

Bergamot

Citrus bergamia 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I S

Plant Part: Peel

Extraction Method: Cold-pressed

Aromatic Description: Sweet, citrusy, fruity, floral

Main Chemical Components: Limonene, linalyl acetate, linalool

Bergamot | *Citrus bergamia* 15 mL

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Primary Benefits

- + Provides a calming and uplifting aroma
- + May support a healthy nervous system when taken internally, because of chemical component limonene*
- + May calm the digestive system and promote a healthy metabolism when consumed, due to the limonene constituent in the blend*

Description

Bergamot comes from a delicate citrus tree known for its small, pear-shaped yellow or green fruit called bergamot oranges. The fruit is often used to flavor food and beverages, including Earl Grey tea, and as a component in many popular perfumes.

CPTG® Bergamot essential oil is made by cold-pressing the peel of ripe fruit. It has a delightful and distinctive citrus aroma, which creates a positive and uplifting ambiance when diffused or used topically. Preliminary research suggests components of Bergamot, including limonene, may support a healthy nervous system when consumed.* Early studies also indicate limonene may soothe the digestive system and promote a healthy metabolism when ingested.*

Uses

- + Diffuse in the classroom, at work, or at home.
- + Apply to the skin while showering and inhale deeply.
- + Add to regular tea to transform it into Earl Grey.
- + Put a few drops in warm water for a relaxing foot soak.

Directions

Aromatic use: Place 3–4 drops in the diffuser of your choice.

Internal use: Dilute 1 drop in 4 fluid ounces of liquid.

Topical use: Apply 1–2 drops to the desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions below.

Cautions

Possible skin sensitivity. Keep out of reach of children. If you're 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 applying the product.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.