

White Grapefruit

Citrus X paradisi 5 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



PRIMARY BENEFITS

- Known for its ability to help uplift mood.
- White grapefruit shares similar characteristics with other grapefruit varieties.
- Once known as a “forbidden fruit” and one of the ‘Seven Wonders of Barbados’.
- Has a fruity, citrusy aroma.

PRODUCT DESCRIPTION

White Grapefruit’s name comes from the white colour of its peel. White grapefruit shares similar characteristics with other grapefruit varieties and is known for its ability to help uplift mood. Though it’s not quite as sweet as its pink grapefruit cousin, its aroma evokes a fruity, citrusy tone. The oil is cold pressed from the fresh peel. Blends well with Black Pepper, Cardamom, Cassia, Clove, Coriander, Fennel, Ginger, Lemon, Lime, Rosemary, Tangerine and Thyme.

USES

- Add to your favourite smoothies and drinks for a refreshing flavour.
- Use in the morning to prepare you for the day ahead.
- Use in a variety of desserts.
- Blend with Black Pepper, Cardamom, Cassia, Clove, Coriander, Fennel, Ginger, Lemon, Lime, Rosemary, Tangerine and Thyme.

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. In case of skin contact, avoid sunlight and UV rays for at least 12 hours.

