



## Product Information and Traditional & Alternative Uses

Basil essential oil is derived by steam distillation from the *Ocimum basilicum* plant. It belongs to the Lamiaceae plant family, and like many other herbal plants, basil has been used for centuries as a food additive. Today, basil essential oil is used to promote healing for various wounds and infections. As well as a calming agent for inflammation, and has been indicated for its positive benefits for adrenal fatigue, and nerve issues and muscle conditions.

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|------------------------------------|-----------------------------------|
| <b>1 FOOD ADDITIVE</b>             | <b>5 DIURETIC / DIGESTIVE AID</b> |
| <b>2 STOMACH SPASMS</b>            | <b>6 APPETITE STIMULANT</b>       |
| <b>3 TOOTHPASTE OR MOUTHWASH</b>   | <b>7 ANTI-FLATULENT</b>           |
| <b>4 PROMOTE BLOOD CIRCULATION</b> |                                   |

### Primary Use - Digestion & Food Additive:

**STOMACH SPASM:** Use one drop directly on the tongue. To Enhance use with one drop of Loyol Ginger and apply 1-3 drops of Aeroma Dill and Fennel on the stomach area of your abdomen. Massage in a clockwise motion for 2-3 minutes.

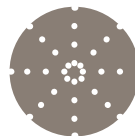
**TOOTHPASTE OR MOUTHWASH:** Add 3-5 drops to your mouthwash or 1 drop directly to your toothbrush to help protect against toothaches, ulcers, sores, and viral blisters.

**DIGESTIVE AID:** Use the toothpick method to add flavor to your meal, or apply one drop to the back of your hand or directly to your tongue 15-20 minutes before eating.

**ANTI-FLATULENT:** Use 2-3 drops in a capsule three times daily or as needed.

\*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.

\*\*Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.



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