

Lavender Honey

Infused with CPTG® Lavender Essential Oil

dōTERRA®

Product Information Page



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Net wt 5.25 oz / 150 g

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Primary Benefits

- + Naturally 1.5x sweeter than cane sugar, with a delicate floral note
- + Soothes and calms a dry throat when mixed into warm tea or water or swallowed straight from a spoon
- + Provides nutrient-rich bee pollen and propolis containing flavonoids and phenolic compounds
- + Delivers a quick burst of energy when consumed because of natural sugars like glucose and fructose

Description

Raw honey has been valued for centuries in traditional wellness practices as a natural energy source, throat soother, digestive aid, skin moisturizer, and delicious treat.

dōTERRA Lavender Honey combines pure, raw honey with CPTG Lavender essential oil for a soft, floral flavor. Sourced from the nectar of organically grown plants in Brazil without the use of pesticides, herbicides, or other harmful substances, this honey is gently warmed and strained to preserve its beneficial nutrients and enzymes.

Uses

- + Stir into hot or cold drinks.
- + Sweeten baked goods.
- + Drizzle onto fresh fruit, ice cream, yogurt, granola, or oatmeal.
- + Create homemade salad dressings and marinades.

Directions

Gently warm for pourability by placing the jar in a bowl of warm water. Store at room temperature to slow the natural process of crystallization. No need to refrigerate, as honey never spoils.

Cautions

Do not feed honey to babies one year or younger.

Nutrition Facts

About 21 servings per container
Serving Size 1 Teaspoon (7g)

Amount per serving
Calories 22

% Daily Value*

Total Fat	0g	0%
Sodium	0mg	0%
Total Carbohydrate	6g	2%
Dietary Fiber	0g	0%
Total Sugars	6g	
Protein	0g	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.