

# Cilantro

*Coriandrum sativum* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade®

**Application:** A T I N

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Fresh, herbal, sweet, pungent

**Main Chemical Components:** Linalool, trans-2-decenal

## PRIMARY BENEFITS

- Delivers a fresh, clean aroma
- Gives food a fresh and tasty flavor
- May support cognitive function when taken internally, according to preclinical research<sup>†</sup>
- Provides linalool and trans-2-decenal which may have surface cleaning properties

### Cilantro

*Coriandrum sativum* 15 mL

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## PRODUCT DESCRIPTION

The culinary uses and benefits of Cilantro have been documented for centuries. Preclinical studies suggest that internal use of Cilantro may support cognitive function, but more confirming clinical research is needed.<sup>†</sup> It adds a fresh, herbal aroma to any essential oil blend when diffused. Linalool and trans-2-decenal, the two main components of Cilantro, may have surface cleansing properties. Cilantro's culinary uses are endless, adding a flavorful twist to meats, salads, dips, and guacamole.

## USES

- Add two to four drops to diffuser for a fresh, clean aroma.
- Place two drops in a veggie cap.
- Add to stir fries, salads, and dips for a distinct flavor.
- Combine with citrus essential oils for a fresh, herbal aroma and a beneficial surface cleanser.

## DIRECTIONS FOR USE

**Aromatic use:** Add three to four drops to the diffuser of choice.

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

**Internal use:** Dilute one drop in 4 fluid ounces of liquid or add two drops to a veggie cap.

## 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.

<sup>†</sup>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.