

GINGER

ZINGIBER OFFICINALE

Country of Origin: China

Steam distilled from root

Ginger Root (*Zingiber officinale*) is a steam-distilled oil drawn from the rhizome, valued for its warm, spicy aroma and its strong affinity for the digestive and circulatory systems. Naturally rich in compounds that promote stimulation and movement, it carries a warming, activating character known for supporting digestion, easing nausea, and encouraging healthy circulation.

Its aroma is sharp, warm, and slightly sweet with a dry, spicy edge that creates an immediate sense of heat and forward motion. It is often used when the body feels cold, sluggish, or stagnant, or when digestion is slow and not responding as it should.

In both aromatic and traditional use, ginger has been regarded as a stimulating and restorative oil, supporting digestive activity, circulation, and overall vitality. It works by increasing warmth and movement, helping the system shift out of stagnation and into a more active, responsive state.

FUNCTIONAL CONSTITUENTS

Zingiberene A primary sesquiterpene in ginger, zingiberene contributes to its warm, spicy aroma. It is associated with supporting circulation, promoting warmth in the body, and helping stimulate digestive activity.

Gingerols (and related compounds) These phenolic compounds are central to ginger's traditional use. They are known for supporting digestive function, easing nausea, and contributing to a healthy inflammatory response, particularly in the digestive and musculoskeletal systems.

Beta-Sesquiphellandrene A sesquiterpene that adds depth to the oil's profile. It is associated with supporting overall system movement and balance, reinforcing ginger's role in stimulating circulation and reducing stagnation.

Clinical Studies: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7019938/>
<https://pubmed.ncbi.nlm.nih.gov/29768938/>
<https://pubmed.ncbi.nlm.nih.gov/12371300/>



HOW WE SOURCE

Ginger oil is shaped by the quality of the rhizome and the conditions in which it is grown. We look for *Zingiber officinale* cultivated in warm, humid regions where the root can fully develop its aromatic compounds.

The rhizomes are harvested, dried, then steam distilled to preserve their volatile constituents. Because ginger is valued for its warmth and potency, proper handling is essential. We look for oil that is sharp, warm, and clearly spiced, never flat, musty, or lacking intensity.

OUR GINGER IS:

- ✓ Steam distilled from dried rhizome
- ✓ Unrefined and not standardized
- ✓ Harvested at full root maturity
- ✓ Sourced for warmth and potency
- ✓ Spicy, dry, and distinctly warming

We look for oil that delivers immediate warmth with a clean, well-defined spice profile, an indicator of proper harvest and careful distillation. Flat, musty, or weak oil suggests poor handling, and we avoid it.

WHAT TO LOOK FOR VS. WHAT TO AVOID

Look For:

- Steam distilled*
- Warm, spicy aroma*
- Dry, well-defined profile*
- Strong, immediate heat*
- Stored in dark glass*

Avoid:

- Solvent extracted*
- Musty or dull scent*
- Flat or weak aroma*
- Adulterated or extended oil*
- Clear or plastic packaging*

HOW TO USE GINGER

Ginger is commonly used when the goal is stimulating digestion, easing nausea, and increasing warmth and circulation. It fits easily into aromatic, topical, and internal routines for consistent daily use.

Aromatic

Inhale 1–2 drops or diffuse in short intervals. Often used to settle nausea and help the body regain a steady, grounded state.*

Internal

Use sparingly in a capsule or warm beverage (1 drop). Commonly used to support digestion, reduce nausea, and encourage appetite.*

Topical

Dilute with a carrier oil and apply to the abdomen or lower back. Often used to support digestion, relieve cramping, and promote circulation.*

Bath

Add 2–4 drops to bath salts before dispersing in warm water. Often used to warm the body, reduce stiffness, and support overall movement.*

WHAT IT SUPPORTS

Ginger is traditionally used when the goal is stimulating digestion, reducing nausea, and restoring warmth and movement in the body. It supports:

- Digestive activity and appetite stimulation*
- Reduction of nausea and stomach discomfort*
- Healthy circulation and peripheral warmth*
- Relief of occasional muscle stiffness and tension*
- Overall energy and system responsiveness*

Used consistently, it helps the body feel warmer, more active, and responsive, supporting digestion, circulation, and overall vitality.

GINGER IN THE STILLROOM

Ginger has long been kept in the stillroom as a warming, activating oil to be used when the system feels cold, sluggish, or slow to respond. Distilled from the rhizome of *Zingiber officinale*, it is associated with stimulating digestion, increasing circulation, and restoring forward movement in the body.

It is often reached for during nausea, fatigue, or when the body feels weighed down or stagnant. This is not a subtle oil. It works quickly, bringing heat and motion where there is inertia. Used in small amounts, it supports a more energized, responsive state without overwhelming the system.

MORE WAYS TO USE GINGER

Travel Support

Inhale from a tissue or take in a capsule before and during travel. Commonly used to reduce motion-related nausea.*

Warming Abdomen Blend

Dilute and massage over the stomach after meals. Often used to support digestion and reduce cramping or sluggishness.*

Cold Weather Boost

Add 1 drop to warm tea with honey. Commonly used to warm the body and support circulation.*

Pre-Activity Rub

Dilute with a carrier oil and apply to muscles before movement. Often used to increase warmth and flexibility.*

Morning Activation

Inhale from palms upon waking. Often used to stimulate the system and encourage a more energized, responsive start.*

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

GINGER
zingiber officinale

STEAM DISTILLED • CHINA

Directions: For internal use, dilute 1 drop in 4 fl. oz. of water or tea. For topical use, dilute with carrier oil and apply to desired area. For aromatic use, use 10–15 minutes per hour.

Supplement Facts

Per Serving: 100% Pure Zingiber officinale from China. Steam distilled.

Amount Per Serving **SDV**

Serving Size: 1 drop
Serving Per Container: About 200

% Daily Value (DV) Not Established

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



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10 mL / 0.34 fl oz