

Coriander

Coriandrum sativum 15 ml

dōTERRA™ | EUROPE

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 for minor relief.
- 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.

