

# Marjoram

Oil Natural Flavor 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP|TG

Application: **I** | **N**

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, woody

Main Chemical Components: Terpinen-4-ol,  
trans-sabinene hydrate,  $\gamma$ -terpinene

## PRODUCT DESCRIPTION

Also known as “wintersweet” or “joy of the mountains,” Marjoram was known to the Greeks and Romans as a symbol of happiness. Marjoram has been used in culinary dishes, imparting a unique flavor to soups, stews, dressings, and sauces. In Germany, this herb is known as the “Goose Herb” for its traditional use in roasting geese. In modern applications, Marjoram is valued for its calming properties and its positive benefits.

## USES

- Replace Marjoram essential oil in your next recipe that calls for dried marjoram.

## DIRECTIONS FOR USE

**Internal use:** Use 1-3 drops to drop in drinks or food for food flavoring.

## 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

- Add a few drops as substitute for recipes that call for Marjoram.

