

# CUMIN

CUMINUM CYMINUM 5 ML

## PRIMARY BENEFITS



- POPULAR SPICE USED IN MANY DISHES FROM AROUND THE WORLD
- CUMIN HAS A POWERFUL AROMA AND ITS NUTTY, SPICY TASTE PACKS A POWERFUL PUNCH TO RECIPES

## PRODUCT DESCRIPTION

Cumin is a flowering plant in the Apiaceae family that grows up to one foot in height and is grown heavily in Mediterranean countries. Its seeds are contained within a fruit and are typically dried for use in many dishes around the world. Cumin was used anciently, with use of the seeds dating back to 2000 B.C. Cumin has a powerful aroma and its nutty, spicy taste packs a powerful punch to recipes, so only a small amount of Cumin essential oil is needed for cooking. Cumin can be added to a variety of dishes and entrées including stews, dips, curry, soups, and salsa. It can also be used as a spice for meats and marinades.

## USES

- Add 1-3 drops to stews, soups, and curries for a spicy flavor.
- Dilute and apply topically for a warming sensation.
- Add one drop to 1/2 a cup of water and gargle for an effective mouth rinse.

## DIRECTIONS FOR USE

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

Food additive use: Add 1 or 2 drops to food.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity. See additional precautions below.

## CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

**PLANT PART:** Seed

**EXTRACTION METHOD:** Steam distillation

**AROMATIC DESCRIPTION:** Warm, spicy, nutty

**MAIN CHEMICAL COMPONENTS:**

Cuminaldehyde,  $\beta$ -pinene, para-cymene, (Gamma)-terpinene

