

DigestZen®

Digestive Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: A T I N

Ingredients: Peppermint Plant, Coriander Seed, Ginger Root, Caraway Seed, Cardamom Seed, Fennel, and Star Anise Fruit/Seed essential oils.

Aromatic Description: Spicy, sweet, minty, licorice

PRIMARY BENEFITS

- Add to water or tea
- Rub over stomach area

PRODUCT DESCRIPTION

DigestZen contains Ginger, Fennel, Coriander, Peppermint, Anise, Cardamom and Caraway. DigestZen is great oil blend to use during your travels or after a large meal.

USES

- Add a few drops to water or tea to take internally.
- Rub on the stomach before flying or taking a road trip for a calming aroma.
- Take DigestZen internally when traveling or trying new foods

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

