

# 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<sup>†</sup>
- May enhance cellular antioxidant enzymes when taken internally<sup>†</sup> (e.g. glutathione)
- May support healthy nervous and cellular function when taken internally<sup>†</sup>
- Increases curcumin potency and absorption when taken internally<sup>†</sup>
- May promote healthy immune function and response when consumed<sup>†</sup>
- Supports clean and healthy-looking skin while reducing the appearance of blemishes

### Turmeric

*Curcuma longa* 15 mL

60206973

Wholesale: \$30.00

Retail: \$40.00

PV: 30

## 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.<sup>†</sup> Turmeric is beneficial both internally and aromatically. Advantageous to the immune system, ingested Turmeric may have soothing benefits that promote a positive immune response.<sup>†</sup> 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.<sup>†</sup> 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.<sup>†</sup>
- Use internally as metabolic support when trying to get back on track.<sup>†</sup>
- 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.<sup>†</sup>

## 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.

<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.