

Black Pepper

Oil Natural Flavor 5 mL

dōTERRA®

Product Information Page



CPTG

Application: I | S

Plant Part: Fruit

Extraction Method: Steam distillation

Aromatic Description: Hot, sharp, fruity, spicy

Main Chemical Component: β -caryophyllene, limonene, sabinene, -pinene, β -Pinene, -3-carene

Primary Benefits

- + Enhances food flavor

Product Description

Black Pepper is best known as a common cooking spice that enhances the flavor of foods, but its internal and topical benefits are equally noteworthy. Black Pepper is known for its antioxidant activity and ability to help ward off environmental and seasonal threats. Traditionally, ingested Black Pepper can help with the digestion of foods, making it an ideal oil to cook with and enjoy for its flavor.

Uses

- + Add 1 drop to water or favorite drink
- + Add to meats, soups, entrees, and salads to enhance food flavor

Directions

Internal use: Dilute one drop in four fluid ounces 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.