

PRODUCT SUMMARY

To add bright, dynamic flavour to many dishes, Lemon⁺ is the perfect oil. Its versatility in sweet and savoury recipes is what makes this fruit a popular item in kitchens around the world. Use Young Living's Lemon⁺ essential oil food supplement to add flavour to savoury foods like fish and chicken or sweet foods like pastries and cakes.

Lemon⁺ oil has a bright taste you'll want to keep on hand for almost anything you whip up. Instead of zesting or juicing, use Lemon⁺ for a convenient way to use this great flavour. Start small with a single drop of oil.

PRIMARY BENEFITS

- Soothing for mouth and throat
- Reliefs in case of tickle and the throat and Pharynx
- Soothing and pleasant effect on throat, pharynx and vocal cords

LEMON⁺ ESSENTIAL OIL USES

- Add to a tall glass of cold water for a fresh drink to start your day
- Add 1-2 drops to a vegetarian gel capsule and take daily or as needed
- Create custom vinaigrettes or marinades to add a bright taste to summer salads and grilling
- Add it to tea, baked goods, homemade preserves, and other treats
- Add 1 drop in plain or vanilla yogurt. Top with fresh berries
- Combine with savoury foods such as chicken, fish, shrimp, and vegetables and with sides such as noodles, rice, or pasta salad



SUGGESTED USE

- Put 2 drops in a neutral base. Take 3 times daily.

INGREDIENTS

- Lemon (Citrus limon) peel oil.

CAUTIONS

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