

# Rosemary

Rosmarinus officinalis 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- Adds a savoury, herbaceous flavour to meats and specialty dishes.
- Herbaceous and energising scent.
- May be used as a substitute for rosemary as a seasoning in any dishes.

## PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavour foods such as stuffing, pork, roast lamb, chicken, and turkey. Long revered, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures. Rosemary's herbaceous and energising scent is frequently used in aroma and massage therapy.

## USES

- Add 1 drop of Rosemary essential oil to meats and favourite entrées for extra flavouring.
- Turn your traditional mashed potatoes into a flavour-filled side dish with a little help from dōTERRA Rosemary oil.
- Use as a convenient and potent substitute for fresh or dried rosemary in any recipe.

## COOKING WITH ROSEMARY

Essential oils are very potent compared to dry seasonings, spices, or other flavouring agents, so even the tiniest amount can add a serious blast of flavour to your dish. When using Rosemary in cooking, it is best to use the toothpick method – dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. After you've stirred the toothpick around in the dish, do a taste test to see if additional oil should be added.

## DIRECTIONS FOR USE

For food flavouring.

## CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes and mucosa.

