

dōTERRA Glossary



What Does That Mean?

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<p>A Acetate Any salt or ester of acetic acid.</p> <p>Acetyl-L-Carnitine (ALCAR)</p>	<p>A molecule that the body produces naturally and is important for proper mitochondrial function and energy metabolism. It aids in the transportation of fatty acids inside the mitochondria. To learn more about acetyl-l-carnitine, click here!</p>
<p>Acrylamide</p>	<p>A chemical compound that's derived from acrylic acid and easily forms polymers. Acrylamide is used in synthetic fibers and sewage treatment and as a medium in electrophoresis, especially to separate macromolecules like proteins and nucleic acids. Its chemical formula is C₃H₅NO.</p>
<p>Adulteration</p>	<p>The intentional action of lowering the quality of a substance by adding another substance to it, natural or synthetic.</p>
<p>Alkylphenol Ethoxylates</p>	<p>Any of a family of organic compounds created by the alkylation of phenols. They're surfactants widely used as wetting agents, emulsifiers, and dispersants in paints, coatings, cleaning products, pesticides, and textiles.</p>
<p>Allelopathy</p>	<p>The chemical inhibition of one plant (or other organism) by another, due to the release of substances acting as germination or growth inhibitors into the environment.</p>
<p>Alpha-Copaene</p>	<p>A sesquiterpene alkene found in copaiba and other essential oils. It has an earthy and woody aroma and flavour.</p>
<p>Alpha-Humulene</p>	<p>A sesquiterpene alkene and isomer of betacaryophyllene. It's often found in essential oils with beta-caryophyllene like copaiba.</p>

Alpha-Lipoic Acid	A naturally occurring fatty acid and antioxidant that helps to optimize energy production in and neutralize ROS produced by the mitochondria.
Alpha-Pinene	The monoterpene that provides pine trees with their distinct scent. It isn't just found in the essence of coniferous plants. Alpha-pinene is also present in rosemary, frankincense, cypress, juniper berry, helichrysum, and wild orange essential oils. Recent research suggests that it may have skin- and oral health-supporting benefits and may help with the proper function of the immune and respiratory systems.
Alpha-Terpinene	A common monoterpene alkene found in thyme, oregano, and other essential oils. It has a medicinal, herbaceous odor.
Alpha-Terpineol	A monoterpene alkene with a fruity, floral aroma, commonly found in marjoram and other essential oils.
Alpha-Terpinyl Acetate	A monoterpene alkene with a complex herbaceous, spicy, woody, and floral aroma. It's a major constituent of cardamom oil.
Alpha-Thujene	A monoterpene alkene with a woody, green, and herbaceous aroma. It's most commonly found in frankincense.
Antioxidant	The term antioxidant is a misnomer, as it refers to a behavior rather than to a substance. At its core, an antioxidant is simply a chemical (natural or synthetic) that can help protect against cell damage by counteracting the destructive action of free radicals —highly reactive molecules with a single unpaired electron in their outer ring.

Aromatic	A scent, most often one that is pleasant.
Artificial Sweetener	A sugar substitute and a food additive. It attempts to duplicate the effect of sugar in taste but usually with fewer calories.
B Baicalin	A colorless, crystalline ketone that supports healthy metabolic function and helps maintain youthful cellular activity.
Beta-Caryophyllene	A sesquiterpene alkene and irregular phytocannabinoid found in various essential oils — significantly in copaiba. This constituent promotes normal digestive health, supports and protects the nervous system, helps maintain the body's inflammatory response, and relieves occasional soreness.
Beta-Pinene	A monoterpene alkene commonly found in wood and citrus oils. It's an isomer to alpha-pinene and has a musty, woody, and piney aroma.
Bifidobacterium Bifidum (Bb-06)	A bacterial species of the genus Bifidobacterium, commonly found in the intestinal tract and used with other probiotics (like L. casei and L. acidophilus) to support a healthy gut microbiome and healthy metabolic activity.
Bifidobacterium Lactis (Bl-04)	A bacterial species of the genus Bifidobacterium, commonly found in the human intestinal tract and used to help alleviate environmental stresses, soothe minor GI discomfort, and support a healthy immune system.

Bifidobacterium Longum (BI-05)	A bacterial species of the genus Bifidobacterium, commonly found in the human intestinal tract and used because of its potency, stability, and viability, as well as its demonstrated ability to adhere to the GI tract. Together with L. acidophilus and other probiotics, B. Longum supports healthy immune function.
Bioavailability	How much of a specific ingested compound your body can recognize, absorb, and utilize in its active form.
Biochemical	Chemical processes and substances derived from a biological source.
Biodegradable	Able to be decomposed by bacteria or other living organisms.
Bioflavonoid	Any of a group of compounds occurring mainly in citrus fruits and black currants. They're formerly regarded as vitamins.
Bisabolol Oxide A	A sesquiterpene alcohol oxide. It's considered one of the bioactive molecules in German chamomile essential oil.
Boswellic Acid	A series of triterpene molecules produced by plants of the genus Boswellia (like frankincense). They naturally occur in the resin of the plant and are frequently used to support a healthy inflammatory response in humans.
Botanical	An adjective used to describe something that has to do with plants.
Bromelain Protease Enzyme	An enzyme found in pineapples—particularly the core—and used to support a healthy inflammatory response, aid immune responses to airborne particles, and support healthy digestion.

C Calcium Hydroxyapatite	A naturally occurring mineral form of calcium. It's the primary mineral found in teeth.
Camphor	A fragrant white or colorless crystalline ketone. It's obtained naturally from the wood of the camphor tree and used topically to relieve pain, irritation, and itching, as well as serving as an insect repellent.
Capillaries	Small blood vessels that are part of the network of small arteries and veins, or extremely thin tubes through which nothing thicker than a human hair can pass.
Carcinogenicity	The ability or tendency of a chemical substance or mixture of substances to induce cancer or increase its incidence.
Carvacrol	Chemically classified as a monoterpene phenol as it's derived from two isoprene units and contains a benzene ring with an alcohol group. Carvacrol is usually the main constituent in oregano essential oil.
Carvone	A monoterpene chemical constituent present in both dill and spearmint essential oils. It contains a ketone functional group and a chiral carbon in its chemical structure. A chiral carbon is a carbon atom that's bonded to four different atoms or groups of atoms.
Centrifuged	A mixture that's been separated with powerful spinning

Certified Pure Therapeutic Grade (CPTG) [®]	The most stringent collection of physical, chemical, and stability testing procedures that confirm every dōTERRA oil is free of synthetics, additives, and harmful contaminants, while also containing the ideal ratio of volatile organic compounds to produce reliable results.
Chamazulene	A sesquiterpene constituent found in blue tansy and German chamomile essential oils. It may be highly useful in protecting cells from stress caused by normal cellular processes and managing the activity of molecules involved in a normal immune response.
Chelating	The process of combining mineral amino acids to form complexes. Chemical Constituents The different chemicals that a substance or combination of substances is made of.
Chemotype	A chemically distinct entity of a plant.
Coenzyme	Q10 (CoQ10) coenzyme that naturally occurs in the human body that's involved in cellular energy production.
Cō-Impact Sourcing [®]	An initiative that seeks to develop long-term and mutually beneficial supplier partnerships, while also creating sustainable jobs and providing reliable income in underdeveloped areas.
Compound	A thing that's composed of two or more separate elements—in other words, a mixture.
Constituent	One of the parts that a substance or combination of substances is made of—in other words, serving as part of a whole or a component. In relation to essential oils, this is a chemical component of essential oils.

Contamination	The action or state of being made impure by polluting or poisoning.
Curcumin	Comes from the turmeric herb. Curcumin is one of the most well-researched, naturally occurring compounds with an array of documented benefits. Chief among its benefits is its powerful antioxidant activity and noteworthy support of a healthy inflammatory response throughout the aging process.
Curzerene	A sesquiterpene found in myrrh. It has anti-inflammatory and antioxidant properties, which address symptoms of indigestion and prevent toxins from accumulating in the circulatory system.
D Diethanolamine	A chemical compound used as a chemical intermediate. It can also absorb or remove acidic gases, like hydrogen sulfide and carbon dioxide, from natural gas.
Digestive Enzymes	Enzymes excreted by the pancreas that help convert food into usable nutrients.
Dilution	The process of decreasing the concentration of a solute, usually simply by mixing with more solvent, like adding more water to a solution. Essential oils are diluted with vegetable oils called carrier oils.
Distillation	A refining process that collects the pure liquid or vapours given out by heating, and then cooling a mixture.

E Echium Boraginaceae	A genus (a class of items such as a group of animals or plants with similar traits, qualities, or features) of approximately 70 species and several subspecies of flowering plant in the family
Ellagic Acid	A polyphenol or micronutrient found in fruits and vegetables that supports healthy metabolic function, intestinal health, and inflammatory response.
Emollient	A noncosmetic substance. It softens or soothes the skin, often coming in the form of creams, ointments, lotions, and gels.
Enantiomeric Ratio	The ratio of the percent of one enantiomer (one molecule of a pair that are mirror images of each other) in a mixture to that of the other.
Endocrine System	The collection of glands that produce hormones regulating metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood, among other things.
Endogenous	Substances and processes that originate or grow from within a system, such as an organism, tissue, or cell.
Endogenous Enzymes	Enzymes naturally produced within the body that facilitate important biological processes.
Enzymes	Specialized proteins that function as catalysts in almost all cellular functions and chemical reactions throughout the body.

Essential Fatty Acids (EFAs)	Nutrients required for many key functions in the human body, including cell growth, brain development, muscle activity, immune function, joint health, and so on.
Essential Oils	The lipid-soluble (dissolvable in fats and oils) mixtures of volatile (easily evaporated at normal temperatures) chemical compounds from plants.
Estragole (Methyl Chavicol)	A phenylpropanoid molecule. Also known as methyl chavicol, it occurs in fennel and basil essential oils and has a liquorice-like, spicy, green, herbal aroma.
Ethanol	A colourless alcohol made from grain and sugar that's volatile (easily changes to a gas) and burns easily. It's used in medicines and other substances, like alcoholic drinks.
Ethylene Dioxide	A manmade chemical used primarily to produce ethylene glycol (a chemical used to make anti-freeze and polyester).
Ethylene Glycol Mono-butyl Ether (also called Butyl Cellosolve)	This is a manmade chemical used in the production of cleaners, degreasers, water-based coatings, and solvent based coating systems.
Eugenol	A phenylpropanoid ether and colourless to pale yellow liquid extracted from certain essential oils, especially from clove oil, nutmeg, cinnamon, basil, and bay leaf. Possesses significant antioxidant, anti-inflammatory, and cardiovascular properties.

F Fluoride	A neurotoxin added to drinking water, tooth-paste, and mouthwashes. It increases dental fluorosis risk in children and skeletal fluorosis in the elderly and has been linked to lowered IQ in children.
Formaldehyde	A colourless, flammable, strong-smelling chemical that's used in building materials and many household products. The name of this substance comes from its similarity and relation to formic acid.
FTIR	Full name of Fourier-Transform Infrared Spectroscopy scan test. It's a technique used to obtain an infrared spectrum of absorption or emission of a solid, liquid, or gas.
Furanocoumarins	A specific group of secondary metabolites (substance formed in or necessary for metabolism) that commonly present in higher plants, such as citrus plants.
Furanodiene	A sesquiterpene found in myrrh essential oil. It contributes to some of myrrh's therapeutic properties.
G Gamma Linolenic Acid (GLA)	A fatty acid found primarily in vegetable oils, such as borage oil and evening primrose oil. It helps support the health of the joints, lungs, and nervous system.
Gamma-Terpinene	Part of the alkene family and a major component of essential oils made from citrus fruits. It shows strong antioxidant and anti-inflammatory activity in various bodily systems. It's isolated from a variety of plant sources, such as lemon, cumin, and oregano oil and is also present in grapes, celery,

	cinnamon, cloves, cumin seeds, ginger, pepper, and tea.
Gastrointestinal (GI)	A series of hollow organs joined in a long, twisting tube from the mouth to the anus, including the stomach and intestines.
GC/MS	Full name of chromatography mass spectrometry. This is an analytical method that combines the features of gas chromatography and mass spectrometry to identify different substances within a test sample.
Geranial	An oily liquid aldehyde found in oils like lemongrass, citronella, and melissa. It's known to exhibit insecticidal and repellent properties. T
Germacrene D	A sesquiterpene alkene and major constituent present in the essential oil of clary sage and ylang ylang. It possesses antibacterial properties. Ginkgo Biloba Also known as the maidenhair tree. It's one of the oldest trees on the Earth—once part of the flora of the Mesozoic Era. It's indigenous to China, Japan, and Korea.
Glutathione	An antioxidant produced in the human body, plants, animals, fungi, and some bacteria and archaea.
Glycoprotein	Any of a class of compounds in which a protein is combined with a carbohydrate group.
Gut-Associated Lymphoid Tissue (GALT)	A part of the immune system present in the gut that includes Peyer's patches, the appendix, and scattered solitary or isolated lymphoid follicles. It identifies antigens (foreign substances that trigger immune responses in the body) that come into contact with the GI tract.

H Homeostasis	The ability or tendency to maintain internal stability in an organism to compensate for environmental changes.
Hydrodistillation	A variant of steam distillation. For hydrodistillation extraction, plant material is soaked for some time in water, after which the mixture is heated and volatile materials are carried away in the steam. The materials are then condensed and separated.
Hydroquinone	Also known as hydrochinone, hydroquinol, or quinol. It's used in photographic dye chemicals; in medicine; as an antioxidant and inhibitor; and in paints, varnishes, and motor fuels and oils. Studies on rodents show some evidence that hydroquinone may act as a carcinogen or cancer-causing chemical, though its cancer-causing properties have yet to be proven in humans.
Hydrosol	The natural waters produced during the steam distillation of plant materials such as leaves, flowers, peels, berries, wood, stems, and roots. They're produced during the same distillation process that also extracts essential oils.
I ICP/MS	Full name of inductively coupled plasma mass spectrometry. This type of mass spectrometry uses an inductively coupled plasma to ionize the sample and creates atomic and small polyatomic ions, which are then detected. It's primarily used to detect isotopes of the same element.
Isomenthone	An isomer to menthone. It's a monoterpene ketone present in small amounts in peppermint and spearmint essential oils.

<p>L Lactobacillus Acidophilus (La-14)</p>	<p>A type of bacteria found in the intestinal tract. It's of the Lactobacillus genus of bacteria that helps promote bowel regularity, support a healthy immune response, aid normal respiratory function, and—together with other bacteria (L. casei, B. bifidum)—support overall gastrointestinal health. Lactobacillus Casei (Lc-11) A type of bacteria found in the intestinal tract. It's of the Lactobacillus genus of bacteria that contributes to healthy immune function and alleviates minor GI discomfort.</p>
<p>Lactobacillus Salivarius (Ls-33)</p>	<p>A type of bacteria found in the intestinal tract. It's of the Lactobacillus genus of bacteria and is used for its potency, stability, and viability and support of overall GI wellness, including supporting a healthy microbiome. It also has a stabilizing effect on the immune system.</p>
<p>Lavandulyl Acetate</p>	<p>The acetate ester of lavandulol. It's a component of lavender oil. It helps to promote relaxation and uplifted mood when inhaled.</p>
<p>LC/MS</p>	<p>Full name of liquid chromatography mass spectrometry. This is an analytical chemistry technique that combines the physical separation capabilities of liquid chromatography (or HPLC) with the mass analysis capabilities of mass spectrometry (MS).</p>
<p>Limbic System</p>	<p>A complex system of nerves and networks in the brain that involve several areas near the edge of the cortex concerned with instinct and mood. It controls basic emotions (fear, pleasure, anger, and such) and drives (hunger, sex, dominance, care of offspring, and so on).</p>

Limonene	A monoterpene alkene that's the primary chemical constituent of several citrus essential oils. Limonene is known for its powerful cleansing properties, but research has shown that it also provides a wealth of other health benefits as well. Along with its presence in citrus essential oils, it's also found in black pepper, spearmint, and dill.
Linalool	Known primarily for the pleasant floral scent that it provides lavender oil. Linalool is a naturally occurring monoterpene alcohol (a volatile unsaturated element composed of two units, carbon, and hydrogen) that's present in high concentrations in many flowers and spices. It comprises approximately 20%–47% of the chemical makeup of lavender oil. Coriander, cilantro, basil, and petitgrain essential oils are also rich sources. Though commercially it's primarily used for its scent when isolated, linalool has been shown to have a number of health properties. Linalool has been examined for its cleansing properties, ability to promote calmness and relaxation, and support of several body systems.
Linalyl Acetate	Often partnered with linalool as chemical constituents in essential oils. Linalyl acetate is a monoterpene ether found in high concentrations in clary sage (up to 78%), lavender (up to 48%), and several citrus oils, especially bergamot. It's primarily known for providing the fruity note present in the aroma of lavender, but it also contains numerous health properties. Research suggests that linalyl acetate may promote

	soothing and relaxation, support the function of several body systems, and provide cleansing abilities.
Linolenic Acid	An unsaturated fatty acid and member of the omega-3 fatty acid family that's considered essential to diet. It's an important component of natural drying oils. Lipid-Soluble Capability of dissolving in fats, oils, or fatty tissues.
Lipophilicity	The ability of a chemical compound to dissolve in fats, oils, lipids, and nonpolar solvents.
Lymphoid	Relating to or denoting the tissue responsible for producing lymphocytes and antibodies. This tissue occurs in the lymph nodes, thymus, tonsils, and spleen and is dispersed elsewhere in the body.
M Menthol	A monoterpene alcohol naturally found in mint plants such as peppermint and Japanese mint. It gives a cooling sensation when applied to the skin. It's often used to relieve minor pain and irritation and prevent infection.
Menthone	A ketone monoterpene produced by many plants. It's best identified for the minty overtones it provides in several essential oils.
Menthyl Acetate	A natural monoterpene ester. It contributes to the smell and flavor of peppermint.
Metabolic Enzymes	Enzymes active in the blood, tissues, and organs. They regulate metabolic activities like glucose control and energy homeostasis.

Methyl Salicylate	The methyl ester of salicylic acid. It's an organic compound derived from birch or wintergreen (or made synthetically) and is used as a counterirritant in ointments to treat muscle pain
Microbe	A microorganism, especially a bacterium that causes disease or fermentation.
Microbiology	The branch of biology that studies microorganisms.
Microbiome	The complete genetic content of all the microorganisms (bacteria, fungi, protozoa, and viruses) that inhabit an environment, such as the skin or the GI tract.
Microorganism	A microscopic organism, especially a bacterium, virus, or fungus. Mitochondria Cellular structures in which oxygen and food nutrients are metabolized to create energy.
Molecule	A group of atoms bonded together, representing the smallest fundamental unit of a chemical compound that takes part in a chemical reaction.
Monoterpene	A class of terpenes that consist of two isoprene units (10 carbon atoms). They're found in virtually all essential oils. Each monoterpene has its own unique biological activity.
Mutagenicity	Permanent transmissible changes in genetic material.

Myrcene	A monoterpene alkene and natural organic molecule found in lemongrass, thyme, cardamom, and many other essential oils.
N Neryl Acetate	A monoterpene alkene ester that's found in helichrysum and citrus oils.
Neuron	A basic nerve cell that builds the nervous system and transmits information throughout the body.
Nitrosamines	Chemical compounds, most of which are carcinogenic (having the potential to cause cancer). They're used in the manufacture of cosmetics, pesticides, tobacco products, and many rubber products.
Nucleus	The center core of an atom. It has a positive charge and contains most of the atom's mass.
Nutrient	A substance that provides nourishment that's essential for growth and the maintenance of life.
O Olfactory Sensors	Also known as olfactory receptors. They're chemical sensors that create responses to smells.
Olfactory System	The part of the brain that regulates the sense of smell.

Omega-3 (Fatty Acids)	A family of essential fatty acids that play important roles in they body, which it can't produce on its own and must be obtained through diet. Sources of omega-3 include fish, flaxseeds, chia seeds, and walnuts.
Omega-6 (Fatty Acids)	A type of polyunsaturated fatty acid found in vegetable oils, nuts, and seeds.
Organoleptic	Acting on or involving the use of the sensory organs.
Oxidation	The process whereby oxygen combines with an element, changing its appearance or structure.
Oxygenated	Supplied, treated, or enriched with oxygen.
P Parabens	A class of widely used preservatives in cosmetic, personal care, and pharmaceutical products. They're considered hormone disruptors that may increase certain cancers.
Para-Cymene	A monoterpene hydrocarbon found in oregano, thyme, and other essential oils. It has a spicy and woody aroma.
Pesticides	Substances that are meant to control pests, such as insects, fungi, bacteria, snails, weeds, and so on.
Petroleum	A liquid mixture of hydrocarbons that's present in certain rock strata. It can be extracted and refined to produce fuels including gasoline, kerosene, and diesel oil.

Photosensitizing	Making an organism, a cell, or a substance photosensitive (responsive to light or other radiant energy).
P-Nonylphenol	A nonionic surfactant used in a wide variety of industrial applications and consumer products. It's associated with reproductive and developmental problems in rodents.
Polycyclic Aromatic Hydrocarbons (PAHs)	A group of over 100 different chemicals. They're formed during the incomplete burning of coal, oil and gas, garbage, or other organic substances, such as tobacco or charbroiled meat.
Polygonum Cuspidatum	An herbaceous perennial plant called Japanese knotweed. It's native to East Asia and has been used in traditional Chinese and Japanese medicine systems.
Polyphenol	Generally referred to as a subset of antioxidants. They're plant-based molecules that have antioxidant properties. In diets, they're the most common source of natural antioxidants.
Proanthocyanidins	A class of antioxidant polyphenols found in a variety of plants that help maintain youthful function of multiple body systems.
Probiotic	Friendly microorganisms regarded as beneficial to health when ingested to supplement beneficial bacteria that already exist in the digestive tract.
Proliferation	Rapid reproduction of a cell, part, or organism.
Purity	Freedom from adulteration or contamination.

Q Quercetin	An important antioxidant found in a wide variety of commonly consumed plants like onions, broccoli, grapes, berries, and citrus fruits.
R Reflexology	Also known as zone therapy. It's an alternative medicine practice involving the application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion.
Resveratrol	A natural plant-based phenol concentrated in grapes that acts as an antioxidant.
Ricinoleic Acid Lactone	A group of estrogenic compounds.
S Sabinene	A monoterpene alkene known for its woody and spicy aroma, as well as its powerful antioxidant activity. It can support healthy immune function and response, soothe the skin, and reduce the appearance of blemishes.
Scutellaria Root	The root of a <i>Scutellaria baicalensis</i> , which is a species of flowering plant in the family Lamiaceae. It's a popular medicinal herb.
Sesquiterpenes	A class of terpenes that consist of three isoprene units (15 carbons). They have higher molecular weights, making them less volatile than monoterpenes.
Silymarin	A compound extracted from milk thistle and used to support liver function.

Sodium Lauryl Sulfate (SLS)	A chemical detergent and surfactant used in many personal care products (toothpaste, soaps, shampoos, and so on). It's associated with skin irritation and increases the absorption of other harmful chemicals. SLS may also disrupt hormones.
Soluble	A substance that can be dissolved, especially in water.
Solvent	A liquid substance used to dissolve other items. Streptococcus
Streptococcus Mutans	Oral bacteria that metabolize sugar to initiate the formation of sticky biofilms (thin, slimy bacteria film) on the surfaces of teeth (called plaque), contributing to their decay.
Surfactants	A surface-active agent—or wetting agent—capable of reducing the surface tension of a liquid.
Synthetic	A substance made by chemical synthesis, often to imitate a natural product.
T Terpenes	A large and diverse class of organic compounds, produced by a variety of plants and by some insects. It's responsible for creating the unique aroma of each individual plant.
Terpinen-4-ol	A monoterpene alcohol that's most often associated with tea tree oil. Terpinen-4-ol has been shown to have a wide range of benefits when used aromatically or applied topically.

Therapeutic	Something that promotes healing or acts as a therapy.
Thymol	A white crystalline aromatic compound derived from thyme oil (or other oils) or made synthetically. It's used as an antiseptic, a fungicide, and a preservative. Thymol is a phenol.
Toxicity	A substance that reaches a point where it becomes harmful or damaging to the body.
Triclosan	An antibacterial and antifungal chemical used in commercial products (toothpaste, detergents, and so on). It's associated with disruption of thyroid and hormone function.
Triethanolamine	A tertiary amino compound used widely as a buffer and surfactant in cosmetics.
Turpentine	A fluid obtained by distilling resin from live trees—often pines. It's mainly used as a solvent and as a source of materials for organic synthesis.
U Ubiquitous	Present, appearing, or found everywhere.
Ureas	Organic compounds found in pesticides, herbicides, personal care items, and pharmaceuticals that produce formaldehyde. They're associated with skin irritation and allergies.
V Vitality	The state of being strong and active—in other words, energy.

Volatile	A substance that's easily evaporated at normal temperatures.
Volatile Aromatic Compound	Small organic molecules with distinct smells that easily change from solid or liquid to a gaseous phase at room temperature.
X Xylitol	A naturally occurring plant-based sugar alcohol that increases dental health by reducing the ability of undesirable organisms to stick to the surface of the teeth.
Z Zingiberene	A sesquiterpene alkene with a spicy aroma. It's found in ginger essential oil.