

PRODUCT SUMMARY

Coriander Vitality™ shares its botanical origins with the cilantro plant, making it a popular flavor in both Latin and Eastern dishes. Steam distilled from coriander seeds, Coriander Vitality oil has a fresh, earthy, slightly citrusy taste that enhances many recipes. Use Coriander Vitality to enjoy its versatile flavor as you prepare cuisines from around the world, including Chinese soups, Indian masalas, and Mexican salsas. Besides flavoring delicious dishes, Coriander Vitality has many health benefits, including digestive support, immune support, cleansing properties, and powerful antioxidants.*

KEY INGREDIENTS

Coriander essential oil

EXPERIENCE

Coriander Vitality has a fresh, spicy, slightly sweet flavor that can enhance many recipes and provide beneficial health properties.*

PRODUCT BACKGROUND

The use of coriander can be traced back to 5000 BC in the Old Testament, making it one of the world's oldest spices. Native to regions spanning from southern Europe and northern Africa to southwestern Asia, coriander was used in both Greek and Roman cultures.

BENEFITS & FEATURES

- Has a fresh, pleasant taste
- Can be added to enhance recipes for cuisines from all over the world
- May support digestion and the immune system*
- Delivers powerful antioxidants when taken internally*
- Supports oral health when used as a mouth rinse*

CORIANDER VITALITY™



DIRECTIONS

Dilute 1 drop of Coriander Vitality with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily or as needed.

SUGGESTED USE

- Combine 1 drop of Coriander Vitality with 1 drop of V-6™ Vegetable Oil Complex in a vegetable capsule and take it after meals to support digestion.*
- Add it to Latin and Eastern dishes for an authentic taste.
- Mix it with your favorite dressings and marinades to add a fresh dimension of flavor.
- Take it daily as a dietary supplement to support your immune system.*
- Add a couple of drops to a cup of water and swish it around in your mouth to support oral health.*

CORIANDER VITALITY™



CAUTIONS

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

Coriander (*Coriandrum sativum*)† seed oil

†Pure Essential Oil

Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Coriander (<i>Coriandrum sativum</i>) seed oil	60 mg**

**Daily Value (DV) not established.

FREQUENTLY ASKED QUESTIONS

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

A. Dilute 1 drop of Coriander Vitality with 1 drop of carrier oil. Put it in a capsule and take up to 3 times daily or as needed.

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

A. Because of its high potency, start with dipping a toothpick in the oil and swirling it through the ingredients for a lighter coriander flavor in your dish; add more as needed.

Q. Is there a difference between Coriander Vitality and Coriander essential oil?

A. Coriander essential oil and Coriander Vitality contain the same essential oil. Coriander Vitality is labeled for dietary use, and the classic Coriander essential oil is labeled for topical and aromatic use. The designation of the two products allows you to share all the ways to use Coriander in the correct way.

COMPLEMENTARY PRODUCTS

Coriander
Essential Oil
Item No. 3527



Cinnamon Bark
Vitality
Item No. 5585



Sage Vitality
Item No. 5642



Ginger Vitality
Item No. 5588

