



# Black Pepper

## *Piper Nigrum Essential Oil*

Black Pepper is a warm, spicy essential oil that has both internal and topical benefits. It brings warmth to the body and mind, while also relieving sore muscles and joints, boosting the immune system and digestive system, and increasing circulation to the skin.

Size: 15ml

Size: 5ml

APPLICATION METHODS:



Can be used topically



Can be used internally



Can be used aromatically

### Primary Benefits

Aids digestion, enhances food flavor, calms anxious feelings, increases circulation to the skin, antioxidant support.

### Directions for Use

**Diffusion:** Use three to four drops in a diffuser

**Internal use:** Dilute one drop in 4 fl. oz. of liquid

**Topical use:** Apply one to two drops to desired area. Dilute with Spark Naturals Carrier Oils to help with any skin sensitivity.

### Cautions

Keep out of reach of children. Possible skin sensitivity. If you are pregnant or nursing, please consult with your physician before using. Always avoid contact with eyes.

### Aromatic Description

Hot, sharp, strong, spicy

### Collection Method

Steam Distillation

### Plant Part

Fruit

### Main Constituents

Caryophyllene, limonene, carene, sabinene

### Description

Black Pepper is commonly known as a cooking spice that brings out the flavor in food, but its topical and internal benefits are also very appealing. Black Pepper is high in monoterpenes and sesquiterpenes, known for their antioxidant activity and ability to help fight seasonal and environmental threats. Black Pepper can be used to help in the treatment of pain relief, chills, colds, muscular aches, and fevers. Black Pepper should be used with caution when applied topically due to its strong warming sensation, but can be used to promote healthy circulation. It can also assist in healthy digestion of foods as well as stimulate appetite, toning the colon muscles, and can be used as a general digestive tonic.

### Uses

- Take one to two drops in veggie caps daily when seasonal threats are high
- Diffuse or inhale to calm anxious feelings
- Add to a base cream to use for tired aching limbs, sore muscles, and to help sort out bowel problems.
- Create a soothing and warming massage by combining one to two drops with Spark Naturals Fractionated Coconut Oil
- Add to entrees, soups, meats, and salads to bring out the flavor and assist digestion.

### Properties

analgesic, antiseptic, antispasmodic, antitoxic, aphrodisiac, diaphoretic, digestive, diuretic, febrifuge, laxative, rubefacient and tonic

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



Experience All That  
Nature Has To Offer At  
[www.sparknaturals.com](http://www.sparknaturals.com)