

# Cumin

*Cuminum cyminum* 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



## Application:



**Plant Part:** Seed

**Extraction Method:** Steam distillation

**Aromatic Description:** Warm, spicy, nutty

### Main Chemical Components:

Cuminaldehyde,  $\beta$ -pinene, para-cymene,  
(Gamma)-terpinene

## PRIMARY BENEFITS

- Popular spice used in many dishes from around the world
- Supports digestive health and helps to relieve occasional digestive discomfort\*
- Purifying to the body's systems\*

## PRODUCT DESCRIPTION

Cumin is a flowering plant in the Apiaceae family that grows up to one foot in height and is grown heavily in Mediterranean countries. Its seeds are contained within a fruit and are typically dried for use in many dishes around the world. Cumin was used anciently, with use of the seeds dating back to 2000 B.C. Traditional uses for Cumin include promoting digestive health and circulation. It was used ritually for internal protection and to protect one's home. Cumin is rich in cuminaldehyde, which supports the digestive system.\* Cumin has a powerful aroma and its nutty, spicy taste packs a powerful punch to recipes, so only a small amount of Cumin essential oil is needed for cooking. Cumin can be added to a variety of dishes and entrees including chili, dips, curry, soups, and salsa. It can also be used as a spice for meats and marinades.

## USES

- Add 1–3 drops to stews, soups, and curries for a spicy flavor.
- Dilute and apply topically for a warming sensation.
- Add one drop to 4oz. of water and gargle for an effective mouth rinse.

## 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:** Dilute with dōTERRA Fractionated Coconut Oil and apply to desired area. 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. Avoid sunlight or UV rays for up to 12 hours after applying product.



\*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.