

# Myrrh

Oil Natural Flavor 15 mL

dōTERRA®

Product Information Page



CPTG

**Application:** I | N

**Plant Part:** Gum/Resin

**Extraction Method:** Hydro-distilled

**Aromatic Description:** Hot, smoky, herbaceous, woody, dry

**Main Chemical Components:** Furanoedesma-1,3-diene, curzerene, lindestrene

## Primary Benefits

- + Add one to two drops to drinks or water to enhance flavor

## Product Description

Ancient records show that Myrrh was deemed so valuable that at times it was valued at its weight in gold. Myrrh oil is derived from the gummy resin of the small, thorny Myrrh tree and has been used for centuries for its internal and external functions. Myrrh has been used throughout history as a perfume, incense, and health aid. It was also employed in embalming and religious ceremonies. Myrrh is reported to be beneficial for oral hygiene.

## Uses

- + Use a drop of Myrrh in water for a healthy mouth.
- + Add a drop to your drink

## Directions For Use

**Internal use:** Dilute one drop in 120 mL 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.