

# DigestZen®

Digestive Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** A T N

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

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

## PRIMARY BENEFITS

- Eases feelings of queasiness
- Use with Fractionated Coconut Oil for a soothing abdominal massage.

## PRODUCT DESCRIPTION

DigestZen is well known for its ability to support healthy digestion and soothe occasional stomach upset. This unique blend contains Ginger, Fennel, and Coriander to help ease occasional stomach discomfort, including motion sickness and indigestion, while Peppermint, Tarragon, Anise, and Caraway help maintain a healthy gastrointestinal tract. DigestZen is great to have on hand when stomach upset occurs and is safe and effective. This powerful blend can be used aromatically or topically, and is great for at-home or on-the-go use. Topical use of DigestZen is a healthy, natural, and gentle way to soothe and comfort. For those prone to motion sickness, DigestZen can also be used to help diminish feelings of queasiness and occasional stomach upset.

## USES

- Rub on stomach before flying or taking a road trip for a calming aroma.
- Apply DigestZen topically when traveling or trying new foods to soothe occasional stomach upset.

## 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.

