

# Rosemary

*Rosmarinus officinalis* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Leaf/Stem

**Extraction Method:** Steam distillation

**Aromatic Description:** Camphoraceous, herbaceous

**Main Chemical Components:** Eucalyptol,  $\alpha$ -pinene, camphor

## PRIMARY BENEFITS

- Supports healthy digestion when consumed<sup>†</sup>
- May help support healthy respiratory function when taken internally<sup>†</sup>
- May help reduce nervous tension and occasional fatigue when consumed<sup>†</sup>

### Rosemary

*Rosmarinus officinalis* 15 mL

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## PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as stuffings, pork, roast lamb, chicken, and turkey. Along with its culinary applications, Rosemary has many benefits. Rosemary supports healthy digestion and internal organ function when ingested.<sup>†</sup> Long revered by experts, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures. Rosemary's herbaceous and energizing scent is frequently used in aromatherapy. Taken internally it helps to reduce nervous tension and occasional fatigue.<sup>†</sup>

## USES

- Diffuse to create an atmosphere conducive for studying.
- Take internally to help reduce nervous tension and occasional fatigue.<sup>†</sup>
- Add one to two drops of to meats and favorite entrées for flavoring and to support healthy digestion.<sup>†</sup>

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fluid ounces of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional cautions 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.

<sup>†</sup>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.