



**DIFFUSION**



**TOPICAL**



**STEAM**



**BATH**



**INGEST**

**DILUTION TABLE**

Drops of EO for 1 tsp. of carrier oil	
1%	1
2%	2
5%	5

**PRODUCT DESCRIPTION**

Coriander can be a confusing essential oil to talk about because the plant it comes from has many uses and is often called different names. The most common alternative name is cilantro and generally refers to the leaves which have their own distinct aroma, flavor, and profile. Just like cilantro, the seeds of the coriander plant are edible and produce this herbaceous essential oil with many benefits. Its most prominent effects are on the digestive system, but Coriander also promotes a sense of well-being and calmness with its sweet aroma.

**PRIMARY BENEFITS AND SAMPLE USES**

- » Boosts digestion and metabolism to aid in weight management
- » Helps indigestion, cramps and bloating
- » Supports hormonal gland, liver, and nervous system functions
- » Promotes relaxation and calmness

**DIRECTIONS**

**Steam Inhalation:** Add 2-3 drops to a cup of steaming water and inhale.

**Diffusion:** Diffuse 3-5 drops or more in the PURELY™ diffuser of your choice.

**Topical:** Dilute 1-2 drops with a PURELY™ carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

**Ingestion:** When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

**PRECAUTION**

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

**BLENDS WELL WITH**

Cinnamon Bark, Lemon, Wild Orange and Grapefruit

**COUNTRY OF ORIGIN** Russia

**EXTRACTION METHOD** Steam distillation

SKU# 1057  
retail: \$24

**CORIANDER**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.*



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