

## SOME ESSENTIAL OILS AND THEIR USES:

### NOW VITAMINS - CEDARWOOD OIL 1 OZ

Cedarwood Oil is an essential oil, meaning it contains the essence of cedar chips. This naturally distilled oil is 100% Pure.

**Suggested Use:** For external use only. Cedarwood Oil (*Juniperis virginiana*) is a pleasant smelling fragrance. This oil can also be used as a natural pest-control oil for insects. (*Cedrus atlantica*) has a warm cedar aroma. It is relaxing and soothing when used for massage and is also useful for helping to maintain healthy lung function. Cedarwood has a long history of use as a beneficial ingredient in cosmetic preparations for oily skin. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

### NOW VITAMINS - CITRONELLA OIL 1 OZ

Citronella Oil is an essential oil, meaning it contains the essence of citronella grass, which is grown in the wild. This oil is 100% pure, U.S.P. undiluted, the highest grade available.

**Suggested Use:** Citronella Oil (*Cymbopogon nardus*) is an excellent topical oil that can be applied directly onto the skin to protect against insect bites.

**Warning:** Not intended for internal use

### NOW VITAMINS - EUCALYPTUS OIL 1 OZ

Eucalyptus dives has a fresh, invigorating aroma. This species is high in phellandrene and low in eucalyptol and has a different, more specific action than other eucalyptus oils. It is excellent for skin or topical application, as it may be less irritating to the skin than other eucalyptus varieties.

**How to use:** For aromatic use. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Avoid prolonged inhalation.

### NOW VITAMINS - LAVENDER

(*Lavandula angustifolia*) has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it. It is great for winding down before bedtime, yet has balancing properties that make it just as beneficial for boosting stamina and energy.\* Therapeutic-grade lavender is highly regarded for skin and beauty. It may be used to cleanse cuts, bruises, and skin irritations. The French scientist Reneé Gattefosseé was the first to discover these properties when he severely burned his hands in a laboratory explosion. Using lavender oil, he noticed a remarkable healing soon afterwards. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

### NOW VITAMINS - LEMON OIL

100% Pure Lemon Oil is an essential oil, meaning it contains the essence of lemons. It takes 1000 lbs. of fresh lemons to make 10 lbs. of pure lemon oil. This oil is cold pressed primarily from lemon peels and contains no fillers, scents or preservatives. (*Citrus limon*) has a strong, clean, purifying citrus scent that is revitalizing and uplifting. It consists of 68 percent d-limonene, a powerful antioxidant. It is delightfully refreshing in water and may be beneficial for the skin. It may also serve to deter pests.\*

**How to use:** For dietary, aromatic or topical use. When using as a supplement, put one drop in a capsule or in 4 fl. oz. of soy or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children. Avoid using on skin exposed to direct sunlight or UV rays. Do not use near fire, flame, heat or sparks.

### NOW VITAMINS - LEMONGRASS OIL

(*Cymbopogon flexuosus*) has a light, fresh citrus aroma with earthy undertones. Refreshing, rejuvenating, stimulating, and balancing, it inspires and improves mental clarity. Lemongrass supports the digestive and circulatory systems.\* Research was published in *Phytotherapy Research* regarding the powerful properties of topically applied lemongrass.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children. Do not use near fire, flame, heat or spark.

#### **NOW VITAMINS - ORANGE OIL - SWEET COLD PRESSED PURE 4 oz.**

Oranges are mentioned in ancient Chinese writings as early as 2400 BC, and ... © Sweet Orange Oil is naturally cold-pressed from fresh orange peels. This essential oil is 100% pure. (*Citrus sinensis*) essential oil has a rich, citrusy scent that lifts the spirit while providing a calming influence. Orange brings peace and happiness to the mind as it supports the health of the respiratory, digestive, and circulatory systems. It is rich in the powerful antioxidant d-limonene and aids in maintaining normal cellular regeneration.\*

**How to use:** For dietary, aromatic, or topical use. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children. Avoid using on skin exposed to direct sunlight or UV rays.

#### **NOW VITAMINS - PATCHOULI OIL**

Patchouli Oil is an essential oil, meaning it contains natural essence from the Patchouli plant. This oil is 100% pure, distilled, U.S.P. undiluted, the highest grade available.

**Suggested Use:** Patchouli Oil (*Pogostemon culstini*) is a very popular fragrance with a distinct scent. It is a relaxing oil used in aromatherapy and is made for external use. (*Pogostemon cablin*), sometimes called "the scent of the '60s," has a musky, earthy, exotic aroma with sensual properties. In Eastern cultures it is commonly used around the house to provide general support for health and to help release negative emotions so that problems can be kept in proportion. It is very beneficial for the skin, helping to reduce a wrinkled or chapped appearance. Patchouli is a general tonic that helps with the digestive system and occasional queasiness.\*

**How to use:** For dietary, aromatic, or topical use.

Possible skin sensitivity. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

#### **NOW - PEPPERMINT OIL**

Peppermint Oil is an essential oil, meaning it contains the essence of peppermint leaves. This oil is 100% pure, USP undiluted, the highest grade available. (*Mentha piperita*) has a strong, clean, fresh, minty aroma. One of the oldest and most highly-regarded herbs for soothing digestion, it may also improve gastric motility and digestive efficiency.\* Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in improving taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental activity. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sensation of fullness after meals.

**How to use:** For dietary, aromatic, or topical use. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Do not apply neat to a fresh wound or burn. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

#### **NOW VITAMINS - PINE OIL**

(*Pinus sylvestris*) has a refreshing, invigorating aroma. First investigated by Hippocrates, the father of Western medicine, for its benefits to the respiratory system, pine is used in massage for stressed muscles and joints. It shares many of the same properties as *Eucalyptus globulus*, and the action of both oils is enhanced when they are blended. Avoid oil adulterated with turpentine, a low-cost but potentially hazardous filler.

**How to use:** For dietary, aromatic, or topical use.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Do not use near fire, flame, heat or spark. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children. Avoid oil adulterated with turpentine, a low-cost but potentially hazardous filler.

#### **NOW VITAMINS - TEA TREE OIL 1 OZ**

**Tea Tree Oil** is distilled entirely from the leaves of the Australian **Tea Tree**, *Melaleuca alternifolia* 100% pure, antiseptic.

**Suggested Use:** Tea Tree Oil can be used externally as a completely natural germicide and fungicide. Our oil can be applied directly to the site of infection or irritation, such as pimples, boils, cuts, insect bites and minor burns. Does not damage healthy tissue. *Melaleuca alternifolia* is highly regarded as an essential oil with a wide range of uses. It supports the immune system and is beneficial for the skin.\* Commonly known as Tea Tree Oil.

**Warnings:** Keep away from eyes. If problem persists, seek medical attention.

#### **NOW VITAMINS - WINTERGREEN OIL 1 OZ**

Wintergreen Oil is an essential oil, meaning it contains the essence of Wintergreen leaves. This oil is 100% pure, distilled, undiluted, the highest grade available 100% natural

**Suggested Use:** Wintergreen Oil (*Gaultheria procumbens*) is the natural smell and taste used in many gums and food products... *Gaultheria procumbens* has a sweet, minty scent. It contains the same active ingredient (methyl salicylate) as birch and is beneficial in massage for soothing head tension and muscles after exercising.\*

**How to use:** For aromatic use. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children.