

Caraway

Carum carvi 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **I** **N**

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, woody, slightly sweet

Main Chemical Components: D-Carvone, Limonene

PRIMARY BENEFITS

- Supports a healthy digestive system when taken internally*
- Consume with healthy diet and exercise to help promote weight management*
- May support a decrease in appetite*
- New research indicates promotion and maintenance of dental health*

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Wholesale: \$19.00

PV: 19

*not available for individual sale

PRODUCT DESCRIPTION

Caraway is a member of the carrot family and is a cousin to dill, fennel, anise, and cumin. The ancient Egyptians used caraway in herbal preparations. Caraway seeds are very popular as a spice, particularly in Europe and in India. Caraway essential oil is extracted from the seeds of the caraway plant and is transformed into an essential oil by steam distillation of the crushed seeds. Caraway seeds may be small, but they are loaded with powerful properties in a tiny package. The distinct aroma comes from D-Carvone in the seed, which makes it the star of Bavarian-style sauerkraut and rye bread, as well as German sausages. Caraway may provide benefits to support and maintain the gastrointestinal system when ingested.* Caraway essential oil is bursting with additional compounds that provide a range of health benefits.

USES

- Apply one drop to toothbrush when brushing teeth, morning and night.
- Add a few drops to tea or water and drink before meals and between meals.
- Diffuse three to four drops anytime to create an uplifting atmosphere.
- Caraway blends well with herb and citrus oils, such as Roman Chamomile or Bergamot, as well as other spice oils such as Ginger and Coriander.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in four fluid ounces of liquid.

Topical use: Apply one to two drops to 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 are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



*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.