

# lime



be  
bodysmart

# loyol

ESSENTIAL OIL SUPPLEMENTS

## Product Information and Traditional & Alternative Uses

Lime, like most other citrus essential oils, can be used as a powerful disinfectant. The essential oil of this tart fruit has many health benefits which can be attributed to its properties as an antiseptic, antiviral, astringent, bactericidal, disinfectant, febrifuge, hemostatic, restorative and tonic substance.

- 1 REDUCE NAUSEA
- 2 DETOXIFYING
- 3 INFLAMMATION
- 4 FOOD ADDITIVE

### Primary Use - Food Additive & Detox:

REDUCE NAUSEA: 1 drop by mouth daily or as needed

DETOX: Apply 1-2 drops to 8 oz of water.

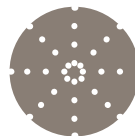
FOOD ADDITIVE: Combine Loyol lime essential oil with olive oil to use as a marinade for meat and veggies. Add one drop to stir fry. Add 1-2 drops to 8 oz for a lightly lime flavor beverage.



be young  
TOTAL HEALTH

\*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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