

# Cardamom

*Elettaria cardamomum* 5 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

**Plant Part:** Seed

**Extraction Method:** Steam distillation

**Aromatic Description:** Spicy, fruity, warm

## PRIMARY BENEFITS

- One of the most aromatic essential oils
- A versatile flavouring component widely used across the world in savoury dishes, commonly crushed in seed form to expose the oil and potent aroma
- Cool, minty aroma and herbaceous flavour ideal for soups, salads and seasoning for savoury recipes. Cardamom is also well suited to fragrantly season baked goods

### Cardamom

*Elettaria cardamomum* 5 mL

## PRODUCT DESCRIPTION

A close relative to Ginger, Cardamom is known as an expensive cooking spice. Native to Southeast Asia, Cardamom is added to traditional Indian sweets and teas for its cool, minty aroma and flavor. dōTERRA Cardamom essential oil is extracted from Cardamom seeds grown in Guatemala, using our strict CPTG® testing standards. Through a collaborative and responsible sourcing arrangement, we are able to have a significant impact on the lives of local partners, ensuring that these farming communities enjoy improved livelihoods.

## DIRECTIONS FOR USE

### Aromatic Use:

- Use 3-4 drops in your favorite diffuser.
- Smell or disperse the oil in a room by means of a diffuser in order to foster open-mindedness.

### Internal use:

- Dilute one drop of oil in 120 ml of liquid.
- For food flavouring.
- Use drops of Cardamom oil in place of cardamom seeds to enhance the flavour of many savoury recipes.

## 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.