

Rosemary (Food)

Oil Natural Flavor 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: I | N

Plant Part: Aerial Parts (Leaf/Stem)

Extraction Method: Steam distillation

Aromatic Description: Camphoraceous, herbaceous

Main Chemical Components: Eucalyptol, α -pinene, camphor

PRIMARY BENEFITS

- Adds a savory, herbaceous flavor to meats and specialty dishes.
- Herbaceous and energizing scent.
- May be used as a substitute for rosemary as a seasoning in any dishes.

PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as stuffings, pork, roast lamb, chicken, and turkey.

Essential oils are very potent compared to dry seasonings, spices, or other flavoring agents, so even the tiniest amount can add a serious blast of flavor to your dish. When using Rosemary in cooking, it is best to use the toothpick method – dip the tip of a clean toothpick into the essential oil bottle and stir the toothpick into your ingredients. After you've stirred the toothpick around in the dish, do a taste test to see if additional oil should be added.

USES

- Add 1 drop of Rosemary essential oil to meats and favorite entrées for extra flavoring.
- Turn your traditional mashed potatoes into a flavor-filled side dish with a little help from Rosemary oil.
- Use as a convenient and potent substitute for fresh or dried rosemary in any recipe.

DIRECTIONS FOR USE

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

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.

