

## PRODUCT SUMMARY

Coriander is a green, leafy and refreshing herb, used as a garnish in many meals. Native to the Middle East, it is a member of the carrot family and has feathery leaves. The leaves, stalks and berries, which are dried and called coriander seeds, are all edible. The ancient Egyptians even referred to coriander as the spice of happiness due to the uplifting scent. The plant is now grown worldwide and is often added to most Asian and Central and South American dishes.

## KEY INGREDIENTS

100% pure, Seed to Seal®-certified Coriander essential oil from Egypt.

## EXPERIENCE

Coriander+ has a fresh, pungent and pleasantly sweet flavour that elevates popular dishes from around the world. An invaluable garnish, it is best added to dishes just before serving.

## PRODUCT BACKGROUND

Coriander 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.

## DIETARY SIGN

Food supplement

## BENEFITS & FEATURES

- It is a member of the carrot family.
- The leaves can be used fresh or finely chopped.
- Popular when cooking Asian, Central and Southern American meals.
- Adds a bright, fresh flavour to any dish.



## SUGGESTED USE

- Combine 1 drop of Coriander+ with 1 drop of olive oil in a vegetable capsule and take it after meals to support a healthy digestion system.
- Add 1 drop of Coriander+ and 1 drop of Lemon+ to your favourite salsa or guacamole recipe.
- Add to soups, curries, dips, dressings, sauces and marinades for a delicious flavour boost.

## DIRECTIONS

- Dilute 1 drop with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily.
- Substitute Coriander+ for fresh coriander in recipes.
- Add 1-2 drops to water, tea or smoothies.

# CORIANDER+



## CAUTIONS

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

## INGREDIENTS

Coriander (*Coriandrum sativum*) leaf oil\*

\*100% pure essential oil

## FREQUENTLY ASKED QUESTIONS

### Q. How do you properly ingest Coriander+ on its own?

A. Dilute 1 drop of Coriander+ with 1 drop of carrier oil in a capsule and take up to 3 times daily or as needed. Substitute Coriander+ for fresh coriander in recipes. Add 1-2 drops to water, tea or smoothies.

### Q. How much Coriander+ should be used when substituting for fresh or dried coriander in recipes?

A. Because of the oil's high potency, start with dipping

a toothpick in Coriander+ and swirling it through your ingredients for a light coriander flavour in your dish. Add more as needed.

### Q. Can Coriander+ be diffused or applied topically?

A. Coriander+ is not labelled for aromatic use or topical use.