

AUST L 335587
AU SKU: 60214038



dōTERRA® CARDAMON

Elettaria cardamomum seed oil essential 1 mL/mL

Spicy, fruity, warm, balsamic

Aromatic description

With its warm, spicy aroma, Cardamom seed oil has been traditionally used in aromatherapy to relieve digestive discomfort.

Get natural relief using the traditional benefits of Cardamom seed oil. Also known as elaichi, Cardamom is an ancient spice originating in India. With its unmistakable aroma, you may know Cardamom from its use in personal care products like creams, soaps and perfume. In addition, Cardamom seed oil is traditionally used in aromatherapy to provide relief from digestive discomfort.

PRIMARY BENEFITS

TRADITIONALLY USED IN AROMATHERAPY TO:

- Support health and wellbeing
- Relieve digestive discomfort
- Reduce flatulence

PRODUCT DESCRIPTION

Native to Southeast Asia, Cardamom has been part of traditional Indian practices for many years. Cardamom seed oil's distinctive scent is commonly diffused for its warming and comforting aroma.

dōTERRA® Cardamom Seed oil is extracted from Cardamom seeds grown in Guatemala, using our strict CPTG® testing standards. Through a collaborative and responsible sourcing arrangement, we are able to have a significant impact on the lives of local partners, ensuring that these farming communities enjoy improved livelihoods.

Cardamom seed oil has been used topically in traditional Aromatherapy to support general health and wellbeing. In traditional Aromatherapy, when used topically or via inhalation, it relieves digestive discomfort and flatulence.

DIRECTIONS FOR USE

ADULTS ONLY: For inhalation use: add 0.3-0.6mL oil (5-10 drops) in a vaporiser or hot water and inhale deeply for 5 to 10 minutes. The eyes should be kept shut during inhalation. Alternatively, add 0.12mL oil (2 drops) onto a tissue, hold near the nose and inhale. Use up to 3 times a day

TOPICAL USE: dilute 1- 2 drops of oil with 2- 4 drops of carrier oil and apply to affected area up to 3 times per day.

See additional precautions below.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. Avoid contact with eyes, inner ears, and sensitive areas. If you are pregnant, nursing, or under a doctor's care, consult your physician.

PLANT PART: Seed

EXTRACTION METHOD:
Steam distillation

Main Chemical Components:
Terpinyl acetate, 1, 8-cineole



Certified Pure Tested Grade

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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Cardamom

A T I N



SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:



0.1 Kg*



It takes approximately 0.1 kilograms of cardamom seeds to produce 5 mL of Cardamom essential oil.*

CHEMISTRY:



The main chemical constituents and associated benefits of cardamom are:

terpynyl acetate

1,8-cineole (eucalyptol)

cleansing*

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

33

Published studies on the benefits of cardamom

Numbers according to PubMed as of December 2017.

FUN FACT

Cardamom oil is produced from seed pods, which typically contain 10-20 seeds per pod. These pods are dried for 36 hours and then sold either as a spice or for distillation.

WORKS WELL WITH:

