

## PRODUCT SUMMARY

Black pepper (*Piper nigrum*) is one of the most popular spices in the world. Its distinctive flavour makes it a common addition to many recipes, from appetisers to entrees. Use Young Living's Black Pepper+ essential oil to spice up your favourite soup, rub or marinade recipes. Black Pepper+ can replace ground black pepper.

Black pepper is the most common and potent flavouring of the peppercorn family. Add this cherished seasoning to your kitchen with a convenient bottle of Black Pepper+.

## HOW TO USE

- Add 1–2 drops of Black Pepper+ and 2 drops of Young Living V-6 to a vegetarian gel capsule and take daily as a supplement or as needed.
- Use in marinades and rubs for pork, beef, poultry or seafood, or add to roasted vegetables or homemade salad dressings.
- Add to a salsa or guacamole for a quick way to spice up Mexican favourites.
- Use to flavour pasta, rice, mashed potatoes and deli salads.
- Dilute 1 drop with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily.



## INGREDIENTS

Black pepper (*Piper nigrum*)\* essential oil  
\*100% pure essential oil

## CAUTIONS

Keep out of reach of children. Avoid contact with eyes. If you are pregnant, nursing, taking medication or have a medical condition, consult a health care professional prior to use. If contact with skin occurs, avoid direct sunlight and UV rays for up to 12 hours. Plus essential oils should not be used as a substitute for a varied diet. Do not exceed the recommended daily dose.