

PRODUCT SUMMARY

One of the most popular herbs in European and Middle Eastern food, parsley is used to flavour most meals today. Grassy, aromatic and fresh, parsley appears each spring. The leaves can be used fresh, frozen or dried. Simply add a drop to creamy sauces, salsas or roasts to transform your meal.

KEY INGREDIENTS

100% pure, Seed to Seal®-certified Parsley essential oil from Tasmania.

EXPERIENCE

Parsley+ essential oil has a mild yet vibrant taste and adds freshness to a variety of dishes and cuisines.

PRODUCT BACKGROUND

Parsley+ essential oil is steam distilled from the plant's leaves and stems. This leafy, emerald green herb is native to the Mediterranean region and was cultivated centuries ago by the ancient Greeks and Romans. The botanical name for parsley, *Petroselinum*, comes from the Greek word for stone, *petro*, as the herb was often found growing in rocky places.

DIETARY SIGN

Food supplement

BENEFITS & FEATURES

- Supports overall wellbeing.
- Provides a fresh, vibrant flavour.
- Enhances a variety of food and cuisines.
- Offers the crisp, green, bright flavour of fresh parsley.



SUGGESTED USE

- Dilute 1 drop with 1 drop of olive oil and take as a supplement.
- Add to your favourite green smoothie for a delicious addition.
- Use as a seasoning to balance and brighten seafood, poultry, meat and eggs, as well as rice, pasta and vegetable dishes.

DIRECTIONS

- Dilute 1 drop with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily.
- Substitute parsley with 1-2 drops of potent Parsley+ in recipes.
- Add 1-2 drops to water, tea or smoothies.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional before use.

INGREDIENTS

Parsley (*Petroselinum crispum*) leaf oil*
*100% pure essential oil

FREQUENTLY ASKED QUESTIONS

Q. How do you properly ingest Parsley+ on its own?

A. Dilute 1 drop of Parsley+ with 1 drop of carrier oil in a capsule and take up to 3 times daily or as needed. Substitute parsley with Parsley+ in recipes. Add 1-2 drops to water, tea or smoothies.

Q. Can Parsley+ be diffused or applied topically?

A. Parsley+ is not labelled for aromatic or topical use.

Q. How much Parsley+ oil should be used when substituting for fresh or dried parsley in recipes?

A. Because of the oil's high potency, start by dipping

a toothpick in the oil and swirling it through the ingredients. This will provide a light parsley flavour in your dish. Add more as needed.

Q. Does Parsley+ contain GMOs?

A. Parsley+, along with all of Young Living's Plus oils, is Non-GMO Project verified.