Cinnamon
*Cinnamomum zeylanicum* 5 ml

**PRODUCT DESCRIPTION**
Long used to flavour food and for its internal health benefits, Cinnamon is derived from a tropical, evergreen tree that grows up to 14 meters high and has highly fragrant bark, leaves, and flowers. Due to its high content of cinnamaldehyde, only one drop is needed for internal benefits. Cinnamon is frequently used in mouth rinses and gums and has a long history of culinary uses, adding spice to desserts, entrées, and hot drinks.

**USES**
- Place 1 drop of Cinnamon essential oil in hot water or tea and drink slowly.
- Add one drop to 100 ml of water and gargle for an effective mouth rinse and fresh breath.
- In your next recipe including cinnamon, replace ground cinnamon with Cinnamon essential oil for a delightfully spicy flavour.

**DIRECTIONS FOR USE**
**Diffusion:** Use three to four drops in the diffuser of choice.
**Food additive use:** Dilute one drop in 125 ml of liquid.
**Topical use:** For massage, mix 5 drops with 10 ml carrier oil. For bath, mix 5 drops with 5 ml carrier oil. For perfuming, mix 1 drop to 10 drops carrier oil.

**CAUTIONS**
Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa.

---

**PRIMARY BENEFITS**
- Enhances the flavour of drinks, breads, desserts, and entrées
- Promotes oral health

**Plant Part:** Bark  
**Extraction Method:** Steam distillation  
**Aromatic Description:** Spicy, woody, with a sweet, biting note, warm  
**Main Chemical Components:** Cinnamaldehyde, Eugenol

**PRODUCT INFORMATION PAGE**

All words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.