

CILANTRO ESSENTIAL OIL

USE

✂ Flavouring ⚗ Dilution 🔥 Topical 🌀 Aromatic

PRODUCT SUMMARY

Add a little extra something to your Latin American and South Asian recipes with a drop or two of Cilantro's green, crisp, piquant flavour. Unlike its counterpart Coriander, Cilantro has a fragrant, citrusy aroma that is uplifting when diffused.

KEY INGREDIENTS

100 percent pure, Seed to Seal-certified Cilantro essential oil from Egypt.

EXPERIENCE

Cilantro has a fresh, pungent and earthy flavour that elevates popular dishes from around the world. It also features a refreshing and citrusy fragrance that is calming and uplifting when diffused.

PRODUCT BACKGROUND

Cilantro has been found in ancient Egyptian tombs, and its fragrant leaves were enjoyed in the Hanging Gardens of Babylon. This flavourful herb became a staple throughout Asia and Europe and gained popularity across the Atlantic when the Spanish brought the plant to Latin America in the 16th century. Even though cilantro and coriander come from the same *Coriandrum sativum* plant, they have significantly different flavours and uses. In the U.S., Cilantro is from the leaves and stem of the plant, while coriander comes from the dried seeds. Internationally, the leaves and stem are called coriander, while its dried seeds are called coriander seeds.

BENEFITS & FEATURES

- Adds a bright, sharp and flavourful addition to recipes calling for fresh cilantro.
- Diffuse to create a calming and elevating atmosphere.
- Non-GMO Project Verified.

DIRECTIONS

- Substitute fresh cilantro with Cilantro essential oil in recipes.
- Add 1-2 drops to water, tea or smoothies.
- Dilute 1 drop with 1 drop of V-6™ or olive oil and apply to desired area as needed.
- Diffuse up to 1 hour, 3 times daily.



SUGGESTED USE

- Add 1 drop of Cilantro and 1 drop of Lime to your favourite salsa or guacamole recipe.
- Add to soups, curries, dips, dressings, sauces and marinades for a delicious flavour boost.
- Diffuse a few drops for an uplifting atmosphere.

CAUTION

Keep out of reach of children. If you are pregnant, nursing, taking medication or have a medical condition, consult a health professional prior to use.

INGREDIENTS

Cilantro (Coriandrum sativum) leaf oil*

*100% pure, therapeutic-grade essential oil

CILANTRO ESSENTIAL OIL



FREQUENTLY ASKED QUESTIONS

Q. How much Cilantro essential oil should be used when substituting for fresh or dried cilantro in recipes?

A. Because of the oil's high potency, start with dipping a toothpick in Cilantro and swirling it through your ingredients for a light cilantro flavour in your dish. Add more as needed.

Q. Does Cilantro contain GMOs?

A. Cilantro is Non-GMO Project Verified.

Q. What is the difference between Cilantro and Coriander essential oil.

A. Cilantro and coriander come from the plant species — *Coriandrum sativum*. However, Cilantro is sourced from the leaves and stalks and Coriander is sourced from the dried seeds of the plant. Cilantro has a refreshing and citrusy taste and aroma, while coriander features a warmer, spicy and nutty taste and aroma. The taste of Cilantro has made them a common garnish in Latin American and South Asian dishes. Conversely, Coriander is commonly used in dishes that have a spicy kick.

WORKS WELL WITH

**Parsley
Essential Oil
5 ml**
Item No.
26331



**Coriander
Essential Oil
5 ml**
Item No. 352702



**Ginger
Essential Oil
5 ml**
Item No.
355702



**Lime
Essential Oil
15 ml**
Item No.
307402

