

PRODUCT SUMMARY

Ready to amplify your recipes with a unique and sophisticated flavor? Look no further than Lavender Vitality essential oil. Lavender, a Young Living favorite used the world over for aromatic and topical uses, now wows in dietary applications as Lavender Vitality. This celebrated oil offers a hint of elevated flavor to recipes and a wealth of dietary benefits as a supplement.

Dip your toothpick into Lavender Vitality and swirl it through chicken and lamb marinades or add a drop or two to cake batters and lemonades. This essential oil will add a sweet and slightly floral flavor that will be hard to forget!

KEY INGREDIENTS

Lavender essential oil

EXPERIENCE

Lavender Vitality has a sweet, slightly floral flavor that complements and enhances many culinary dishes and helps ease occasional nervous tension when taken as a dietary supplement.*

PRODUCT BACKGROUND

From farms in Utah, Idaho, and France, Young Living sources our most popular product: Lavender essential oil. The plant is part of the mint family, and the best-selling essential oil is extracted by steam distilling the flowering tops.

Perhaps part of the reason for Lavender's popularity comes from its extensive history. Looking back all the way to Ancient Greece, a physician and botanist named Pedanius Dioscorides praised the many qualities and uses of Lavender. Today, it is a key ingredient in Young Living products such as SleepEssence™, Estro™, and our Seedlings™ product line.



Dietary

BENEFITS & FEATURES

- Offers a sweet, slightly floral taste and aroma
- Improves sleep quality for occasional sleeplessness*
- Supports general wellness*
- Contains cleansing and antioxidant properties*
- Helps ease occasional nervous tension*

SUGGESTED USE

- Place a few drops in your water in the evening to help improve sleep quality for occasional sleeplessness.*
- Add 2 drops to a vegetarian capsule to take advantage of Lavender Vitality's cleansing and antioxidant properties.*
- Balance Lavender Vitality in savory dishes with herbs such as thyme, rosemary, and oregano.
- Combine citrus flavors with Lavender Vitality's earthy and floral flavor for unique desserts and refreshing drinks.
- Use Lavender Vitality as a supplement to ease occasional nervous tension.*

LAVENDER VITALITY™



DIRECTIONS

Put 2 drops in a capsule and take 3 times daily.

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.

ALSO AVAILABLE

Lavender Essential Oil (Item No. 3575)

Lavender Essential Oil Sample Packs (Item No. 4770)

Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Lavender (<i>Lavandula angustifolia</i>) flowering top oil	60 mg**

**Daily Value (DV) not established.

INGREDIENTS

Lavender (*Lavandula angustifolia*)† flowering top

†100% pure, therapeutic-grade essential oil

FREQUENTLY ASKED QUESTIONS

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

A. Put 2 drops in a capsule and take up to 3 times daily.

Q. How much Lavender Vitality should be used in recipes?

A. Because of its high potency, start with dipping a toothpick in the oil and swirling it through the ingredients for a lighter Lavender Vitality flavor in your dish. Add more as needed.

Q. Is there a difference between Lavender essential oil and Lavender Vitality?

A. Lavender essential oil and Lavender Vitality contain the same essential oil. Lavender essential oil is labeled for topical and aromatic use, and Lavender Vitality is labeled for dietary use. The designation of the two product allows you to share all the ways to use Lavender in the correct way.

COMPLEMENTARY PRODUCTS

Lemon Vitality™
Essential Oil
Item No. 5625



German Chamomile
Vitality™ Essential Oil
Item No. 5637



Rosemary Vitality™
Essential Oil
Item No. 5629



Frankincense
Vitality™ Essential
Oil Item No. 5587

