

# CARDAMOM

*Elettaria cardamomum 5 mL*

*Spicy, fruity, warm, balsamic*

*Aromatic description*

## PRIMARY BENEFITS

- Warming and comforting aroma
- Flavourful spice for cooking and baking

## PRODUCT DESCRIPTION

A close relative to Ginger, Cardamom is known as an expensive cooking spice and for providing a unique flavour to foods.

Cardamom essential oil is commonly diffused for its warming and comforting feeling. Its' distinct scent can be uplifting and nurturing to your emotions.

Native to Southeast Asia, Cardamom is added to traditional Indian sweets and teas for its cool, minty aroma and flavour.

dōTERRA Cardamom essential 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.

## USES

- Add to smoothies, meats, and salads for added flavour.
- Diffuse for an uplifting and comforting aroma.

## DIRECTIONS FOR USE

**DIFFUSION:** Use three to four drops in the diffuser of choice.

**FOOD FLAVOUR USE:** Add one or two drops to food.

## CAUTIONS

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

**PLANT PART:** Seed

**EXTRACTION METHOD:**  
Steam distillation

**MAIN CHEMICAL COMPONENTS:**  
Terpinyl acetate, 1,8-cineole



Certified Pure Tested Grade

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