

# Lemon

*Citrus limon* 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



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

## Application:



**Plant Part:** Lemon rinds (peel)

**Extraction Method:** Cold pressed/expressed

**Aromatic Description:** Clean, fresh, citrus, bright

**Main Chemical Components:** Limonene,  
 $\beta$ -pinene,  $\gamma$ -terpinene

## PRIMARY BENEFITS

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion when ingested\*
- Supports healthy respiratory function when used internally\*
- Uplifting aroma promotes a positive mood

## Lemon

*Citrus limon* 15 mL

Part Number: 30120001

Wholesale: \$10.00

Retail: \$13.33

PV: 10



## PRODUCT DESCRIPTION

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon is a powerful cleansing agent that purifies the air and surfaces, and can be used as a non-toxic cleaner throughout the home. When added to water, Lemon provides a refreshing and healthy boost throughout the day.\* Lemon is frequently added to food to enhance the flavor of desserts and main dishes. Taken internally, Lemon provides cleansing and digestive benefits and supports healthy respiratory function.\* When diffused, Lemon is very uplifting and energizing and has been shown to help improve mood.

## USES

- Take internally to assist with seasonal respiratory discomfort.\*
- Add Lemon oil to a spray bottle of water to clean tables, countertops, and other surfaces. Lemon oil also makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.
- Use a cloth soaked in Lemon oil to preserve and protect your leather furniture and other leather surfaces or garments.
- Lemon oil is a great remedy for the early stages of tarnish on silver and other metals.
- Diffuse to create an uplifting environment.

## DIRECTIONS FOR USE

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

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

**Topical use:** Apply one to two drops to desired area. Dilute with a carrier 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. Avoid sunlight or UV rays for up to 12 hours after applying product.

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