

# Cinnamon Bark

Oil Natural Flavor 5 mL

dōTERRA®

Product Information Page



CPTG

**Application:** I | D

**Plant Part:** Bark

**Extraction Method:** Steam distillation

**Aromatic Description:** Spicy, woody, sweet, warm

**Main Chemical Components:** Trans-cinnamaldehyde, cinnamyl acetate, eugenol

## Primary Benefits

- + Provides a sweet, warm, comforting aroma

## Description

Cinnamon is derived from a tropical, evergreen tree that grows up to 45 feet high and has highly fragrant bark, leaves, and flowers. Extracted from bark. Cinnamon is frequently used in mouth rinses and chewing gums. Cinnamon has a long history of culinary uses, adding spice to desserts, entrées, and hot drinks.

## Uses

- + Place a drop in hot water or tea and drink slowly to soothe the throat.
- + Add a drop to a small amount of water and gargle for an effective mouth rinse.

## 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, face and sensitive areas.