

Ginger

Zingiber officinale 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested 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

- Supports healthy digestion when used internally†
- Eases occasional indigestion and nausea when used as an internal-use digestive aid†
- Provides a soothing and calming aroma

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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

- Diffuse or inhale from palms of hands while on a long car ride.
- Apply over lower abdomen for a soothing massage.
- Use in your favorite sweet and savory dishes.

DIRECTIONS FOR USE

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