

Ginger

Oil Natural Flavor 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP|TG

Application: **I** | **S**

Plant Part: Root

Extraction Method: Steam distillation

Aromatic Description: Hot, spicy

Main Chemical Components: α -zingiberene,
 β -sesquiphellandrene

PRODUCT DESCRIPTION

Newly sourced from Madagascar, dōTERRA Ginger oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant that shoots out the root system. A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavor when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets—gingerbread and ginger snaps being two examples.

USES

- Use while on a long car ride.
- Use in your favorite sweet and savory dishes.

DIRECTIONS FOR USE

Internal use: Dilute one 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.

PRIMARY BENEFITS

- Use in cooking