

# iMedix: Your Personal Health Advisor.

## BERGAMOT

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Search for medical details concerning BERGAMOT on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
  - **DosageForm:**
  - **Dosage:**
  - **Indications:**
  - **Manufacturer:**
  - **Storage:**
  - **Market Price:**
  - **Drug Status:**
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### Description

**Uses & Effectiveness Overview** Bergamot (*Citrus bergamia*) is a type of citrus fruit native to Italy. Essential oils from the peel and the extract from the juice are used to make medicine. Bergamot oil has several active chemicals and is commonly used as aromatherapy. When applied to the skin, the chemicals in bergamot oil can make the skin sensitive to sunlight. Bergamot is used for high levels of cholesterol or other fats in the blood. It is also used for anxiety, mental alertness, joint pain, and many other conditions, but there is no good scientific evidence to support these other uses. Don't confuse bergamot with other citrus fruits such as bitter orange and sweet orange. Bergamot is not just a type of citrus fruit, it also contains a unique flavonoid called neohesperidin which can help lower cholesterol levels and improve heart health.

**Side Effects** When taken by mouth: Bergamot OIL is commonly consumed in foods. Bergamot EXTRACT is possibly safe when taken as a medicine, short-term. Side effects of bergamot extract are usually mild and might include heartburn. When applied to the skin: Bergamot oil is possibly unsafe. It might harm the skin. When inhaled: Bergamot oil is possibly safe when inhaled, short-term.

**Interactions** Moderate Interaction Be cautious with this combination Medications that increase sensitivity to sunlight (Photosensitizing drugs) interacts with BERGAMOT Some medications might make the skin more sensitive to sunlight. Bergamot might also make the skin more sensitive to sunlight. Using these products together might increase the risk of sunburn, blistering, or rashes when the skin is exposed to sunlight. Be sure to wear sunblock and protective clothing when spending time in the sun. Medications for diabetes (Antidiabetes drugs) interacts with BERGAMOT Bergamot might lower blood sugar levels. Taking bergamot along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely.

**Special Precautions and Warnings** When taken by mouth: Bergamot OIL is commonly consumed in foods. Bergamot EXTRACT is possibly safe when taken as a medicine, short-term. Side effects of bergamot extract are usually mild and might include heartburn. When applied to the skin: Bergamot oil is possibly unsafe. It might harm the skin. When inhaled: Bergamot oil is possibly safe when inhaled, short-term.

**Pregnancy and breast-feeding:** It is possibly unsafe to use bergamot oil on the skin when pregnant or breast-feeding. There isn't enough reliable information to know if bergamot is safe to take by mouth when pregnant or breastfeeding. Stay on the safe side and stick with amounts commonly found in foods.

**Children:** Bergamot OIL is commonly consumed in foods. But taking large amounts of bergamot oil is possibly unsafe. There have been serious side effects, including convulsion and death, in children who have taken large amounts of bergamot oil. There isn't enough reliable information to know if bergamot extract is safe to use in children.

**Surgery:** Bergamot might lower blood sugar and interfere with blood sugar control

during surgery. Stop using bergamot at least 2 weeks before a scheduled surgery. Dosing Bergamot essential oil is commonly used in aromatherapy, alone or with other essential oils. Bergamot extract has most often been used by adults in doses of up to 1000 mg by mouth daily for 4-12 weeks. Speak with a healthcare provider to find out what dose might be best for a specific condition.

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## **Side Effects**

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## **Uses**

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## **Interactions**

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## **Other Details**

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