

Cardamom

Elettaria cardamomum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Spicy, fruity, warm, balsamic

Main Chemical Components: α -Terpinyl acetate, linalyl acetate, 1,8-cineole (eucalyptol)

PRIMARY BENEFITS

- May help maintain overall gastrointestinal health when taken internally†
- May soothe the digestive system when used internally†
- Promotes clear breathing and respiratory health when consumed†
- Offers a distinct flavor

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PRODUCT DESCRIPTION

A close relative to Ginger, Cardamom is known as an expensive cooking spice and for being beneficial to the digestive system in a variety of ways when ingested.† Cardamom is commonly used internally to help soothe occasional stomach discomfort.† Its distinct scent can promote a positive atmosphere. Ingested Cardamom also has profound effects on the respiratory system due to its high 1,8-cineole content, which promotes clear breathing and respiratory health.† Native to Southeast Asia, Cardamom is added to traditional Indian sweets and teas for its cool, minty aroma and flavor. dōTERRA Cardamom essential oil is extracted from Cardamom seeds grown in Guatemala, using our strict CPTG® testing standards. Through a collaborative and responsible sourcing arrangement, we are able to have a significant impact on the lives of local partners, ensuring that these farming communities enjoy improved livelihoods.

USES

- Use internally as part of a daily health regimen to support healthy gastrointestinal function.†
- Add to breads, smoothies, meats, and salads to enhance food flavor.
- Diffuse or inhale for a sense of openness.

DIRECTIONS FOR USE

Aromatic use: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 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.