

## PRODUCT SUMMARY

Lemon (*Citrus limon*) Vitality essential oil can add a bright and dynamic flavor to many dishes. Its versatility in sweet and savory recipes is what makes this fruit a popular item in kitchens around the world. Use Lemon Vitality to add flavor to savory foods like fish and chicken or sweet foods like pastries and cakes. Lemon Vitality has a bright taste you'll want to keep on hand for almost anything you whip up. Instead of zesting or juicing, use Lemon Vitality for a convenient way to add a punch of flavor.

Lemon Vitality also has many health benefits when taken internally, including immune support and antioxidant properties.\*

## KEY INGREDIENTS

Lemon essential oil

## EXPERIENCE

Lemon Vitality essential oil has a zesty, citrus flavor that is perfect to add to savory or sweet dishes, making it a must-have in any kitchen.

## PRODUCT BACKGROUND

Lemon trees are small evergreens that are thought to have first grown in northeast India. Once the fruit is picked, the oil is distilled by cold pressing the rinds of the lemon. It takes approximately 25 lemons to create one 5-ml bottle of Lemon Vitality essential oil.

Lemon Vitality is a key ingredient in Thieves<sup>®</sup>, NingXia Red<sup>®</sup>, and Inner Defense<sup>®</sup>.

# LEMON VITALITY™



Dietary



Dilute



Photosensitivity

## BENEFITS & FEATURES

- Provides an invigorating citrus flavor
- Has antioxidant properties\*
- Supports the immune system\*
- Provides circulatory support\*
- Contains cleansing properties\*

## SUGGESTED USE

- Add Lemon Vitality to a tall glass of cold water for a fresh, antioxidant-infused drink to start your day.\*
- Add 1–2 drops to a vegetarian gel capsule and take it daily to support a healthy immune and circulatory system.\*
- Blend a drop in Gary's True Grit™ Einkorn Pancake and Waffle Mix batter. Top your breakfast with fresh fruit for a healthy breakfast that tastes like lemon-poppy seed cake.
- Use Lemon Vitality to create custom vinaigrettes or marinades to add a bright taste to salads or grilled meat and vegetables.
- Add it to tea, baked goods, homemade preserves, and other treats.

# LEMON VITALITY™



## DIRECTIONS

Put 2 drops of Lemon Vitality in a vegetarian gel capsule and take 2 times daily or as needed.

## 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 or UV rays for up to 12 hours.

## ALSO AVAILABLE

Lemon Essential Oil (Item No. 3578)

Lemon Essential Oil Sample Packs (Item No. 4772)

## Supplement Facts

Serving Size: 2 drops

Amount Per Serving	%DV
Lemon ( <i>Citrus limon</i> ) peel oil	120 mg**

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

## INGREDIENTS

Lemon (*Citrus limon*)† peel oil

†Pure essential oil

## FREQUENTLY ASKED QUESTIONS

**Q. Can Lemon Vitality essential oil be ingested?**

A. Yes, Lemon Vitality is labeled as a dietary supplement and is safe for internal ingestion.

**Q. How much Lemon 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 lemon flavor in your dish; add more as needed.

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

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

## COMPLEMENTARY PRODUCTS

Thieves® Vitality™  
Essential Oil Blend  
Item No. 5631



Jade Lemon™ Vitality™  
Essential Oil  
Item No. 5589



Frankincense Vitality™  
Essential Oil  
Item No. 5587



Grapefruit Vitality™  
Essential Oil  
Item No. 5624

