

# Caraway

Carum carvi 5 ml

dōTERRA | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

## PRIMARY BENEFITS

- Makes a wonderful addition to a variety of dishes.
- Known for its warm flavour and strong undertones.

## PRODUCT DESCRIPTION

Caraway is a biennial herbaceous plant that is very common in Europe, Asia, Africa and the United States. Historically, caraway was used by the ancient Romans for its health benefits. Today, you can find caraway in kitchens around the world! It's known and loved for its warm flavour and rich undertones.

## USES

- Add to a variety of dishes for a warming flavour boost.
- Take one drop of Caraway essential oil with water each day.
- Keep in the spice cabinet for easy access when cooking.

## DIRECTIONS FOR USE

Internal: Only use diluted. Take no more than one drop per day.

## CAUTIONS

Food flavouring only. Keep out of reach of children. Keep out of eyes and mucosa.

