

# Cilantro

*Coriandrum sativum* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade®

**Application:** A T I N

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Fresh, herbal, sweet, pungent

**Main Chemical Components:** Linalool, 2-decenal

## PRIMARY BENEFITS

- Supports healthy digestion when taken internally\*
- Ingest to promote healthy immune and nervous system function\*
- Gives food a fresh and tasty flavor

### Cilantro

*Coriandrum sativum* 15 mL

Part Number: 41850001

Wholesale: \$26.00

Retail: \$34.67

PV: 26



## PRODUCT DESCRIPTION

The culinary uses and additional benefits of Cilantro have been documented for centuries. Internal use of Cilantro promotes healthy digestion and supports healthy immune and nervous system functions. 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 support healthy digestion and immune system function.\*
- Add to stir fries, salads, and dips to experience Cilantro's distinct flavor.
- Diffuse with citrus essential oils for a fresh, herbal aroma.

## DIRECTIONS FOR USE

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

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier 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.

\*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.