

Tangerine

Citrus reticulata 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application: A T I N

Plant Part: Peel, rind

Extraction Method: Cold-pressed

Aromatic Description: Tangy, sweet, fresh

Main Chemical Components: Limonene

Tangerine | *Citrus reticulata* 15 mL

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Primary Benefits

- + May help maintain healthy digestion and metabolism when used internally, but additional confirming research is needed*
- + Cleans surfaces effectively
- + Delivers a refreshing, invigorating, and elevating aroma

Description

Tangerine holds a rich tradition in Chinese culture and herbal wellness practices. Preclinical research suggests its potential to aid in healthy digestion and metabolism when consumed internally, due to its rich limonene content.* With a sweet, tangy aroma similar to other citrus oils, it's capable of brightening up any space. CPTG® Tangerine's elevated limonene content sets it apart as a superior surface cleaner. It is a beloved choice for enhancing the taste of desserts, beverages, and any recipe that calls for citrus fruits.

Uses

- + Add a few drops to your favorite diffuser or to your hands and inhale.
- + Introduce a drop or two as a flavor enhancer in cake or cookie recipes.
- + Incorporate a drop or two into water, tea, or lemonade for a flavor burst.

Directions

Aromatic use: Add 3 to 4 drops to the diffuser of choice.

Internal use: Dilute 1 drop in 4 fluid ounces of liquid.

Topical use: Apply 1 to 2 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. Avoid sunlight and UV rays for at least 12 hours after applying product.

Application Methods

A Aromatic T Topical I Internal H Home Care

Skin Sensitivity

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*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.