

Grapefruit (food)

Natural Flavor Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: I | N

Plant Part: Grapefruit rinds (peel)

Extraction Method: Cold pressed

Aromatic Description: Citrus, floral, fruity

Main Chemical Components: d-Limonene

PRIMARY BENEFITS

- Delivers fragrant and exceptionally uplifting flavours to food and drink with its robust, citrus properties.
- Popular for its sour, tangy taste that works to compliment other citrus essential oils when combined.
- Refreshing citrus aroma is beneficial in invigorating the senses.

PRODUCT DESCRIPTION

Referred to as a “forbidden fruit” and one of the “Seven Wonders of Barbados,” Grapefruit was first documented in 1750 by Welshman Rev. Griffith Hughes. The name “grapefruit” is attributed to the fruits growing in clusters which resemble those of grapes. Commonly known for its sour and tangy taste, grapefruit is the rotund, yelloworange fruit of an evergreen citrus tree. Grapefruit essential oil is derived from the rind of this fruit and is cherished for its many uses and benefits as well for its refreshing aroma and robust flavour.

USES

- Add one to two drops to your water.
- Grapefruit essential oil creates a fruity and spry flavour when added to drinks or food.
- To enliven the flavour of your smoothies, add one drop of Grapefruit essential oil to your favourite smoothie.

DIRECTIONS FOR USE

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

CAUTIONS

Keep out of reach of children. If pregnant or under a doctor’s care, consult a physician before using. Read the label before ingesting. Avoid contact with eyes and mucosa.

