

# Essential Oils that are safe to ingest

Basil	Ginger	Peppermint
Bergamot	Grapefruit	Petitgrain
Black Pepper	Green Mandarin	Pink Pepper
Cardamom	Hawaiian Sandalwood	Roman Chamomile
Cassia	Helichrysum	Rosemary
Celery Seed	Juniper Berry	Sandalwood
Cilantro	Lavender	Siberian Fir
Cinnamon Bark	Lemon	Spearmint
Clary Sage	Lemongrass	Tangerine
Clove	Lime	Thyme
Copaiba	Marjoram	Turmeric
Coriander	Melissa	Vetiver
Fennel	Myrrh	Wild Orange
Frankincense	Oregano	Ylang Ylang
Geranium	Patchouli	

## What are the benefits?

- Promote healthy cell function
- Aid gastrointestinal health
- Maintain healthy immune function
- Support respiratory system function
- Provide antioxidant support
- Assist with healthy cardiovascular system function
- Calm nervous system
- Aid in the body's normal cleansing activities



## How to take?

- Add 1-2 drops to a glass of water. Use metal or glass as essential oils can break down plastic
- Add a few drops to a veggie capsule
- Place a drop directly under tongue
- Add a drop to a smoothie
- Mix 1-2 drops with almond milk, rice milk etc
- Add a toothpick amount to food dishes or baked goods

<https://www.doTerra.com/US/en/blog/science-research-news-recommended-ideal-amounts> | doTERRA Blog - Recommended Daily Amounts

## Guidelines for internal use

- 1-2 drops to start with
- No more than 20 drops of essential oils should be consumed internally within 24 hours
- Usually safe to take 1-5 drops every 4-6 hours as needed
- If you're going to use an essential oil consistently for more than a couple of weeks, lower amounts 1-3 drops are suggested
- If you're pregnant or taking medication, consult with your GP or medical practitioner first
- For the stronger, 'hot' oils e.g. cassia, cinnamon, oregano – use a veggie capsule