

## Product Information and Traditional & Alternative Uses

Nutmeg is actively present in the alternative health practices. It is used and included in numerous studies that show nutmeg to have beneficial properties for the prevention of various concerns. It showed in many studies to be a natural option for digestive problems, arthritis, and other inflammatory health conditions. As well as a powerful tonic and analgesic.

- 1 FLAVORING AGENT
- 2 BAD BREATHE
- 3 INDIGESTION
- 4 LIVER TONIC

- 5 ACHING GUMS
- 6 TOOTHACHE

### Primary Use - Flavoring Agent & Tonic:

**FLAVORING AGENT:** Start by substituting one drop of Loyol nutmeg for 1–2 Tbsp. ground nutmeg.

**BAD BREATH:** Add 3-4 drops to 8oz of water and use as a gargle. Gargle for 30-45 seconds.

**LIVER TONIC:** Add a drop to your daily liver cleanse.

**TOOTHACHE/ACHING GUMS:** Add a drop to the tip of a Q-Tip and apply directly to the area of discomfort.

