

Turmeric

Curcuma longa 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Rhizome

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, earthy, woody

Main Chemical Components: ar-Turmerone, turmerone

PRIMARY BENEFITS

- Helps support healthy glucose and lipid metabolism when taken internally[†]
- May enhance cellular antioxidant enzymes when taken internally[†] (e.g. glutathione)
- May support healthy nervous and cellular function when taken internally[†]
- Increases curcumin potency and absorption when taken internally[†]
- May promote healthy immune function and response when consumed[†]
- Supports clean and healthy-looking skin while reducing the appearance of blemishes

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PRODUCT DESCRIPTION

As a key botanical of the traditional Ayurvedic health practices of India, turmeric root and turmeric essential oil have a long history that has inspired modern uses of turmeric today. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. Most commonly known for their nervous system benefits, these components make internal use of Turmeric essential oil a staple in your daily health routine.[†] Turmeric is beneficial both internally and aromatically. Advantageous to the immune system, ingested Turmeric may have soothing benefits that promote a positive immune response.[†] Turmeric can help to promote clear, smooth, and radiant-looking skin. Take Turmeric daily to support healthy immune function and response along with healthy circulation.[†] In addition to the many benefits of Turmeric essential oil, Turmeric acts as a great burst of flavor to your favorite savory meals.

USES

- Take internally for daily antioxidant support and to improve immune response.[†]
- Use internally as metabolic support when trying to get back on track.[†]
- Use as a spot treatment or an all-over face mask to help reduce the appearance of blemishes or for a healthy-looking overall glow.
- Diffuse for a warm, earthy aroma.
- Incorporate into your recovery routine for a soothing massage after strenuous activity.[†]

DIRECTIONS FOR USE

Aromatic use: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 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.