

Black Pepper

Piper nigrum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: Plant Part:



Fruit

Extraction Method:

Steam distillation

Aromatic Description:

Hot, sharp, fruity, spicy

Main Chemical Components:

Caryophyllene, limonene, carene

PRIMARY BENEFITS

- Rich source of antioxidants
- Supports healthy circulation
- Aids digestion
- Enhances food flavor
- Soothes nerves and lessens anxious feelings

PRODUCT DESCRIPTION

Black Pepper is best known as a common cooking spice that enhances the flavor of foods, but it's internal and topical benefits are equally noteworthy. Black Pepper has a chemical structure similar to Melissa, contributing to its reputation as an oil that soothes nerves and lessens anxious feelings. This essential oil is high in monoterpenes and sesquiterpenes, known for their antioxidant activity and ability to help ward off environmental and seasonal threats. Black Pepper promotes healthy circulation both internally and externally, but should be used with caution when applied topically due to its strong warming sensation. It can also help with the digestion of foods, making it an ideal oil to cook with and enjoy both for its flavor and internal benefits.

USES

- Combine one to two drops with dōTERRA Fractionated Coconut Oil to soothe sore muscles and joints or to warm the skin during cold weather.
- Diffuse or inhale directly to soothe nerves and anxiety.
- Take one to two drops in veggie caps daily when seasonal threats are high.
- Add to meats, soups, entrees, and salads to enhance food flavor and aid digestion.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area.

Dilute with dōTERRA Fractionated Coconut 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.

