

CILANTRO

Coriandrum sativum 15 mL

Fresh, herbal, sweet, pungent

Aromatic description

PRIMARY BENEFITS

- Clear and invigorating aroma
- Gives food a fresh and tasty flavour
- Soothing aroma

PRODUCT DESCRIPTION

The culinary uses and additional benefits of Cilantro have been documented for centuries.

Cilantro adds a fresh, herbal aroma to any essential oil blend when diffused.

Cilantro's culinary uses are endless, adding a flavourful twist to meats, salads, dips and guacamole.

The oil has a calming, relaxing and positive aroma.

USES

- Add to stir fries, salads and dips to experience Cilantro's distinct flavour.
- Diffuse with citrus essential oils for a fresh, herbal aroma.

DIRECTIONS FOR USE

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

FOOD FLAVOUR USE: Add one or two drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.
Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Linalool, 2-decenal



Certified Pure Tested Grade

Except as indicated, all words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.

©2020 dōTERRA 12062020