# Cilantro

Coriandrum sativum 15 mL

# dōTERRA

PRODUCT INFORMATION PAGE





Application: A T D N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Fresh, herbal, sweet,

pungent

Main Chemical Components: Linalool, trans-2-

Decenal

## **PRIMARY BENEFITS**

- Supports healthy digestion when taken internally\*
- Ingest to promote healthy immune and nervous system function\*
- Gives food a fresh and tasty flavor

## PRODUCT DESCRIPTION

The culinary uses and additional benefits of Cilantro have been documented for centuries. Internal use of Cilantro promotes healthy digestion and supports healthy immune and nervous system functions.\* Applied topically, Cilantro is very soothing and cooling to the skin, and it adds a fresh, herbal aroma to any essential oil blend when diffused. Cilantro's culinary uses are endless, adding a flavorful twist to meats, salads, dips, and guacamole.

#### **USES**

- Place two drops in a doTERRA veggie cap to support healthy digestion and immune system function.\*
- Add to stir fries, salads, and dips to experience Cilantro's distinct flavor.
- Diffuse with citrus essential oils for a fresh, herbal aroma.

#### **DIRECTIONS FOR USE**

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

Internal use: Dilute one drop in 4 fl. oz. 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.

### Cilantro

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Part Number: 41850001 Wholesale: \$26.00 Retail: \$34.67

PV: 26



\*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.