

Cilantro

Coriandrum sativum 15 mL

dōTERRA

PRODUCT INFORMATION PAGE



Application: **Plant Part:**



Leaf

Extraction Method:

Steam distillation

Aromatic Description:

Fresh, herbal, sweet, pungent

Main Chemical Components:

Linalool, decenal

PRODUCT DESCRIPTION

The culinary uses and additional benefits of Cilantro have been documented for centuries. Cilantro promotes healthy digestion and acts as a powerful cleanser and detoxifier for the body.* Applied topically, Cilantro is very soothing and cooling to the skin, and it adds a fresh, herbal aroma to any essential oil blend when diffused. Cilantro's culinary uses are endless, adding a flavorful twist to meats, salads, dips, and guacamole.

USES

- Place two drops in a dōTERRA veggie cap to experience a cleansing and detoxifying effect.*
- Add to stir fries, salads, and dips to experience Cilantro's distinct flavor.
- Diffuse with citrus essential oils for a fresh, herbal aroma.
- Assists with digestion after over-indulging at dinner.*

DIRECTIONS FOR USE

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

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize 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.

PRIMARY BENEFITS

- Aids digestion*
- Powerful cleanser and detoxifier*
- Gives food a fresh and tasty flavor



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.