

# Cilantro

*Coriandrum sativum* 15 mL

dōTERRA

PRODUCT INFORMATION PAGE



#### Application:



#### Plant Part:

Leaf

#### Extraction Method:

Steam distillation

#### Aromatic Description:

Fresh, herbal, sweet, pungent

#### Main Chemical Components:

Linalool, decenal

## PRODUCT DESCRIPTION

The culinary uses and additional benefits of Cilantro have been documented for centuries. Cilantro promotes healthy digestion and acts as a powerful cleanser and detoxifier for the body.\* Applied topically, Cilantro is very soothing and cooling to the skin, and it adds a fresh, herbal aroma to any essential oil blend when diffused. Cilantro's culinary uses are endless, adding a flavorful twist to meats, salads, dips, and guacamole.

## USES

- Place two drops in a dōTERRA veggie cap to experience a cleansing and detoxifying effect.\*
- Add to stir fries, salads, and dips to experience Cilantro's distinct flavor.
- Diffuse with citrus essential oils for a fresh, herbal aroma.
- Assists with digestion after over-indulging at dinner.\*

## DIRECTIONS FOR USE

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

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**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.

## PRIMARY BENEFITS

- Aids digestion\*
- Powerful cleanser and detoxifier\*
- Gives food a fresh and tasty flavor



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.