

Cardamom

Elettaria cardamomum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **Plant Part:**



Seed

Extraction Method:

Steam distillation

Aromatic Description:

Spicy, fruity, warm, balsamic

Main Chemical Components:

Terpinyl acetate, 1,8-cineole, linalyl acetate, sabinene, linalool

PRIMARY BENEFITS

- Promotes feelings of clear breathing
- Helps calm stomach upset and uplifts mood
- May ease indigestion

PRODUCT DESCRIPTION

A close relative to Ginger, Cardamom is known as an expensive cooking spice and for being beneficial to the digestive system in a variety of ways. Cardamom essential oil has a spicy, warming aroma much like cinnamon and ginger. Cardamom also has profound effects on the respiratory system due to its high 1,8-cineole content which can help promote clear breathing and respiratory health. 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.

USES

- Diffuse or apply topically to promote feelings of clear breathing.
- Diffuse or inhale for a sense of openness and mental clarity.
- Its distinct scent can promote a positive mood.

DIRECTIONS FOR USE

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

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut 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.

