

Cardamom

Oil Natural Flavor 5 mL

dōTERRA®

Product Information Page



CPTG

Application: I | N

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Spicy, fruity, warm, balsamic

Main Chemical Components: α -Terpinyl acetate, linalyl acetate, 1,8-cineole (eucalyptol)

Primary Benefits

- + Offers a distinct flavor

Description

A close relative to Ginger, Cardamom is known as an expensive cooking spice. Native to Southeast Asia, Cardamom is added to traditional Indian sweets and teas for its cool, minty aroma and flavor. dōTERRA Cardamom oil is extracted from Cardamom seeds grown in Guatemala, using our strict CPTG testing standards. Through a collaborative and responsible sourcing arrangement, we are able to have a significant impact on the lives of local partners, ensuring that these farming communities enjoy improved livelihoods.

Uses

- + Add to breads, smoothies, meats, and salads to enhance food flavor.

Directions

Internal use: Dilute 1 drop in 4 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.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

N Neat D Dilute S Sensitive Skin