

Turmeric

Oil Natural Flavor 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: I

Plant Part: Rhizome

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, earthy, woody

Main Chemical Components: ar-Turmerone, turmerone

PRIMARY BENEFITS

- Take advantage of the subtle spicy and peppery flavor of Turmeric by adding a drop or two to scrambled eggs, frittatas, plain rice, soups, or sautéed greens.

PRODUCT DESCRIPTION

As a key botanical of the traditional Ayurvedic health practices of India, turmeric root and turmeric essential oil have a long history that has inspired modern uses of turmeric today. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. In addition to the many benefits of Turmeric essential oil, Turmeric acts as a great burst of flavor to your favorite savory meals.

USES

- Used in cooking or for beverages.
- Add 1-2 drops to your favorite meal for extra flavoring.

DIRECTIONS FOR USE

Internal use: Dilute one drop in 4 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.