### HABITAT
Myristica fragrans, native to the Banda Islands of Indonesia, is also grown in Penang Island in Malaysia and the Caribbean, especially in Grenada. It also grows in Kerala, a state in southern India.

### Description
Nutmeg oil (Myristica fragrance) is obtained from the dried seeds.

### Actives Ingredients
Essential oil of Myristica f. from the dried seeds. is predominantly composed for:
- Sabinene (21.38%)
- 4-terpineol (13.92%)
- Myristicin (13.57%)
- α-pinene (10.23%)
- Limonene (5.57%)
- a-myrcena (2.38%)

### INCI Name
Myristica Fragrance

### Features
Myristica f. essentials oil extract is extracted by steam distillation.

- **Appearance:** clear oil
- **Color:** Colorless or Light Yellow
- **Consistency:** Thin

### Properties
Anti-microbial and anti-oxidant activity.

### Applications
Aromatherapy, skin care, hair care.

### Stored
Store in tightly closed original container, in a cool, dry & ventilated area away from heat sources & protected from light. Keep air contact to a minimum.

### Bibliography
- Olajide, O.A.; Ajayi, F.F.; Ekhelar, A.I.; Awe, S.O.; Makinde, J.M.; Alada, A.R. Biological effects of Myristica fragrans (nutmeg) extract. Phytother Res. 1999
- Oyen, N.X.D. Plant Resources of South-East Asia, Essential-oil Plants; Proscea: Bogor, Indonesia, 1999; Volume 12.