

1) B-Caryophyllene	6) Sabinene	9) Linalool	13) β -cymene
2) α -pinene	7) Carvacrol	10) Camphore	14) β -Bisabolol
3) β -pinene	8) Myrcene	11) α -cadinol	15) δ -cadinene
4) 1,8 cineole		12) β -copaene	
5) limonene			

BASIC INGREDIENTS OF THE ESSENTIAL OIL OF SIDERITIS PLANTS

ingredient	Plants from low altitude cultivation	Plants from moderate altitude cultivation	Plants from high altitude cultivation
%			
α-Pinene	13.19	10.66	8.76
β-Pinene	17.62	13.32	9.56
Myrcene	2.45	2.01	1.84
α-Phellandrene	3.06	2.20	2.00
α-Terpinene	3.13	2.52	2.75
Limonene	5.98	5.70	5.73
γ-Terpinene	1.55	1.30	1.32
Linalool	0.72	0.73	1.16
Anethole	2.50	3.56	6.91
β-Carvacrol	1.18	1.37	4.10
β-Caryophyllene	2.92	3.07	4.39
Spathulenol	1.68	3.25	2.08
α-Bisabolol	3.25	2.45	1.21

Main ingredients of essential oil from dried plants of *Sideritis raeseri*

The dried parts of the plant can produce 0,1ml of essential oil /100gr dried plant parts.