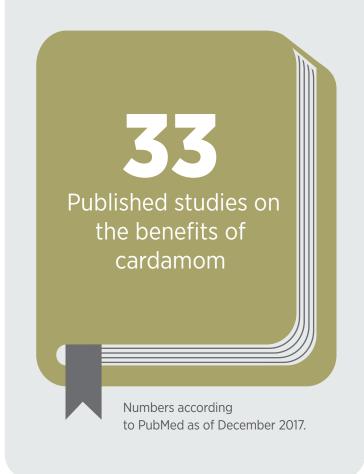
Cardamom ATON **SOURCED FROM:** Guatemala

WHAT IT TAKES TO MAKE A BOTTLE:



It takes .3 pounds of cardamom seeds to produce 5 mL of Cardamom essential oil.

RESEARCH:



FUN FACT

Cardamom oil is produced from seed pods, which typically contain 10-20 seeds per pod. These pods are dried for 36 hours and then sold either as a spice or for distillation.

CHEMISTRY:



The main chemical constituents and associated benefits of cardamom are:

cleansing*

1,8-cineole (eucalyptol)

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

WORKS WELL WITH:











dote RRA® *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.