

Turmeric

Curcuma longa 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: I | N

Plant Part: Rhizome

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, earthy, woody

Main Chemical Components: ar-Turmerone and Turmerone

PRIMARY BENEFITS

- Helps support healthy glucose and lipid metabolism
- May enhance cellular antioxidant enzymes (e.g. glutathione)
- Helps support healthy nervous and cellular function
- Has been shown to increase curcumin potency and absorption
- May promote healthy immune function and response

PRODUCT DESCRIPTION

As a key botanical of the traditional Ayurvedic health practices of India, turmeric root and turmeric essential oil have a long history that has inspired modern uses of turmeric today. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. Most commonly known for their nervous system and emotional benefits, these components make Turmeric essential oil a staple in your daily health routine. Promoting feelings of positivity, Turmeric is beneficial both internally and aromatically. Advantageous to the immune system, Turmeric may have soothing benefits that promote a positive immune response. Use Turmeric daily to support healthy immune function and response along with healthy circulation. In addition to the many benefits of Turmeric essential oil, Turmeric adds a great burst of flavor to your favorite savory meals.

USES

- Take internally for daily antioxidant support and to improve immune response.
- Take one or two drops in at least four ounces of water to better support your metabolism.
- Add one or two drops to your dishes for a flavor burst.

DIRECTIONS FOR USE

Internal Use: Dilute one drop in 4 fl. oz. 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.



This product is not intended to diagnose, treat, cure, or prevent any disease.