

# Clove

*Eugenia caryophyllata* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade®

**Application:** Plant Part:



Bud

**Extraction Method:**

Steam distillation

**Aromatic Description:**

Very spicy, warm, woody with subnote of leather

**Main Chemical Components:**

Eugenol

## PRODUCT DESCRIPTION

Clove has been used for years in dental preparations, candy, and gum for its flavor and ability to promote oral health, yet it provides a myriad of health benefits. Its main chemical component, eugenol, makes it a very stimulating and energizing essential oil that can promote blood circulation and benefit cardiovascular health. Clove is a powerful antioxidant that can help ward off free radicals and maintain a healthy immune system. Due to its high phenol content, caution should be taken when inhaling Clove directly and it should be diluted when applied to the skin. As a cooking spice, Clove adds a spicy flavor to any dish or dessert while providing internal health benefits. One drop of Clove can soothe teeth and gums while maintaining overall oral health.

## USES

- Add one drop to toothpaste to promote oral health.
- Apply one drop to soothe teeth or gums.
- Place one drop on finger then rub on back of tongue for an irritated throat.
- Take in veggie capsules to boost immunity during winter time.

## 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:** Dilute one to two drops with dōTERRA Fractionated Coconut Oil then apply to desired area. 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.

## PRIMARY BENEFITS

- Powerful antioxidant properties
- Promotes circulation
- Supports cardiovascular health
- Helps soothe teeth and gums
- Promotes oral health
- Supports a healthy immune system

