

# 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 and CO2 extraction

**Aromatic Description:** Hot, spicy

**Main Chemical Components:**  $\alpha$ -zingiberene,  
 $\beta$ -sesquiphellandrene

**Ginger** | *Zingiber officinale* 15 mL

60215119

## Primary Benefits

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

## 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.<sup>†</sup> 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

**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.

### Application Methods

A Aromatic T Topical I Internal H Home Care

### Skin Sensitivity

N Neat D Dilute S Sensitive Skin

<sup>†</sup>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.