

### PRODUCT SUMMARY

Forgive us if we get carried away, but we're in love with Caraway Vitality's appetite-suppressant properties! Along with a balanced diet and exercise, Caraway Vitality's natural talent as an appetite suppressant makes it a weight-management must-have. Offering antioxidant properties; support for healthy cellular function when paired with a healthy lifestyle; and a spicy, warm flavor, Caraway Vitality is a must for both your wellness kit and your spice cabinet.

- You don't have to go it alone. Add Caraway Vitality to your balanced weight-management efforts to help you get a handle on your appetite.
- Boasting antioxidant properties, support for your healthy immune system, and tummy-comforting benefits, Caraway Vitality is a wellness powerhouse.
- Don't cell your health short. Caraway Vitality, when paired with a healthy lifestyle, may support healthy cells and proper cell function.

### KEY INGREDIENTS

Pure, Seed to Seal-certified Caraway essential oil from Finland

### EXPERIENCE

Caraway Vitality has a warm, herbal, anise-like flavor that will spice up and add depth to many of your favorite dishes, baked goods, or tea.

### PRODUCT BACKGROUND

Caraway is native to western Asia, Europe, and North Africa. Caraway Vitality is steam distilled from the seeds of plants grown in Finland, one of the largest exporters of caraway worldwide.

Caraway is one of the oldest cultivated spices—so old that experts haven't been able to agree on its true origin. It has been found in food dating back to 3000 B.C. and was used by many old world cultures, including the ancient Egyptians.



### BENEFITS & FEATURES

- Offers natural appetite-suppressant properties\*
- Offers antioxidant properties\*
- May support healthy cellular function when combined with a healthy lifestyle and regimen\*
- Supports the immune system when combined with a healthy lifestyle\*
- May help ease digestive discomfort and support a healthy digestive system\*
- Offers a warm, herbal, spicy flavor
- Non-GMO Project Verified

### SUGGESTED USE

- Add 1-2 drops to a vegetable capsule and use as a dietary supplement to support overall well-being.
- Add 1-2 drops to water or hot tea to benefit from Caraway Vitality's digestive support.
- Add savory complexity to your favorite stews, sauces, dressings, and marinades.

# CARAWAY VITALITY™



## DIRECTIONS

- Dilute 1 drop with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily.
- Substitute Caraway Vitality for fresh or ground caraway 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 professional prior to use.

## INGREDIENTS

### Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Caraway (Carum carvi)† seed oil	60 mg**

\*\*Daily Value (DV) not established.

†pure essential oil

## FREQUENTLY ASKED QUESTIONS

**Q. How do you properly ingest Caraway Vitality on its own?**

A. Dilute 1 drop of Caraway Vitality with 1 drop of carrier oil in a capsule and take up to 3 times daily or as needed. Substitute Caraway Vitality for fresh or ground caraway in recipes. Add 1-2 drops to water, tea, or smoothies.

**Q. Can Caraway Vitality be diffused or applied topically?**

A. Caraway Vitality is not labeled for aromatic or topical use.

**Q. How much Caraway Vitality should be used when substituting for fresh or dried caraway in recipes?**

A. Because Caraway Vitality has a high potency, start with dipping a toothpick in the oil and swirling it through the ingredients for a warm, anise-like flavor. Add more as needed.

**Q. Does Caraway Vitality contain GMOs?**

A. All of Young Living's Vitality oils, including Caraway Vitality, are Non-GMO Project Verified.

## COMPLEMENTARY PRODUCTS

Slique® Tea  
(Item No. 4560)



Digest & Cleanse™  
(Item No. 3293)



Thyme Vitality™  
Essential Oil  
(Item No. 5597)



Coriander Vitality™  
Essential Oil  
(Item No. 5635)

