

CORIANDER

CORIANDRUM SATIVUM

Country of Origin: Bulgaria

Steam Distilled from seeds

Coriander seed is a warm, gently stimulating oil distilled from the dried seeds of *Coriandrum sativum*, offering a unique balance of soft spice and subtle sweetness. Its aroma is smooth and lightly herbaceous with a faint citrus lift - inviting without being sharp, and energizing without overstimulation. This makes it especially useful when the system feels sluggish or out of rhythm.

Traditionally used to support digestion, circulation, and overall vitality, coriander works to encourage movement where there is stagnation, both physically and mentally. It is often reached for when energy is low, the mind feels dull, or the body needs gentle activation without strain. Rather than pushing intensity, it helps restore a more natural flow, supporting clarity, comfort, and steady, renewed energy.

FUNCTIONAL CONSTITUENTS

Linalool	A primary constituent that supports nervous system balance while contributing to coriander's gently uplifting and clarifying effect.
Decanal	An aldehyde that gives coriander its soft citrus edge while supporting digestive function and overall system activation.
Borneol	A terpene known for its calming and circulatory support, helping promote clarity and ease in the body.
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC10220854/ https://pmc.ncbi.nlm.nih.gov/articles/PMC8747064/ https://pubmed.ncbi.nlm.nih.gov/25776008/



HOW WE SOURCE

Our coriander seed oil is steam distilled from fully matured seeds grown in traditional European regions where climate and soil support proper development of its aromatic and chemical profile. Harvest timing is critical - seeds are collected only once they've dried naturally on the plant, ensuring the oil carries its characteristic warm, lightly sweet spice without harshness.

Distillation is done in controlled, small batches to preserve its delicate balance of constituents. We look for oil that retains a smooth, rounded profile with a soft citrus-spice lift - never sharp, bitter, or flattened through poor handling.

OUR CORIANDER IS:

- ✓ Steam distilled from fully matured seeds
- ✓ Sourced from traditional growing regions
- ✓ Harvested after natural seed drying
- ✓ Distilled in small batches
- ✓ Handled to preserve aromatic balance

We look for oil that carries a smooth, warm spice profile with a soft citrus lift - an immediate sign of proper harvest and careful distillation. Harsh, bitter, or flattened oils are avoided.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Fully matured seed source*
- Steam distilled oil*
- Clean, clear appearance*
- Balanced, smooth profile*
- Consistent batch quality*

Avoid:

- Immature seed material*
- Solvent extracted oil*
- Cloudy or darkened oil*
- Sharp or bitter edge*
- Inconsistent quality*

HOW TO USE CORIANDER

Coriander is commonly used when the goal is gentle activation - supporting digestion, circulation, and steady energy without overstimulation. It integrates easily into daily routines through aromatic, topical, and internal use.

Aromatic

Diffuse 3-5 drops to create a warm, lightly energizing environment. Often used when focus is low or energy feels flat.*

Internal

Add 1 drop to water, tea, or a carrier oil. Commonly used to support digestion and metabolic activity.*

Topical

Dilute with a carrier oil and apply to abdomen or pulse points. Often used to support digestion, circulation, and overall vitality.*

Bath

Add 3-5 drops to bath salts before dispersing in warm water. Commonly used to relax the body while gently stimulating circulation.*

WHAT IT SUPPORTS

Coriander is traditionally used when the goal is gentle activation, digestive ease, and restoring steady energy. It supports:

- Digestive function and comfort*
- Circulatory movement*
- Healthy metabolic activity*
- Mental clarity and focus*
- Balanced energy levels*

Used consistently, it helps the body feel more responsive, clear, and naturally energized - without overstimulation or crash.

CORIANDER IN THE STILLROOM

Coriander seed has long been used in the stillroom as a gentle activator - brought in when the system feels sluggish, heavy, or slow to respond. Distilled from the dried seeds, it carries a soft, warming spice that encourages movement without intensity, helping restore flow where things feel stuck or stagnant.

It is often reached for when digestion feels off, energy is low, or the mind lacks clarity. Rather than pushing stimulation, coriander supports a steady lift - awakening the system while keeping it grounded. Used consistently, it helps the body feel more responsive, clear, and comfortably energized.

MORE WAYS TO USE CORIANDER

Digestive Reset

Apply diluted to the abdomen after meals. Helps ease heaviness and support comfortable digestion.*

Midday Lift

Diffuse during low-energy periods. Helps restore focus and steady momentum without overstimulation.*

Circulation Support

Massage into hands and feet with a carrier oil. Encourages warmth and movement in the body.*

Pre-Meal Prep

Inhale or take internally before eating. Commonly used to stimulate appetite and digestive readiness.*

Focus Support

Apply diluted to temples or back of neck. Helps support clarity, alertness, and mental engagement.*

CAUTIONS

- Safety Group 2: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.
- Keep out of reach of children.
- A doctor's advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

ZILARA

CORIANDER

coriandrum sativum

STEAM DISTILLED • BULGARIA

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, diffuse for 10 minutes per hour.

Supplement Facts

Servings Per Container: About 200

Amount Per Serving 2SDV

Total Coriander 100%
Coriandrum sativum from Bulgaria, steam distilled

Total Yield (DVI) Not Established

Caution: Keep out of reach of children. Avoid contact with eyes. Discontinue use if irritation occurs. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.

10 mL / 0.34 fl oz