

# Anti-microbial Properties of Fennel Seed

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Fennel (*Foeniculum vulgare Mill.*) seeds are a well-known cooking spice with a sweet, earthy flavor. It is one of the elements of Chinese five spice powder. Fennel seed is also a traditional part of Chinese, Arabic, Indian and Western medicine. Traditionally herbalists have used fennel as a digestive aid, it appears to relax the smooth muscle lining in the digestive tract (as antispasmodic) that may help expel gas.

There are many scientific citations that document the powerful antimicrobial properties of Fennel seed against many pathogens. Some of the papers are cited below:

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