

# DigestZen®

Digestive Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**CP** **TG** Certified Pure Therapeutic Grade®

#### Application:



#### Ingredients:

Ginger Rhizome/Root, Peppermint Plant, Caraway Seed, Coriander Seed, Anise Seed, Tarragon Plant, and Fennel Seed essential oils.

#### Aromatic Description:

Spicy, sweet, minty, licorice

#### PRODUCT DESCRIPTION

DigestZen is known as dōTERRA's "tummy tamer" blend due to its ability to aid in digestion, soothe stomach upset, and maintain overall digestive health. This unique blend contains Ginger, Fennel, and Coriander to help ease stomach discomfort, including motion sickness and indigestion, while Peppermint, Tarragon, Anise, and Caraway aid with digestion and help maintain a healthy gastrointestinal tract. DigestZen can be taken internally as well as applied topically to the abdomen when stomach upset occurs and can be used safely by the entire family. DigestZen is a healthy, natural, and gentle way to soothe an upset stomach or maintain a healthy digestive system.

#### USES

- Add a few drops to water to take internally or rub on the stomach before flying or taking a road trip to reduce motion sickness.
- Take at the first signs of indigestion or heart burn.
- Have DigestZen on hand when enjoying heavy holiday meals to promote digestion.
- Take DigestZen with you when traveling or trying new foods to soothe occasional stomach upset.

#### PRIMARY BENEFITS

- Aids in the digestion of foods
- Soothes occasional stomach upset
- Maintains a healthy gastrointestinal tract

#### 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.

