

## PRODUCT SUMMARY

The mountain savory plant has been used as a culinary herb for centuries and has a strong flavor that is reminiscent of oregano. With powerful antioxidants and cleansing benefits, Mountain Savory Vitality™ can be a welcome addition to both your pantry and daily essential oil dietary supplements. Add a couple drops to any recipe for a boost of immune support.

## KEY INGREDIENTS

Mountain Savory essential oil

## EXPERIENCE

Mountain Savory Vitality adds a spicy note to herbal tea blends, sauces, stews, marinades, and rubs. It pairs well with Rosemary Vitality, Thyme Vitality, Sage Vitality, and Peppermint Vitality essential oils.

## PRODUCT BACKGROUND

Mountain savory is a shrub-like herb in the mint family that is native to the Mediterranean region. The essential oil is steam distilled from the flowering plant and can elevate the depth of many dishes.

## BENEFITS & FEATURES

- Has a strong, peppery taste, reminiscent of oregano
- Supports overall wellness when taken as a dietary supplement\*
- Delivers powerful antioxidants and supports a healthy immune system\*
- Includes cleansing benefits

## DIRECTIONS

Dilute 1 drop Mountain Savory Vitality with 4 drops of carrier oil. Put in a capsule and take once daily or as needed.



## SUGGESTED USE

- Add it to meats, beans, or stuffing to impart a spicy, herbaceous flavor.
- Dilute 1 drop with 4 drops of V-6™ Vegetable Oil Complex and take it as a dietary supplement to support overall wellness.\*
- For a great start to your morning, add a drop to hot tea, then sweeten it to taste with Blue Agave or Slique® Essence™ to support a healthy immune system.\*
- Add 1–2 drops to water in the morning to enjoy its cleansing benefits.\*

## 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.

# MOUNTAIN SAVORY VITALITY™



## INGREDIENTS

Mountain Savory (*Satureja montana*)† flowering top oil

†Pure essential oil

## Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Mountain savory ( <i>Satureja montana</i> ) flowering top oil	60 mg**

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

## FREQUENTLY ASKED QUESTIONS

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

**A.** Put 1 drop of Mountain Savory Vitality with 4 drops of a carrier oil in a capsule and take it once daily or as needed.

**Q.** How much Mountain Savory Vitality should be used when substituting it for fresh or dried mountain savory 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 mountain savory flavor in your dish; add more as needed.

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

**A.** Mountain Savory essential oil and Mountain Savory Vitality come from the same source and are crafted with the exact same Seed to Seal® standards. We've labeled the products differently so you can be certain that when you use Mountain Savory Vitality, it's intended for dietary use.

## COMPLEMENTARY PRODUCTS

Mountain Savory  
Essential Oil  
Item No. 3590



Oregano Vitality™  
Item No. 5594



Basil Vitality™  
Item No. 5583



Black Pepper  
Vitality™  
Item No. 5617

