

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.