

## Product Information and Traditional & Alternative Uses

Cilantro essential oil is steam distilled from the leaves of the Coriander plant. This versatile herb is used in much culinary food ranging from guacamole and salsa to curries, noodle dishes, and chimichurri sauces. Not only does this savory, delicious herb have nameless culinary applications, but surprisingly cilantro benefits the body and has many known healing properties.

- 1 **CLEANSING**
- 2 **FOOD ADDITIVE**
- 3 **DIGESTIVE AID**
- 4 **DETOX**
- 5 **REFRESHING FLAVOR**

### Primary Use - Flavor & Cleansing:

**FOOD ADDITIVE:** Use 1/2 to 1 drop or the toothpick trick (by dabbing the tip of the toothpick in the essential oil). Be Young Loyol essential oils are very concentrated for many recipes one drop may be too much). Add at the very end of cooking to keep it from flashing. Mix 1-2 drops into hummus, guacamole, salsa, or dips. Mix 4-5 drops of Loyol Lime essential oil, 2-3 Drops Loyol Cilantro essential oils into rice.

**DIGESTIVE AID:** Use one drops by mouth daily or as needed

**DETOX:** Add one drop to Be Young Defend Liver Cleanse

