

Wholistic Kids Essential Oil References

PLANT	AUTHOR	TITLE	SUMMARY	LINK
Cypress	Selim	Chemical composition, antimicrobial and antibiofilm activity of the essential oil and methanol extract of the Mediterranean cypress (<i>Cupressus sempervirens</i> L.)	Cypress has anti-microbial effects against Klebsiella Pneumonia, amongst other bacteria. It may help eliminate biofilms.	https://bmccomplementalmed.biomedcentral.com/track/pdf/10.1186/1472-6882-14-179
Cypress	Emami	Chemical and Antimicrobial Studies of <i>Cupressus sempervirens</i> L. and <i>C. horizontalis</i> Mill. Essential Oils	Cypress has some antimicrobial effects to E coli and Staph Aureus.	http://www.ijps.ir/article_1925_6cb133b8ef515c9e91c89416dd03a806.pdf
Cypress	Destryana	Antioxidant and Anti-inflammation Activities of Ocotea, Copaiba and Blue Cypress Essential Oils <i>in Vitro</i> and <i>in Vivo</i>	Cypress has anti-oxidant properties and may help suppress the inflammatory compounds of LPS and PGE-2.	https://onlinelibrary.wiley.com/doi/full/10.1007/s11746-014-2504-4
Cypress, Eucalyptus, Thyme	Saleh	Antioxidant and free radical scavenging activities of essential oils	Eucalyptus and Thyme have anti-oxidant properties.	https://www.ethndis.org/priorsuparchives/ethn-20-01s1-s78.pdf
Eucalyptus	Cermelli	Effect of eucalyptus essential oil on respiratory bacteria and viruses.	Eucalyptus has anti-bacterial properties against H. influenzae, parainfluenzae, S. maltophilia and S. pneumoniae.	https://www.ncbi.nlm.nih.gov/pubmed/17972131
Eucalyptus	Salari	Antibacterial effects of Eucalyptus globulus leaf extract on pathogenic bacteria isolated from specimens of patients with respiratory tract disorders	Eucalyptus has antibacterial properties S Aureus, S Pneumoniae and H Influenzae.	https://www.ncbi.nlm.nih.gov/pubmed/?term=16441463
Eucalyptus	Elaissi	Chemical composition of 8 eucalyptus species essential oils and the evaluation of their antibacterial, antifungal and antiviral activities	Eucalyptus helps with respiratory bacterial infections. It may has anti-viral properties, against Coxsackie and potentially other viruses.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3475086/pdf/1472-6882-12-81.pdf
Eucalyptus	Rakover	The treatment of respiratory ailments with essential oils of some aromatic medicinal plants	Eucalyptus has anti-inflammatory, anti-bacterial and anti-viral properties.	https://www.ncbi.nlm.nih.gov/pubmed/19039907
Eucalyptus	Worth	Patients with asthma benefit from concomitant therapy with cineole: a placebo-controlled, double-blind trial	Eucalyptus has mucolytic, bronchodilating, and anti-inflammatory effects.	https://www.ncbi.nlm.nih.gov/pubmed/22978309
Eucalyptus	Worth	Concomitant therapy with Cineole (Eucalyptole) reduces exacerbations in COPD: A placebo-controlled double-blind trial	Eucalyptus oil when used in inflammatory airway diseases can help reduce mucous, help clear mucous, has bronchodilating (airway opening properties) and anti-inflammatory effects.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2720945/

Eucalyptus	Juergens	Anti-inflammatory activity of 1,8-cineol (eucalyptol) in bronchial asthma: a double-blind placebo-controlled trial	Eucalyptus has anti-inflammatory effects. The author's comments: "1,8-cineol (eucalyptol)...(in) eucalyptus oil suppressed arachidonic acid metabolism and cytokine production in human monocytes. Long-term systemic therapy with 1,8-cineol has asignificant steroid-saving effect in steroid-depending asthma. This is the first evidence suggesting an anti-inflammatory activity of the monoterpene 1,8-cineol in asthma and a new rational for its use as mucolytic agent in upper and lower airway diseases. Cineol allowed steroid dependent asthmatics to reduce steroid dose."	https://www.ncbi.nlm.nih.gov/pubmed/12645832
Eucalyptus	Juergens	Inhibitory activity of 1,8-cineol (eucalyptol) on cytokine production in cultured human lymphocytes and monocytes	Eucalyptus has anti-inflammatory effects. Author's comments: "1,8-cineol as strong inhibitor of TNF-alpha and IL-1beta... This is increasing evidence for the role of 1,8-cineol to control airway mucus hypersecretion by cytokine inhibition, suggesting long-term treatment to reduce exacerbations in asthma, sinusitis and COPD."	https://www.ncbi.nlm.nih.gov/pubmed/15477123
Eucalyptus	Juergens	Antiinflammatory effects of euclpytol (1.8-cineole) in bronchial asthma: inhibition of arachidonic acid metabolism in human blood monocytes ex vivo	Eucalyptus compound 1.8-cineole reduces inflammatory compounds LTB4 and PGE2.	https://www.ncbi.nlm.nih.gov/pubmed/9737886
Eucalyptus	Juergens	Inhibition of cytokine production and arachidonic acid metabolism by eucalyptol (1.8-cineole) in human blood monocytes in vitro	Eucalyptus compound 1.8-cineole inhibits inflammatory compounds (cytokines) and may help reduce reduce airway inflammation.	https://www.ncbi.nlm.nih.gov/pubmed/9810029
Eucalyptus	Kehrl	Therapy for acute nonpurulent rhinosinusitis with cineole: results of a double-blind, randomized, placebo-controlled trial	Eucalyptus can help with cold symptoms.	https://www.ncbi.nlm.nih.gov/pubmed/15064633
Eucalyptus	Sadlon	Immune-Modifying and Antimicrobial E fects of Eucalyptus Oil and Simple Inhalation Devices	Eucalyptus can improve immunity. It decreases various proinflammatory compounds (IL-4, IL-6, TNF- α and NF- κ B) and airway secretions. It has anti-bacterial properties against S aureus, H Influenza, H parainfluenza and S pneumonia.	http://archive.foundational-medicinereview.com/publications/15/1/33.pdf
Eucalyptus, Lavender	Kucharska	Comparison of chemical composition of selected essential oils used in respiratory diseases	These oils have antimicrobial and antiviral activities and can help eradicate symptoms of infection.	https://www.ncbi.nlm.nih.gov/pubmed/29300393
Eucalyptus, Peppermint	Rakover	The treatment of respiratory ailments with essential oils of some aromatic medicinal plants	Eucalyptus and Peppermint have anti-inflammatory, anti-bacterial and anti-viral activities. They can have direct effects on the respiratory tract and can help with cough reflex.	https://www.ncbi.nlm.nih.gov/pubmed/19039907
Eucalyptus, Peppermint	Cohen	Acute Aromatics Inhalation Modifies the Airways. Effects of the Common Cold	Eucalyptus and Peppermint can help open the airways and make breathing easier.	https://www.karger.com/article/abstract/194496
Eucalyptus, Peppermint	Ben-Arye	Treatment of Upper Respiratory Tract Infections in Primary Care: A Randomized Study Using Aromatic Herbs	Eucalyptus and Peppermint can help reduce cold symptoms.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2967840/

Eucalyptus, Tea tree	Usachev	Antiviral activity of tea tree and eucalyptus oil aerosol and vapour	Eucalyptus and Tea tree have good anti-viral and anti-influenza properties when applied topically.	https://www.sciencedirect.com/science/article/pii/S0021850213000086
Eucalyptus, Thyme	Acs	Antibacterial activity evaluation of selected essential oils in liquid and vapor phase on respiratory tract pathogens	Thyme, Eucalyptus, Scottish Pine have properties against various bacteria that cause ear-nose-throat infections. Eucalyptus may help with respiratory viruses. Eucalyptus may help reduce biofilms.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6064118/pdf/12906_2018_Article_2291.pdf
Eucalyptus, Thyme	Vimalanathan	Anti-influenza virus activity of essential oils and vapors	Thyme and Eucalyptus demonstrate anti-influenza properties.	http://www.essencejournal.com/pdf/2014/vol2issue1/PartA/8-565.pdf
Fir	Shishkina	Mechanisms of action of aerosol preparations based on Abies sibirica polyphenols in experimental influenza infection	Abies (Fir) has properties against Influenza virus when inhaled or aerosolized.	https://www.ncbi.nlm.nih.gov/pubmed/11785384
Fir	Safatov	A prototype prophylactic anti-influenza preparation in aerosol form on the basis of Abies sibirica polyphenols	Abies helps protect against Influenza when aerosolized.	https://www.ncbi.nlm.nih.gov/pubmed/15741774
Lavender	Chouhan	Antimicrobial Activity of Some Essential Oils—Present Status and Future Perspectives	Lavender has anti-inflammatory properties and reduces IL-1 β T, NF- κ B amongst other inflammatory compounds.	https://www.mdpi.com/2305-6320/4/3/58/pdf
Lavender	Giovannini	Lavandula angustifolia Mill. Essential Oil Exerts Antibacterial and Anti-Inflammatory Effect in Macrophage Mediated Immune Response to Staphylococcus aureus	Lavender may have anti-inflammatory and immune boosting effects. It may stimulate the human innate macrophage (immune response) response to bacteria	https://www.ncbi.nlm.nih.gov/pubmed/26730790
Lavender	Kozics	Antioxidant potential of essential oil from Lavandula angustifolia in in vitro and ex vivo cultured liver cells	Lavender has antioxidant properties. "DNA-protective activity could be explained by both elevation of GPx activity in cells pre-treated with LO and antioxidant activity of LO."	https://www.ncbi.nlm.nih.gov/pubmed/28485153
Lavender	Aoe	Lavender Essential Oil and Its Main Constituents Inhibit the Expression of TNF- α -induced Cell Adhesion Molecules in Endothelial Cells	Lavender has anti-inflammatory effects and reduces TNF- α (a potent mediator of inflammation).	https://www.ncbi.nlm.nih.gov/pubmed/29276222
Lavender	Huang	Effect of lavender essential oil on LPS-stimulated inflammation	Lavender has powerful anti-inflammatory. It reduces inflammatory compounds such as IL-1 β , NF- κ B.	https://www.ncbi.nlm.nih.gov/pubmed/22809036
Lavender	Ueno-Iio	Lavender essential oil inhalation suppresses allergic airway inflammation and mucous cell hyperplasia in a murine model of asthma	Lavender inhibits allergic inflammation.	https://www.ncbi.nlm.nih.gov/pubmed/24909715

Lavender	Silva	Antioxidant, analgesic and anti-inflammatory effects of lavender essential oil	Lavender has analgesic and anti-inflammatory activities.	https://www.ncbi.nlm.nih.gov/pubmed/26247152
Lavender, Peppermint, Thyme	Swamy	Antimicrobial Properties of Plant Essential Oils against Human Pathogens and Their Mode of Action: An Updated Review	Thyme, Lavender and Peppermint have anti-bacterial properties.	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5206475/pdf/ECAM2016-3012462.pdf
Peppermint	Li	In vitro antiviral, anti-inflammatory, and antioxidant activities of the ethanol extract of <i>Mentha piperita</i> L	Peppermint has anti-viral and anti-oxidant properties, especially against RSV.	https://www.ncbi.nlm.nih.gov/pubmed/30263705
Peppermint	de Sousa	Antispasmodic effect of Mentha piperita essential oil on tracheal smooth muscle of rats	In rat studies, Peppermint oil reduced inflammation and exhibited antispasmodic activity (reduced coughing).	https://www.ncbi.nlm.nih.gov/pubmed/20488237
Peppermint	McKay	A review of the bioactivity and potential health benefits of peppermint tea (<i>Mentha piperita</i> L.	Peppermint has significant antimicrobial and antiviral activities.	https://www.ncbi.nlm.nih.gov/pubmed/16767798?dopt=AbstractPlus
Peppermint	Laude	The Antitussive Effects of Menthol, Camphor and Cineole in Conscious Guinea-pigs	Peppermint has anti-tussive properties and can help reduce coughing severity.	https://www.sciencedirect.com/science/article/abs/pii/S0952060084710210
Tea Tree	Garozzo	Activity of Melaleuca alternifolia (tea tree) oil on Influenza virus A/PR/8: study on the mechanism of action	Tea tree oil can inhibit the replication of influenza virus due to terpinen-4-ol, terpinolene, and alpha-terpineol.	https://www.ncbi.nlm.nih.gov/pubmed/21095205/
Tea Tree	Garozzo	In vitro antiviral activity of Melaleuca alternifolia essential oil.	Terpinen-4-ol and other compounds found in Tea tree oil can inhibit the replication of influenza virus A/PR/8 virus subtype H1N1.	https://www.ncbi.nlm.nih.gov/pubmed/19843207
Tea Tree	Li	Melaleuca alternifolia concentrate inhibits in vitro entry of influenza virus into host cells	Terpinen-4-ol, terpinolene, the alpha-terpineol, compounds found in Tea tree, can prevent influenza virus from entering the host cells by disturbing the normal viral membrane fusion procedure.	https://www.ncbi.nlm.nih.gov/pubmed/23966077
Niaouli	Ramanoelina	Main Industrial Niaouli (<i>Melaleuca quinquenervia</i>) Oil Chemotype Productions from Madagascar	Niaouli may have beneficial properties found in tea tree without all caustic substances	https://www.tandfonline.com/doi/abs/10.1080/10412905.2008.970007
Niaouli	Christoph	A comparative study of the in vitro antimicrobial activity of tea tree oils s.l. with special reference to the activity of beta-triketones	Some possible anti-microbial properties against gram positive bacteria	https://www.ncbi.nlm.nih.gov/pubmed/10985085

Naouli, Ravensara	Ferrara	Cytological aspects on the effects of a nasal spray consisting of standardized extract of citrus lemon and essential oils in allergic rhinopathy.	Ravensara and Niaouli may have antibacterial, antiviral, and expectorant properties	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3523552/pdf/ISRN.PHARMACEUTICS2012-404606.pdf
			***Niaouli used in the Wholistic Kids Cough and Congestion Mix was tested and does contain Terpinen-4-ol, Terpinene (Terpinolene) and alpha-terpineol	
Thyme	Reichling	Essential oils of aromatic plants with antibacterial, antifungal, antiviral, and cytotoxic properties - an overview	Thyme oil, when inhaled has properties against <i>S. pneumoniae</i> , <i>H. influenzae</i> , and <i>M. catarrhalis</i> (bacteria that can complicate upper respiratory infections).	https://www.zora.uzh.ch/id/eprint/18705/1/207196.pdf
Thyme	Javed	AN OVERVIEW ON MEDICINAL IMPORTANCE OF THYMUS VULGARIS	Thyme has anti-inflammatory, anti-oxidant and anti-viral properties	http://www.aessweb.com/pdf-files/jasr%203(10),974-982.pdf
Thyme	Hosseinzadeh	The Application of <i>Thymus vulgaris</i> in Traditional and Modern Medicine: A Review	Thyme has various anti-oxidant properties.	https://pdfs.semanticscholar.org/9e2b/86c29d075d896d931351901b4470a5e6bba8.pdf
Thyme	Ichrak	Chemical composition, antibacterial and antioxidant activities of the essential oils from <i>Thymus satureioides</i> and <i>Thymus pallidus</i>	Thyme has various antimicrobial properties.	https://www.ncbi.nlm.nih.gov/pubmed/22164795
Thyme	Sakkas	Antimicrobial Activity of Basil, Oregano, and Thyme Essential Oils	Thyme has various antimicrobial properties.	http://www.jmb.or.kr/journal/download.php?Filedir=../submission/Journal/027/&num=8345
Thyme	Fabio	Screening of the antibacterial effects of a variety of essential oils on microorganisms responsible for respiratory infections.	Thyme has antimicrobial properties that can help respiratory infections.	https://www.ncbi.nlm.nih.gov/pubmed/17326042