

Ginger

Zingiber officinale 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: **Plant Part:**
A T I S Root

Extraction Method:
Steam distillation

Aromatic Description:
Hot, spicy, earthy, sweet

Main Chemical Components:
Alpha-zingiberene

PRIMARY BENEFITS

- Helps ease indigestion and nausea
- Promotes digestion
- Supports overall digestive health

PRODUCT DESCRIPTION

Taken from the rhizome (the subterranean stalk of a plant that shoots out the root system), Ginger has many traditional uses. A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavor when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets—gingerbread and ginger snaps being two examples. Studies have been conducted on Ginger for its positive effect on joint health; however, Ginger is best known as an effective digestive aid and for helping to ease indigestion and nausea. As a powerful tonic for the entire digestive system, Ginger can lessen motion sickness, soothe an upset stomach, and help digest food after a large meal. Ginger essential oil can also be applied topically or inhaled to help with digestion issues.

USES

- Put 1–2 drops in water to help with an upset stomach.
- If you are feeling nauseated, put a drop of Ginger in the palm of your hands and inhale.
- Rub 1–2 drops on your stomach or bottom of feet to aid digestion.
- Use Ginger essential oil in your favorite sweet and savory dishes.

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.

