Message Scent News

## **Gary Young Advises on Agave**

consultants

(Recently, NaturalNews published a Citizen Journalist article on agave nectar that criticized the sweetener, saying it was a refined sweetener much like syrup. That article created quite a stir and raised many questions from health-conscious consumers. To tell the other side of the story, we include a response by Gary Young. Visit http://www.naturalnews. com/024892.html for Dr. Mercola's article.)

I am very well aware of Dr. Mercola's attack on agave.

Now we know that there are different qualities of Agave, just like there are different qualities of oils.

That is why I ordered Sue to do a research project on the Agave at Weber State University in January on rats so that we can see the effects on the metabolism and the liver; comparing it with honey and white sugar so we have concrete information.

Here is what I know:

1. Beware of false claims.

2. Tell your distributor organizations that at this time there is no evidence to support Dr. Mercola's claims.

3. The agave that they use in Tequila is highly concentrated which means it has been cooked at high temperature in order to get a stronger sugar base. If you cook honey at a high temperature you would get the same outcome.

4. The real question should be: does the agave metabolize? *Yes it does* 

5. Does our agave spike glucose levels? **NO** 

6. Does our agave change liver enzymes function? **NO** 

- 7. Does our agave create allergies? **NO**
- 8. Does our agave cause candida? **NO**

9. Does our agave create addictions? **NO** 

10. Does our agave change hormone function? **NO** 

11. Does our agave cause brain fatigue? **NO** 

12. Does our agave cause arthritis type pain? **NO** 

We have done more clinical tests than any person I know and high fructose corn syrup and white sugar causes changes that are seen in clinical trials.

However, I have ordered further studies to be done, so we have such evidence and if all that I have seen proves me wrong then you will be the first to know.

It is just to easy to get caught up in other peoples agenda's.

For your information: if there is something bad for our health, do you think I would give it to Jacob or Josef?

I hope this helps, Gary Young

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ANCIENT SECRETS FOR A MODERN AWAKENING

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## **MESSAGE SCENT NEWS**

## **DEEP RELIEF ROLL-ON**

Young Living's Deep Relief Essential Oil Roll is a proprietary blend of oils specially formulated to relieve muscle soreness and tension. Soothes sore joints and ligaments, helps calm stressed nerves and reduces inflammation. The powerful blend contains nine essential oils, most of which are included for their anti-inflammatory and pain-relieving characteristics. Deep Relief is offered in the portable convenience of a roll on application. Apply this roll-on on any location for any type of pain. 10 ml. **Ingredients:** 

Peppermint (Mentha piperita), Balsam Fir (Abies balsamea), Clove (Syzygium aromaticum), Vetiver (Vetiveria zizanoides), Wintergreen (Gaultheria procumbes), Lemon (Citrus limon), Helichrysum (Helichrysum italicum), Copaiba (Copaifera reticulate), Palo Santo (Bursera graveolens), Coconut oil. Code #3534, Wholesale. \$19.75

**Peppermint** has been found to relieve surface pain/tension/discomfort of the neck and head. It is a highly regarded herb for soothing stomach discomfort. Medical Properties: Anti-inflammatory, anti-tumoral, antiparasitic (worms), antibacterial, antiviral, antifungal, gallbladder/digestive stimulant, pain-relieving, curbs appetite.

Lemon is stimulating and invigorating. A 1995 Mie University study found that citrus fragrances boosted immunity, induced relaxation and reduced depression. Research by Jean Valnet M.D. showed that vaporized lemon oil can kill meningococcus bacteria in 15 min., typhoid bacilli in I hr, Staphylococcus aureus in 2 hrs and Pneumococcus bacteria within 3 hours. A 0.2% solution can kill diphtheria bacteria in 20 min. and inactivate tuberculosis bacteria.

Medical Properties: Antitumoral, antiseptic, improves microcirculation, immune stimulant, improves memory, relaxation. Rich in limonene, extensively studied for its ability to combat tumor growth in over 50 clinical studies.

Idaho Balsam Fir has been prized through the ages for its medicinal effects and ability to soothe muscular / rheumatic pain. Like other conifer oils, its aroma is grounding, stimulating to the mind and relaxing to the body.

Medical Properties: Anticoagulant, anti-inflammatory.

Copaiba is commonly used in anti-inflammatory recipes prescribed by Amazonian traditional medical practitioners. It is effective in reducing muscle spasms. Medical Properties: Anti-inflammatory (powerful), mucolytic, anti-ulcer, antiseptic, pain relief.

Clove has been used for decades as a natural anesthetic in dentistry. It was one of the ingredients in the original "Four Thieves Vinegar" that protected grave-robbing bandits during the 15th century plague. It has been shown to be extremely antioxidant as well as analgesic, anesthetic and anti-inflammatory.

Medical Properties: anti-aging, antitumoral, antimicrobial, antifungal, antiviral, analgesic/anesthetic, antioxidant, anticoagulant, anti-inflammatory, stomach protectant (ulcers), antiparasitc, anticonvulsant.

Wintergreen is strongly anti-inflammatory and antispasmodic. It is analgesic and reduces all types of pain.

Medical Properties: Anticoagulant, antispasmodic, highly anti-inflammatory, vasodilator, analgesic/anesthetic, reduces blood pressure, all types of pain. Methyl salicylate, the principal constituent, has been incorporated into liniments and ointment for muskoskeletal problems.

Helichrysum has been extensively studied in Europe for its unusual abilities to improve circulation, regenerate tissue / relieve pain.

Medical Properties: Anticoagulant, anesthetic, antispasmodic, antiviral, liver protectant/detoxifier/stimulant, chelates chemicals/toxins, regenerates nerves.

Vetiver is well-known for it anti-inflammatory properties and its traditionally used to relieve symptoms of arthritis.

Medical Properties: Antiseptic, antispasmodic, relaxant, circulatory stimulant.

Palo Santo is known as a spiritual oil. Harvested in Ecuador, this oil has some similarities to frankincense and has traditionally been used to purify and cleanse the spirit from negative energies.

#### **Application:**

Apply generously on location every fifteen minutes for up to four applications. For head tension, apply over temples, back of neck and on forehead. Be careful to keep Deep Relief away from your eyes.

Keep out of reach of children. Do not ingest this blend. If pregnant, nurs-

s gone

ing, taking medication, or have a medical conditions, consult a healt tioner prior to use.

#### **Deep Relief Testimonials:**

Apply this roll-on or for any type of pain. I use pain in my thumb and the before I set it down. Gr ache and back pain. -Nanc I am experiencing a sleeping and my legs are by using Deep Relief Roll-on behind my knees. Then after I massage my legs with few drops of Ortho Ease.

I first tried Deep Reli ailments and was amazed relief that I felt. I shared w

was using a walker, and within just a few minutes she felt like walking without it! And did, with no pain! I also shared with a karate instructor who has a bad ankle and knee, with constant pain. A few days later he told me that 'that liquid bandaid' was 'the bomb', the best pain relief he has used. - Sharon Grace Penfold

Most of my sleep over the past 30 years has been interrupted by severe leg and foot cramps. My cousin suggested Deep Relief. I tried it the first night and it worked! I have a reduced number of nocturnal cramps, but when they do happen, I use the Deep Relief and within a few minutes, the cramps are gone. This is a wonderful product! - Renee Renz

MESSAGE SCENT NEWS

## Cloves are the Best Antioxidant, Says New Study

by Anthony Gucciardi, citizen journalist

(NaturalNews) New research from the Miguel Hernandez University (UMH) has found that cloves (Syzygium aromaticum) are the "best" natural antioxidant. The study examined five antioxidant properties, with cloves showing amazing results for each. Cloves are used primarily in cooking throughout the world but found primarily in Indian cuisine. Cloves have also been used for medicinal purposes, such as in Indian Ayurvedic medicine, Chinese medicine, and western herbalism. In dentistry, cloves are also used as a painkiller.

The study found that cloves contain high levels of phenolic compounds, which have antioxidant, anti-inflammatory, and anti-clotting properties. This was a major factor in labeling cloves the best natural antioxidant, but the study found that cloves also have other beneficial properties.

"Out of the five antioxidant properties tested, cloves had the highest capacity to give off hydrogen, reduced lipid peroxidation well, and was the best iron reducer," says Juana Fernandez-Lopez, one of the authors of the study and a researcher at the UMH.

Lipid peroxidation is the process in which free radicals take electrons from the lipids in cell membranes. The end result of this process is cellular damage. The fact that cloves help to inhibit this destructive cycle is one that helped drive them to first place. Furthermore, the ability to reduce iron is yet another profound characteristic of cloves.

Iron deficiencies are rather simple to treat with adequate supplementation or dietary changes, but excessive iron in the body can be quite difficult to treat. Many people suffer from too much iron in the bloodstream, and many of which develop hemochromatosis. Hemochromatosis is a serious condition that is a result of untreated iron overload. Hemochromatosis can lead to arthritis, abnormal liver function, diabetes, or even heart failure.

Another goal of the study is to convince large corporations to begin adding cloves to their food products. Cloves are very inexpensive and have been a major part of the Mediterranean diet for centuries.

"The results show that use of the natural oxidants occurring in spices used in the Mediterranean diet, or their extracts, is a viable option for the food industry, as long as the organoleptic characteristics of the food product are not affected," adds Juana.

Cloves may be what people are looking for when it comes to finding an affordable and practical spice.

#### Sources:

http://www.eurekalert.org/pub\_release http://www.aolhealth.com/2010/03/19 http://www.nlm.nih.gov/medlineplus/ http://www3.interscience.wiley.com/

## Insect Repellent

Our family has used this recipe from the Essential Oil Desk Reference for years:

6 drops Young Living Peppermint oil 6 drops Young Living Melaleuca Alternafolia oil 9 drops Young Living Eucalyptus Radiata oil

Blend into one ounce of organic carrier oil – Jojoba, Apricot Kernel, Olive, Almond, Sunflower or other vegetable oil. Apply liberally on exposed skin to repel insects. Repeated applications may be required under certain conditions.

Thanks to Sue Roddy Stewart!

## Eating Wolfberries May Help Improve Vision Problems Caused By Diabetes

Posted By Personal Liberty News Desk On April 6, 2010 @ 12:01 am In Alternative Medicine, Personal Liberty News

Eating wolfberries may help improve vision problems caused by diabetes. According to a new Kansas State University study, routinely consuming Chinese wolfberries may lower the oxidative stress that the eye often undergoes in patients suffering from type 2 diabetes.

A wolfberry is a bright orange fruit that has been used for years as an alternative remedy to help boost the immune system, rebalance homeostasis and support the liver and kidneys.

In an effort to better understand the medicinal properties contained in wolfberries, the study's lead author Daniel Lin, an assistant professor of human nutrition at the university, and his colleagues found that the fruit contains high levels of zeaxanthin, lutein, polysaccharides and polyphenolics, which have all shown to help prevent age-related macular degeneration and diabetic retinopathy.

"I would not say that wolfberries are a medicine, but they can be used as a dietary supplement to traditional treatments to improve vision," Lin said.

"Wolfberries have high antioxidant activity and are very beneficial to protect against oxidative stress caused by environmental stimuli and genetic mutations," he added.

Although wolfberries cannot be found in traditional United States food stores, they can be purchased at most Chinese markets or found in dietary supplements.

Did you know that Young Living is the largest importer of fresh wolfberries from the Ningxia <u>Province of China?</u> Get Ningxia Red Today!

## THE YOUNG LIVING TRIBE GOES TO EGYPT BY CARL JANICEK

When Kelly first sent me the notice for the Egypt trip my response was immediate, "I am choosing to go!" I then spent the next several weeks wondering what I had committed myself to and why? I just knew that I was to be there. Then, intuitive guidance told me that I would be going on a journey that was to be a spiritual and emotional experience; and that I would be challenged to let go of regrets, as well as meet and travel with people who I have known in previous lifetimes. Of course I was feeling skeptical!

I have found that this life is busy enough without my attention going into any past ones. Before I left, one of my clients, who I have great respect for, gave me a book which she thought I would enjoy reading, *Many Lives, Many Masters* by Brian Weiss, M.D. I carried the book all though Egypt and never looked at a page. I did intend to read it, but as the trip unfolded I was living past lives in this one, or at least so it seemed - I found myself in a state that I would describe as "meditative hyper-vigilance."

My full attention was needed simply to be present in the situations I found myself involved in. The Young Living tribe was a large group of about 100 Americans, most of whom including myself, had no idea of the challenges and adventures we would face from a cultural perspective. The language barriers alone led to almost constant uncertainty regarding the schedule, tasks at hand, safety issues and overall predictability of each moment. It was a true test of being able to feel the flow and go with it, sink or swim in the sands of a very different culture and environment.

I thought I was prepared with the right ideas, clothing, physical conditioning and attitude, but I can now say that Egypt is not a place you *visit* but of a place that *happens* to you. A day on camel back ending in a raging sand/hail/rainstorm not seen in the area for over 400 years certainly set the stage for letting go of expectations!

Earlier in the trip we visited the temple at Luxor on the Nile, and nothing could have prepared me for the marvel of antiquity there, or the experience of walking through a place saturated with the energies of ancient culture and mysticism. The architecture was beyond anything I've ever seen, vast in its scale, and yes, the energetic vibrations and archaic murmurs are palpable and run deep, very deep. A better orientation to the spirit of these monuments would have helped, although our guides were wonderful and did the best they could to give us a tiny perspective our surroundings given the quick pace of our schedule. I spent nearly three hours inside the great pyramid and still can't verbalize what that experience was about. The hustle, assertiveness and persistence of Egyptian street guides and vendors is beyond anything I have seen. Many Young Living business builders could take some lessons in from these locals who are dependent upon sales for their daily bread and butter - or pitas and hummus.

All in all, we made friends, adventured far and wide, experienced temples and a sandstorm first hand, rode camels, horses, burrows and busses, bathed in Dead Sea, stood on the banks of the River Jordan, and tasted Young Living's new healthy chocolate! The Young Living tribe had experiences that would be difficult to duplicate given the group energy and the ancient secrets we touched with our own hands. I am certain I will be telling many stories about this trip for a long time!



**EGYPTIAN PILLARS AT LUXOR?** 



DISTRIBUTORS TASTE-TEST NEW YL CHOCOLATE MAY/JUNE 2010 VOLUME 7 #3

**MESSAGE SCENT NEWS** 



GARY AND MARY YOUNG IN EGYPT



GREETINGS FROM DR. EDWARD CLOSE! MESSAGE SCENT NEWS CARL JANICEK AND CAMEL LOVE! MAY/JUNE 2010 VOLUME 7 #3

# Nerve Disorders Peggy Phillips

Nerve disorders usually involve peripheral or surface nerves and include neuritis, neuropathy, neuralgia, Bell's palsy, and carpal tunnel syndrome. In contrast, neurological diseases are usually associated with deep neurological disturbances in the brain, and these conditions include ALS (Lou Gehrig's disease) MS, and Parkinson's Disease.

# Here's what you can do to support the body when nerve damage happens:

• Mega Cal used with Omega Blue helps provide calcium, magnesium and natural lipids necessary to maintain nerve signal transmissions along neurological pathways.

• Sulfur deficiency is often present in nerve problems. Sulfur requires calcium and vitamins B and C for the body to metabolize. Super B, Super C, and Sulfurzyme work well together to help repair nerve damage and the myelin sheath.

• Mineral Essence: is a blanced organic mineral complex with more than 60 differenct minerals. Without minerals, vitamins cannot be properly assimilated or absorbed by the body. Mineral Essence has anatural electrolyte balance, helping to prevent disease and premature aging.

• CAUTION: Never use hot packs for neurological problems. Always use cold packs to reduce pain and inflammation. In other words, reduce the temperature of the damage site.

• Essential oils to use along with the supplements include: Wintergreen, Marjoram, Peppermint Cypress, Lemongrass, Basil, Helichrysum, PanAway, Relieve It.

• Creams include: NeuroGen, Regenolone Cream, Ortho Ease

• Oil Blend to make at home:

- 3 drops Wintergreen
- 3 drops Cypress
- 1 drop Peppermint
- 2 drops Marjoram
- 3 drops Myrrh

Apply neat or dilute 50-50 and apply to affected area 3-5 times daily. Do a cold compress 2-3 times daily also.

#### Connective Tissue Tramua:

• Deep Relief Roll-On was formulated for the convenient relief of muscle soreness and tension. Soothes sore joints and ligaments, helps calm stress nerves and reduces inflammation. This powerful blend contains nine essential oils known for their anti-inflammatory and pain-relieving characteristics.

• Mega Cal and BLM provide critical nutrients for connective tissue repair. Sulfurzyme, and outstanding source or organic sulfur, equalizes water pressure inside the cells and reduces pain.

• PanAway reduces pain and lemongrass promotes the repair of connective tissue. Lavender with lemongrass and marjoram with lemongrass work well together for inflamed tendons. Deep Relief is a convenient way to apply a blend of oils that is both for pain and anti-inflammatory.

• When selecting oils for this type of injury select the appropriate oils. For instance, tendonitis could encompass muscle damage, nerve damage, ligament strain/tear, inflammation, infection, and possibly an emotion. Therefore, select an oil or oils for each potential cause and apply in rotation. The emotional distress may be anger or guilt. The oils in Ortho Sport and Ortho Ease Massage oils reduce pain and promote healing.

#### Testimonials:

I hope this helps a person to understand why the pain can remain after you apply an oil - pay attention to what needs to be addressed internally as well. Here are some healing stories using essential oils:

• My friend had severe body trauma, with many of the bones on her right side crushed. Among other remedies, surgery repaired her shoulder/arm with plates andscrews. She regained some movement in her right hand, and a little over two months later, the back of her right hand/wrist was still numb, no feeling perception. The medical doctors expressed that there might be radial nerve damage. She applied Lemongrass to that area three days in a row and on the fourth morning, she called me to tell me that it 'hurts' when she pushes her fingernail into that skin now. Two months of no feeling, then three days with Lemongrass applied, and she is now experiencing pain from a fingernail applied to the formerly numb area.

• My son cut his hand badly when the chainsaw he was using kicked back out of his hand and came down on the back of his hand. When he arrived at the house the wound was bleeding profusely. I uncorked the stopper from a bottle of helichrysum oil and poured it into the wound, wrapped it in a couple of tea towels and headed for the closest Emergency Center.

When the triarge nurse inspected the wound she was astounded to find that it was not bleeding and left it untouched until the Doctor arrived. Fortunately there was no tendon or nerve damage, although significant flesh trauma. The blade had taken a piece about 10mm wide out of the fleshy pad of his palm. The wound was stitched with many internal and external stitches. We supported healing with helichrysum, melrose, cypress, copiaba, balsam fir and other oils. The wound has healed beautifully without infection, and has 'filled in' the missing 10mm of flesh inspite of being stitched closed. He was using his hand a little again after a few days and as back at work one week after the accident!

#### Young Living Essential Numbers

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## **Message Scent News**

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**MAY/JUNE 2010 VOLUME 7 #3** 

#### Exciting Cancer Research with Orange Oil by Vicki Opfer, Young Living Crown Diamond Leader

Just recently while in Japan, a young woman of about 45 told me that she had been told last summer that her uterine cancer had spread throughout her body and she only had a month to live. The doctors said that due to her condition, they were not able to offer surgery or chemotherapy.

After speaking with a Young Living leader there, she took 10 ml of orange oil every day in capsules. She also rubbed orange oil, frankincense, myrtle, sandalwood, and tsuga all over her belly every day, and she drank 4-6 oz. of NingXia Red each day, as well. She is now cancer free!

These kinds of stories are starting to surface, and even though they are anecdotal, they will help us help others in the future! This is what keeps me going every day!

A personal story from one of the leaders in my organization:

My Mother-in-law had a grapefruit-sized tumor on her only remaining kidney. Her other kidney had been taken to cancer five vears earlier. The doctors could not treat her because of her deteriorating health so she began to take 10 ml of orange oil in capsules. She took two full capsules every two hours for eight hours a day. After three months the tumor was gone. She continues to take 1-4 capsules of orange oil and also drinks 2-4 oz. Ningxia Red every day. Her cancer has not returned. - C.D. Westwood, NJ

I am not a trained medical doctor, and I am not making any recommendations to anyone about anything. I am simply passing along what I have seen and heard. People need to use the best of both worlds - allopathic and natural medicine.

If someone calls me and says that they have a lump in their breast, my response is, "Hang up the phone and call your gynecologist and make an appointment. Then call me back and let's talk about what we can do while you're waiting to see your doctor." PLEASE - let's NOT be irresponsible!

I cannot advise anyone about anything either. All I can share is what we know:

▶Limonene has been shown through research to not only inhibit cancer, but also to regress it.

▶Orange oil is 95% limonene. (This is why it is in our Longevity supplement, which I take every single day.)

✤In order for us to replicate the amount of limonene used in the studies, we would have to ingest 10 ml of orange oil every day. For how long? I don't know. Until it was gone, I guess.

Note: Grapefruit therapeutic grade essential oil contains the highest level of limonene: at 95.12%!

✤To replicate the studies showing regression of cancer would require that someone ingest 10ml of orange oil every day. This is about 12 capsules.

We can help a LOT of people, educating them about using orange oil which is 95% limonene.

That's about all I can say. I think it's absolutely amazing that something as simple as orange oil, which is very inexpensive, might hold the key to the challenges with cancer!

Please make sure that everyone knows about this research and order your therapeutic grade essential oils from Young Living!

Hope you all are healthy, happy, and taking Longevity morning and night, like I do.

Love, Vicki Opfer

"Anticancer agents have traditionally been classified as those that are targeted either at the prevention or treatment of cancer. Prevention agents are classified as those that block initiation or suppress promotion/progressi on. Cancer therapeutic drugs today are mainly cytotoxic. They act to directly or indirectly kill cancer cells. More recently cytostatic agents that block cell division with or without stimulating differentiation are being used in and developed for use in cancer patients. Based on this classification it is possible for agents to bridge cancer prevention and therapy."

To read full study GO TO: www.ehponline.org/members/ 1997/Suppl- 4/gould-full. html Orange Essential Oil (Citrus sinensis) has a rich, fruity scent that lifts the spirit while providing a calming influence on the body. Orange oil brings peace and happiness to the mind. Orange oil is rich in the powerful antioxidant d-limonene and aids in maintaining normal cellular regeneration.\* Orange may also be used to enhance the flavor of food and water. Orange has an approximate ORAC of 18,898 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

Key Constituents:

Limonene — 85-96% Myrcene — 0.5-3%

Applications: Orange essential oil can be used for arteriosclerosis, hypertension, cancer, insomnia and complexion (dull and oily), fluid retention and wrinkles.

Orange Essential Oil Research: Orange is rich in limonene which has been extensively studied for its ability to combat tumor growth in over 50 clinical studies.

- Lu XG, et al., D-limonene induces apoptosis

of gastric cancer cells. Zhonghua Zhong Liu Za Zhi 2003 Jul;25(4):325-7.

Nishino H et al. Cancer Chemoprenvention by Phytochemicals and their Related Compounds. Asian Pac J Cancer Prev. 2000;1(1):49-55.

- Uedo N, et al., Inhibition by D-limonene of gastric carcinogenesis induced by N-methyl-N'-nitro-N-nitrosoguanidine in Wistar rats. Cancer Lett. 1999 Apr 1;137(2):131-6.

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Hakim IA, Harris RB, Ritenbaugh C. Citrus peel use is associated with reduced risk of squamous cell carcinoma of the skin. Nutr Cancer. 2000;37(2):161-8.

**Fragrance Influence**: Orange essential oil is uplifting and brings joy to the inhaler. A 1995 Mie University study found that citrus fragrances boosted immunity, induced relaxation and reduced depression.

How to Use: For dietary, aromatic, or topical use. When

using as a supplement, dilute one drop of Orange Therapeutic Grade<sup>™</sup> Essential Oil in 4 fl. oz. of liquid such as goat's or 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 within 24 hours.

Found In: Orange Essential Oil is found in Abundance, Awaken, Christmas Spirit, Citrus Fresh, Envision, Harmony, Inner Child, Into The Future, Lady Sclareol, Longevity, Peace & Calming, and SARA essential oil blends and in the following products: CinnaMint Lip Balm, Kid-Scents® MightyVites, KidScents® Toothpaste, Longevity<sup>™</sup> Softgels, Power Meal, Super C<sup>™</sup>, Super C<sup>™</sup> Chewables and Thieves Lozenges (soft).

Item No.: 3605 ~ 15 ml / Distributor \$9.50



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