



**Application:** A | I | S

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

**Aromatic Description:** Spicy, sweet, minty

**dōTERRA DigestZen™** | Digestive Blend 5 ml  
**SKU: 60219329**

## Primary Benefits

- + This wonderful blend can help support your digestive system when taken internally.
- + The dōTERRA DigestZen essential oil blend can be used during these events to promote digestion when eating heavier meals

## Product Description

dōTERRA contains ingredients such as Peppermint Plant, Coriander Seed, Ginger Root, Caraway Seed, Cardamom Seed, Fennel Seed, Anise Fruit/Seed and Tarragon Plant essential oils. The combination of these oils help soothe the body.

## Uses

- + dōTERRA DigestZen contains a blend of essential oils that will naturally aid the body in the digestion of food. To easily obtain these digestion benefits, add one drop of dōTERRA DigestZen oil to 4 fluid ounces of liquid, and drink.
- + Bloating and gas can make your stomach feel tight and full, often leaving you feeling sluggish and unappealing. If you're experiencing these difficulties, use dōTERRA DigestZen essential oil. dōTERRA DigestZen will help reduce bloating and gas so that you can feel your best at any time of the day.

## Directions for Use

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

**For Use in Food:** Dilute one drop in 120 ml of liquid.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

Avoid contact with eyes, inner ears, and sensitive areas.