savory (Satureja montana)	113,071
Oregano (Origanum compactum)	153,007
Thyme (Thymus vulgaris)	159,590
Clove (Syzigium aromaticum)	<b>10,786,875</b>

**ORAC SCORE ESSENTIAL OILS TESTED**

Compare these numbers with the berries and you can see how potent essential oils really are. The last six oils on this chart are even more powerful than wolfberries. Clove is the champion of all with an ORAC score over 10 million!! That means a drop of Clove contains **400 times more antioxidant per unit volume than wolfberries**, the most powerful of all known fruits.

15 ml bottle of **Clove Oil** (Code # 3524, **\$11**) has the antioxidant capacity of **150 lbs of carrots, 40 quarts of blueberries or 16 gallons of beet juice.**

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