

Black Spruce

A | T | S



SOURCED FROM:



WHAT IT TAKES TO MAKE A BOTTLE:

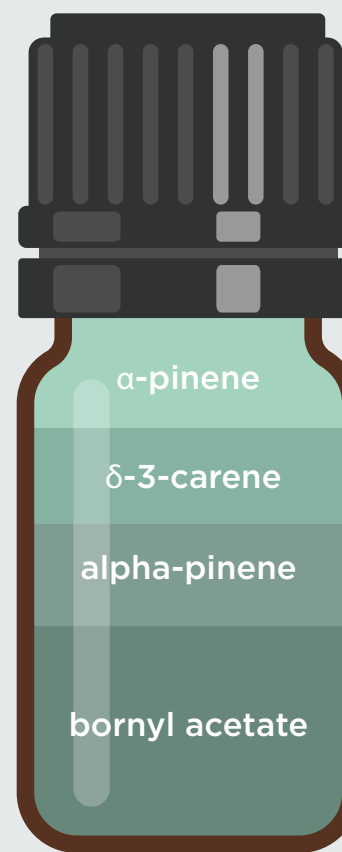


14.5 LBS*



It takes approximately 14.5 pounds of black spruce plant matter to produce 15 mL of Black Spruce essential oil.*

CHEMISTRY:



The main chemical constituents and associated benefits of black spruce are:

relaxing

cleansing

relaxing

calming

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

153

Published studies on the benefits of bornyl acetate, the main chemical constituent of black spruce

Numbers according to PubMed as of September 2019.

FUN FACT

Black Spruce is a food source for woodland caribou.

WORKS WELL WITH:



dōTERRA®

*Varies by season, region, year, and other variables. For US market use only.