

# Grapefruit

Essential Oil Supplement 15 mL

dōTERRA®

Product Information Page (UAE)



**Application:** I

**Ingredients:** Citrus Paradisi (Grapefruit oil)

**Aromatic Description:** Citrus, floral, fruity

**Grapefruit** | Essential Oil Supplement 15 mL

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## Primary Benefits

- + May support a healthy metabolism when used internally, as well as healthy weight management.

## Description

The name "grapefruit" is attributed to the fruits growing in clusters which resemble those of grapes. Commonly known for its sour and tangy taste, grapefruit is the rotund, yelloworange fruit of an evergreen citrus tree. Grapefruit essential oil is derived from the rind of this fruit and is cherished for its many uses and benefits as well for its refreshing aroma and robust flavor.

## Uses

- + To enliven the flavor of your smoothies, add one drop of Grapefruit essential oil to your favorite smoothie.
- + Add to water to support a healthy metabolism.

## Directions

**Internal:** Dilute one drop in 120 mL of liquid. Take it once a day.

## Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas. In case of skin contact, avoid sunlight and UV rays for at least 12 hours.