

# PERFECT PRESS CORIANDER OIL

## OWNER'S HANDBOOK

How to use — **and benefit from** —  
your Perfect Press Coriander Oil.

ACTIVATION



# INTRODUCTION

**Let's start where every journey should — with a warm welcome and a thank you for joining us.**

Not just a thanks for joining us on this journey, but a thanks for investing in your health by purchasing your very own bottle of Perfect Press Coriander Oil.

Adding coriander oil to your daily routine will improve your digestive system, bring a glow to your skin, balance your blood pressure and support your organs, just to name a few benefits.

**In this handbook, you'll discover...**

- **general use instructions**
- **5 custom tips for better health using coriander oil**
- **10 benefits of coriander oil**
- **answers to frequently asked questions**
- **success stories, shared by customers like you, excited about leading healthier lives with coriander oil**





# GENERAL USE

**Every body is unique, meaning that nutrient needs vary from person to person.** Because coriander oil is an all-natural product, the amount you decide to take is ultimately up to you.

**We Recommend:** three to five drops under your tongue (or mixed into a small glass of water if this is too intense) to start. Gradually increase the amount, up to three droppers daily. If you take one dropperful per day, one bottle of Perfect Press Coriander Oil will last you about a month.

**Coriander oil is incredibly powerful and potent; that's why we recommend starting with a small amount — to see how your body reacts.** Going slowly will minimize detox reactions and help your body adjust.

**The suggested amounts are enough to give most bodies the nutrients they need and to benefit from what coriander oil has to offer.**

**What's really great about coriander oil** is that you can not only drink it, but also rub it into your skin to absorb even more benefits.

**It's important to note,** though, that in order to get all of the benefits we keep mentioning and see the best results, you should add this oil to your daily routine. Need to stock up? [Click Here!](#)

You're probably starting to wonder — what **are** all of these benefits we keep talking about?

Over the next few pages, you'll discover many different uses for this oil and the amazing things it can do for your health.



# CORIANDER OIL

## PRO TIPS

**Want to improve your experience using Perfect Press Coriander Oil? Follow these five pro-tips...**

### **TIP #1:**

Tummy troubles? Add three drops of coriander oil to some good quality plain yogurt at breakfast. A number of volatile compounds in coriander oil can soothe an upset stomach and encourage the probiotics in the yogurt to thrive in your gut. Feel free to add some fruit or honey for a touch of sweetness but avoid pre-sweetened yogurt.

### **TIP #2:**

Feeling unfocused or suffering from a low mood? Add a few drops of coriander to a healthy smoothie for a mental boost. Certain fruits are especially good for boosting energy, so consider including banana, watermelon, apple or papaya to your smoothie, along with a vegetable, such as kale, beet or spinach.





# PRO TIPS

## TIP #3:

If you're suffering from a cold, use coriander oil as an immunity booster. The antioxidants, phytonutrients, vitamins and minerals all work together to strengthen your immune system.

## TIP #4:

If you have any skin issues, like acne or persistent rashes, coriander oil can help. You can add coriander to your drink, take it straight, or put it directly on your skin for relief. Before applying it to a large area or to irritated skin, spot test to make sure your skin doesn't react negatively.

## TIP #5:

Experiencing pain due to inflammation? Add a few drops of coriander oil to a glass of water. Coriander is packed full of volatile compounds and healthy fats that support a healthy inflammation response. Rubbing it into sore muscles and joints can bring further relief.



# 10 BENEFITS OF CORIANDER OIL

There are a wide variety of impressive coriander oil benefits. **Here are our Top 10, just to get you started. Coriander oil...**



- **supports gut health** with volatile compounds that promote a strong and stable microbiome
- **relaxes muscles**, preventing cramps and spasms
- **balances blood pressure** levels
- **encourages natural detoxification** by supporting your vital organs
- **promotes the absorption of omega-3s** from your diet and other supplements
- **protects your heart** by promoting healthy cholesterol levels

- **supports a healthy inflammation response**, relieving pain in joints and muscles
- **balances hormones**, relieving stress
- **promotes a healthy immune system**
- **improves skin health**

**There are even more benefits that will become apparent once you add coriander oil to your daily routine.** Both inside and out, you'll notice coriander making improvements to your health.

# FREQUENTLY ASKED QUESTIONS

## **Why is your coriander oil so special?**

Perfect Press Coriander Oil is the best raw coriander seed oil available in the world. Perfectly Pressed from thousands of organic coriander seeds, each drop of oil is extracted without the use of heat or friction, meaning that there is absolutely no damage to its nutritional properties.

In addition, we use only Russian coriander seeds which have the highest levels of volatile compounds of any coriander type. These volatile compounds promote healthy bacterial balance in your gut and on your skin when used topically.

## **How much should I take?**

Each bottle comes with a dropper attached to the lid. Take one dropperful, under the tongue or mixed into a drink or smoothie each day. If taken this way, one bottle will last roughly 30 days.

Remember, this is a powerful oil and everyone is different. We always recommend trying a small amount first to see how your body reacts.

## **If it's in Five Seed Blend, why do I need to take it alone?**

Coriander is in Five Seed, but since it's only one fifth of the blend, you get more coriander-specific benefits by taking it alone as it's much more concentrated.

## **What does it taste like?**

Coriander oil is from the seed of the cilantro plant, but the taste is quite different from the leaves. It is a strong flavor, but most people absolutely love the taste. If you love the taste, take a dropperful straight under your tongue.

If you aren't a fan, add it to some food or water. You can also put coriander on your skin. It's great for blemishes and other skin issues, but always spot test first to see how your skin reacts.

## **Can I cook with it?**

We don't recommend cooking with coriander oil as it is a raw seed oil and the heat may damage some of its nutritional components, but the choice is ultimately up to you.

What thousands of customers and a lot of us here at Activation love to do is add coriander oil to food after it's been cooked. You can also add it to a smoothie, some juice or a salad — anything not too hot! For more recipe ideas that include coriander and other seed oils, check out [The Activation Kitchen](#).

## **What if I don't like Perfect Press Coriander Oil?**

While most people love Perfect Press Coriander Oil for its digestive benefits and more, if you don't, that's okay. As always, you are completely covered by our 60-day money back guarantee.

# CORIANDER OIL SUCCESS STORIES

## **Rita's persistent digestive issues began to subside with coriander oil...**

*[...] I also have digestive problems that result in abdominal pain after every meal. After the first day, I started feeling relief enough so that I knew this product was already working on my digestive problems. By the next day I was able to eat and not have to run to the bathroom. I also didn't have to lay down in order to get some relief from the abdominal pain. I'm amazed that this worked so quickly. I just wish my doctor would have told me about this product especially this brand. This product is 100% organic and vegan. It comes in a dark miron glass bottle, which protects this product. I can't wait to get my daughters on this product as we all suffer from digestive issues. Much thanks for introducing me to this great product.*

**- Rita**

## **Jan has noticed a boost in energy and less pain since adding coriander oil to her daily routine...**

*I have a few of your products and I love the coriander oil. I started taking it for energy and stamina which I find help me a lot. I also suffer from grinding teeth when I sleep which can cause pain in the morning and I swish the oil in my mouth for a few mins and the pain goes away.*

**- Jan**





# THANK YOU!

**Finally, thank you once again for purchasing your own bottle of Perfect Press Coriander Oil and joining us on this journey to better health.** It's our mission to help millions of people find health and wellness, naturally.

We are so excited for you to add coriander oil to your daily routine and begin experiencing the benefits it has to offer.

**Take this oil every day and you'll soon notice a positive change in your health, inside and out.** From a better digestive system, to better skin and even a stronger immune system, you'll soon enjoy an improved quality of life.

**If you have any questions about coriander oil, please don't hesitate to reach out to your friendly and knowledgeable customer loyalty reps.** They're available to you Monday through Friday, from 9 a.m. to 5 p.m. (EST).

**Questions? Call Us.**  
1-866-271-7595



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