

# Coriander

*Coriandrum sativum* 15 ml

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PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- Regarded as one of the most flavourful essential oils with countless applications and benefits.
- A versatile flavouring component widely used across the world in savoury dishes, commonly used in plant form.
- A fresh aromatic herb, ideal for soups, salads and seasoning for savoury recipes.
- Can be used to provide a soothing sensation when applied topically.
- Amongst its countless applications, Coriander can be relaxing.

## PRODUCT DESCRIPTION

Coriander is a fresh, aromatic herb that has been used for centuries. A popular cooking spice, just a touch of Coriander essential oil can transform any dish!

## USES

- Enjoy one drop of Coriander internally after eating large meals.
- Add one drop of Coriander to curry recipes for an extra invigorating boost in flavour.

## COOKING WITH CORIANDER

Essential oils are very potent compared to dry seasonings, spices, or other flavouring agents, so even the tiniest amount can add a serious blast of flavour to your dish. When using Coriander in cooking, it is best to use the toothpick method – dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. After you've stirred the toothpick around in the dish, do a taste test to see whether you want to add more of the oil or not.

## DIRECTIONS FOR USE

For food flavouring.

## CAUTIONS

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

