



GASTRO-SOOTHE

ESSENTIAL OIL

INTENDED BENEFITS:

- Digestive Support
- Nausea Relief
- Appetite Regulation
- Improved Digestive Function
- Emotional Support for Digestive Health
- Digestive Comfort During Travel



Ingredients: Lemon, Fennel, Coriander, Orange, Anise Seed, Basil, Rosemary Cineole, Peppermint, Spearmint, Dill

USE SUGGESTIONS

When using topically, ** dilution with a carrier oil is recommended.

- **DIGESTIVE INFLAMMATION/STOMACH ACHE:**
Diffuse, apply to abdomen following the shape of large intestine, or mix 1-3 drops in water and swish in mouth.
- **ANTI-NAUSEA:**
Inhale aroma, apply with CS Muscadine Oil (carrier oil) to wrists and abdomen, or apply 1-2 drops to the tongue 3 times daily or as needed. Do not exceed 3 times daily.
- **APPETITE:**
Inhaling aroma may help stimulate senses, support healthy appetite, and curb cravings. As an alternative, add 1-3 drops to water and re-mix as drinking throughout the day.
- **DIGESTIVE FUNCTION:**
Regularly diffuse or add a few drops to tea to promote healthy digestion, nutrient absorption, and gut health.
- **EMOTIONAL SUPPORT:**
Diffuse or inhale scent.
- **DIGESTIVE COMFORT DURING TRAVEL:**
Inhale aroma or apply with CS Muscadine Oil (carrier oil) to abdomen.

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. Individual results may vary.

**Always perform a patch test on the skin before application the first time.

