

# Clove

*Eugenia caryophyllata* 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

**Application:** A T I D

**Plant Part:** Bud

**Extraction Method:** Steam distillation

**Aromatic Description:** Spicy, warm, woody

**Main Chemical Composition:** Eugenol, eugenyl acetate,  $\beta$ -caryophyllene

**Clove** | *Eugenia caryophyllata* 15 mL

**30040001**

## Primary Benefits

- + Helps clean the teeth and gums
- + May provide powerful antioxidant benefits when taken internally\*
- + Helps support healthy digestive, nervous, and cardiovascular systems when consumed\*

## Description

Traditionally used in dental preparations, candies, and gum for its flavor and mouth-cleansing properties, clove offers many benefits. According to preclinical research, CPTG® Clove essential oil, when ingested, may help maintain healthy digestive, nervous, and cardiovascular systems because of its main chemical constituents: eugenol and  $\beta$ -caryophyllene.\* Additional preclinical testing indicates it may also support a healthy inflammatory response and aid responses to oxidative stress conditions when taken internally.\* When diluted with Fractionated Coconut Oil, Clove essential oil can be used in an invigorating, energizing massage. Intensely aromatic when diffused or used in cooking, Clove is warm, woody, spicy and sweet, especially when blended with Cinnamon Bark during winter festivities.

## Uses

- + Add to toothpaste to clean the teeth and freshen the breath.
- + Take in a Veggie Cap to help maintain healthy digestive, nervous, and cardiovascular systems.\*
- + Blend with a carrier oil for a warming, energizing massage.

## Directions

**Aromatic use:** Use three to four drops in the diffuser of your choice.

**Topical use:** Dilute one drop essential oil with 10 drops carrier oil.

**Internal use:** Add one drop to a Veggie Cap and take with at least two ounces of water.

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, face, 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.