

# Tangerine

*Citrus reticulata* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Tested Grade™

**Application:** A T I N

**Plant Part:** Peel/Rind

**Extraction Method:** Cold pressed

**Aromatic Description:** Tangy, sweet, fresh

**Main Chemical Components:** Limonene

## PRIMARY BENEFITS

- Internal use supports healthy digestion and metabolism\*
- Cleansing and purifying
- Take internally to support a healthy immune system\*
- Creates an inspiring environment

Tangerine

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## PRODUCT DESCRIPTION

Tangerine has a long history of use in Chinese culture and herbal health practices. The essential oil supports healthy digestion and metabolism when used internally.\* Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting. Tangerine is known for its cleansing properties, and for supporting a healthy immune and respiratory system when ingested.\* A popular and flavorful addition to desserts and drinks—from water to fruit smoothies—Tangerine can be used in any recipe calling for citrus fruits.

## USES

- Place one to two drops in the palm of your hand, rub together, and cup over the nose and mouth for 30 seconds or diffuse throughout the room.
- Apply to flex points or abdomen.
- Add one to two drops as a flavoring in cake and cookie recipes.
- Add one to two drops in water, smoothies, teas, or lemonade for flavoring.

## 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. Avoid sunlight or UV rays for up to 12 hours after applying product.

\*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.