

Ginger

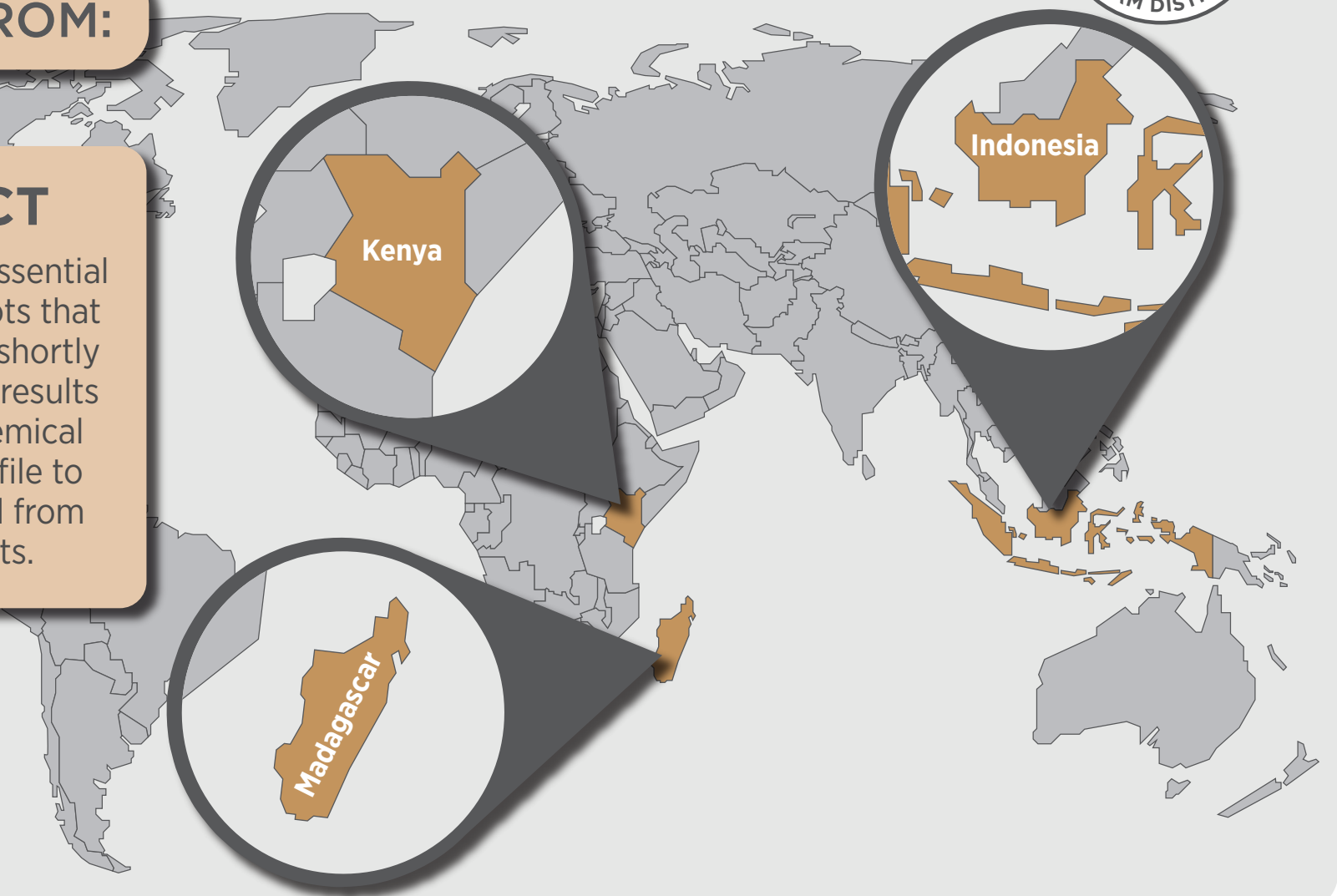
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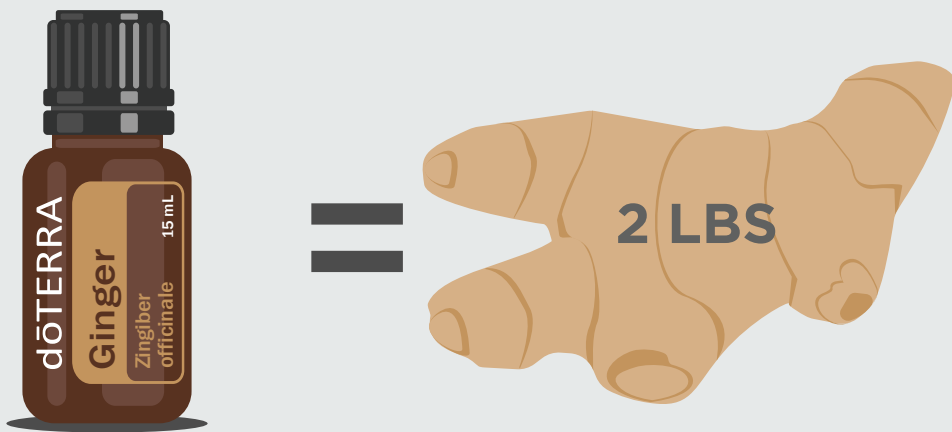
SOURCED FROM:

FUN FACT

dōTERRA Ginger essential oil comes from roots that are distilled fresh, shortly after harvest. This results in a preferred chemical and aromatic profile to other oils distilled from fully dried roots.

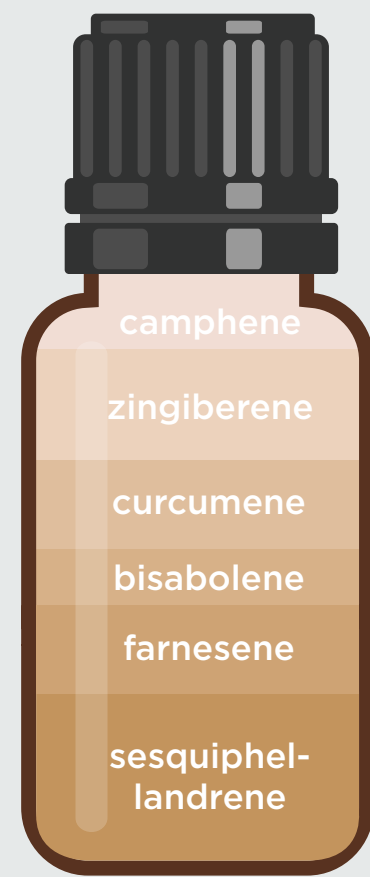


WHAT IT TAKES TO MAKE A BOTTLE:



It takes 2 pounds of ginger root to produce 15 mL of Ginger essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of ginger are:

- antioxidant support*
- cleansing*
- cellular support*
- immune support*

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

RESEARCH:

177

Published studies on the benefits of ginger

Numbers according to PubMed as of December 2017

FUN FACT

The scientific name for ginger, *Zingiber*, comes from the Sanskrit word *sringabera*, meaning "horn shaped."

WORKS WELL WITH:

