

Ginger

Zingiber officinale 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **I** **S**

Plant Part: Root

Extraction Method: Steam distillation

Aromatic Description: Hot, spicy

Main Chemical Components: α -zingiberene,
 β -sesquiphellandrene

PRIMARY BENEFITS

- May help support healthy digestion*
- May help; reduce bloating, gas, and occasional indigestion*
- May help reduce occasional nausea*

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Part Number: 31630001

Wholesale: \$39.00

Retail: \$52.00

PV: 39



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 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.

*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.