

Cilantro A T I N

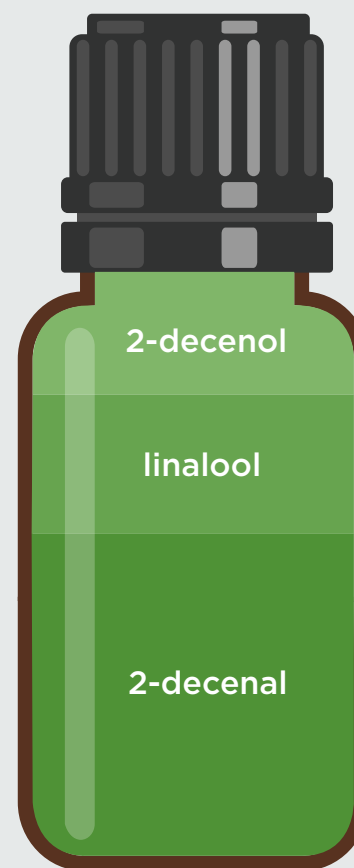


WHAT IT TAKES TO MAKE A BOTTLE:



It takes 4.1 pounds of cilantro leaves to produce 15 mL of Cilantro essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of cilantro are:



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

RESEARCH:

71

Published studies about the benefits of cilantro

Numbers according to PubMed as of December 2017.

FUN FACT

All parts of the cilantro plant are edible. The leaves produce the common cilantro herb and the seeds provide a spice known as coriander. Both are often used to flavor dishes in Latin American, Asian, and American cuisine.

WORKS WELL WITH:

