

Tangerine (food)

Oil Natural Flavor 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: I | N

Plant Part: Peel/Rind

Extraction Method: Cold pressed

Aromatic Description: Tangy, sweet, fresh

Main Chemical Components: Limonene

PRIMARY BENEFITS

- Popular and flavorful addition to desserts and drinks.

PRODUCT DESCRIPTION

Tangerine has a long history of use in Chinese culture and herbal wellness practices. Emerging research suggests that limonene, the main component of tangerine essential oil, may help to maintain a healthy digestive system and metabolism when used internally. A popular and flavorful addition to desserts and drinks—from water to fruit smoothies—Tangerine can be used in any recipe calling for citrus fruits.

USES

- Add one to two drops as a flavoring in cake and cookie recipes.
- Add one to two drops in water, smoothies, teas, or lemonade for flavoring.

DIRECTIONS FOR USE

Internal use: Dilute one drop in four fluid ounces 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. Avoid sunlight and UV rays for at least 12 hours after applying product.

