

Tangerine

Citrus reticulata 15 mL

dōTERRA®

Product Information Page



CPTG Certified Pure Tested Grade®

Application:

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

Aromatic Topical Internal Home Care

Skin Sensitivity

Neat Dilute Sensitive Skin

*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.