

Lemon (Food)

Citrus limon 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG®

Application: **I**

Plant Part: Lemon rinds (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description: Clean, fresh, citrus, bright

Main Chemical Components: Limonene,
β-pinene, γ-terpinene

PRODUCT DESCRIPTION

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon is frequently added to food to enhance the flavor of desserts and main dishes. When added to water, Lemon provides a refreshing and uplifting citrus boost throughout the day. Lemon is very uplifting and energizing and promotes feelings of lightness, cheer and joy.

USES

- Use Lemon oil when cooking to enhance the flavor of main dishes or desserts.
- Add to water to enhance flavors

DIRECTIONS FOR USE

Internal use: Dilute one drop in 120mL of liquid.

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. Avoid sunlight or UV rays for up to 12 hours after applying product.

PRIMARY BENEFITS

- A sharp, clean, and refreshing aroma

Lemon (food)

Citrus limon 15 mL

SKU: 60212232

