

## dōTERRA<sup>™</sup> Wild Orange



### Wild Orange

- + antidepressant
- + digestive aid
- + antiseptic
- + de-stresses
- + insomnia
- + heart palpitations
- + cleaning

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# WILDORANGE *Citrus sinensis*

## Properties

**Antibacterial**  
**Antidepressant**  
**Antifungal**  
**Anti-inflammatory**  
**Antioxidant**  
**Antiseptic**  
**Carminative**  
**Choleretic**  
**Digestive**  
**Hypotensive**  
**Sedative**  
**Stimulant**

## Wellness Uses

**Calm and Stress Relief**  
**Cold and Flu Season**

## Common Health Concerns

**Acid Reflux**  
**Cold and Flu**  
**Depression**  
**Heartburn**  
**Indigestion**  
**Muscle Pain**  
**Stomach Ache**  
**Stress**



## About Wild Orange

Wild Orange offers one of the most dynamic fragrances of essential oils. The combined, proven antifungal, antibacterial, and antidepressant properties make it one of the most powerful and aromatic oils to use. It is excellent for disinfecting and killing fungus and pathogens, while relieving stress. It can be both energizing and uplifting, while being sedative by instilling feelings of peace. It is used in the treatment of anorexia, and has been used as an anti-cancer agent. It is highly recommended for use during the early stages of cold and flu. DōTerra Wild Orange, is of the botanical family Rutaceae, grown in the Dominican Republic, with the oil expressed from the peel of the fruit.

## Typical Applications

Diffuse Wild Orange for its effectiveness killing pathogens, and enjoy its incredible aroma while it disinfects and kills bacteria. It is an excellent oil to diffuse in a car during long trips. Wild Orange is certified by the FDA to be GRAS and 1-2 drops in ¼ cup of water can be taken internally for acid reflux or heartburn. Use topically for a calming, yet invigorating, massage. Use in a spritz to spray bed sheets or as a fragrant pathogen killing spray in bathrooms and kitchens. Use with a carrier to sooth an infant's tummy. Use topically in a massage during the early stages of a cold.