

Frankincense

Oil Natural Flavor 5 mL & 15 mL

dōTERRA®

Product Information Page



CP|TG

Application: I | N

Plant Part: Resin from *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana*

Extraction Method: Hydro-distilled

Aromatic Description: Warm, spicy, herbal

Main Chemical Components: α -pinene, limonene, octyl acetate

Primary Benefits

- + Enhances food and drink flavor

Description

Boswellia trees have been celebrated for centuries. The Babylonians and Assyrians would burn the tree resin in religious ceremonies and for contemplative meditation. Frankincense have been used in cooking for several thousand years. Considered the 'king of oils', dōTERRA Frankincense essential oil is a proprietary blend of resins from four species of Boswellia trees, *Boswellia carterii*, *Boswellia sacra*, *Boswellia papyrifera*, and *Boswellia frereana*.

Because Boswellia species used in dōTERRA Frankincense essential oil grow best in different soils and regions, dōTERRA Co-impact Sourcing® is helping to diversify supply pressure and create future sustainable harvesting solutions.

Uses

- + Use a drop of Frankincense to add rich flavor to desserts and teas.

Directions

Internal use: Use 1-3 drops to flavor food or beverages.

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.