Ginger
Zingiber officinale 15 mL

PRODUCT DESCRIPTION
Newly sourced from Madagascar, dōTERRA Ginger essential oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant that shoots out the root system. A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavor when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets—gingerbread and ginger snaps being two examples. Internal use of Ginger is best known as a digestive aid and for helping to ease occasional indigestion and nausea.* Ginger essential oil can also be applied topically or inhaled for a soothing aroma.

USES
• During a long car ride, diffuse or place a drop of ginger in the palm of your hand and inhale.
• Apply over lower abdomen for a soothing massage.
• Use Ginger essential oil in your favorite sweet and savory dishes.

DIRECTIONS FOR USE
Diffusion: Use three to four drops in the diffuser of 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.