

Lemon (Food)

Oil Natural Flavor 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



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

Plant Part: Lemon rinds (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description: Clean, fresh, citrus, bright

Main Chemical Components: Limonene,
 β -pinene, γ -terpinene

PRODUCT DESCRIPTION

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. When added to water, Lemon provides a refreshing and healthy boost throughout the day. Lemon is frequently added to food to enhance the flavor of desserts and main dishes.

USES

- Add Lemon oil to your water for a refreshing taste or as an alternative to sodas and sugary drinks.
- Add Lemon oil to your favorite treats and dessert recipes for a sweet and zesty punch.

DIRECTIONS FOR 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.

PRIMARY BENEFITS

- Can be used to add a refreshing flavor to water or a myriad of recipes from savory to sweet desserts.
- Cold pressed from lemon rinds to preserve its delicate nature and useful, potent properties.

