

# SUGGESTED PRODUCT USAGE CHART

Each oil or oil-infused product has its own usage profile. Follow this chart to learn more about how we suggest you use these products in your daily life.

**DIETARY:**

See label for suggested use.

**AROMATIC:**

Inhale directly or use a Young Living diffuser.

**COSMETIC:**

Dilution may be required. See label for use.

**DILUTE:**

Dilution required. See label for use.

**PHOTOSENSITIVITY:**

Avoid direct sunlight and UV rays after application to skin.

See label for use.






\* While this oil is a dietary supplement intended for internal use, photosensitivity may occur if the oil comes in contact with skin.

## ESSENTIAL OILS






	DIETARY	AROMATIC	COSMETIC	DILUTE	PHOTOSENSITIVITY
AromaEase™	•	•	•	•	•
Basil	•	•	•	•	•
Brain Power™	•	•	•	•	•
Breathe Again™ Roll-On	•	•	•	•	•
Cedarwood	•	•	•	•	•
Cinnamon Bark	•	•	•	•	•*
Citronella	•	•	•	•	•
Citrus Fresh™	•	•	•	•	•*
Clove	•	•	•	•	•
Copaiba	•	•	•	•	•
Deep Relief™ Roll-On	•	•	•	•	•
DiGize™	•	•	•	•	•*
Eucalyptus Radiata	•	•	•	•	•
Frankincense	•	•	•	•	•
Fennel	•	•	•	•	•
Geranium	•	•	•	•	•
Ginger	•	•	•	•	•*
Grapefruit	•	•	•	•	•*
Helichrysum	•	•	•	•	•
Idaho Balsam Fir	•	•	•	•	•
Joy™	•	•	•	•	•
Juniper	•	•	•	•	•
Lavender	•	•	•	•	•
Lemon	•	•	•	•	•*
Lemongrass	•	•	•	•	•

	DIETARY	AROMATIC	COSMETIC	DILUTE	PHOTOSENSITIVITY
Orange	•	•	•	•	•*
Oregano	•	•	•	•	•
Palo Santo	•	•	•	•	•
PanAway®	•	•	•	•	•
Patchouli	•	•	•	•	•*
Peace & Calming®	•	•	•	•	•
Peace & Calming II™	•	•	•	•	•
Peppermint	•	•	•	•	•
Purification®	•	•	•	•	•
R.C.™	•	•	•	•	•
Rosemary	•	•	•	•	•
Sacred Frankincense	•	•	•	•	•
Spearmint	•	•	•	•	•
Stress Away™	•	•	•	•	•*
Tangerine	•	•	•	•	•*
Tarragon	•	•	•	•	•
Tea Tree	•	•	•	•	•
Thieves®	•	•	•	•	•*
Thyme	•	•	•	•	•
Valor®	•	•	•	•	•
Valor II™	•	•	•	•	•
Vetiver	•	•	•	•	•
Wintergreen	•	•	•	•	•
Ylang Ylang	•	•	•	•	•

## NUTRITION

					
Life 5™	●	●	●	●	●
MindWise™	●	●	●	●	●
NingXia Nitro™	●	●	●	●	●
NingXia Red®	●	●	●	●	●
OmegaGize <sup>3</sup> ™	●	●	●	●	●
Sulfurzyme	●	●	●	●	●
Super B	●	●	●	●	●
Thieves® Lozenges	●	●	●	●	●
Thyromin	●	●	●	●	●

## PERSONAL CARE

					
Progence Plus™	●	●	●	●	●
Thieves® AromaBright™ Toothpaste	●	●	●	●	●
Thieves® Dentarome Plus™	●	●	●	●	●
Thieves® Dentarome Ultra™	●	●	●	●	●
Thieves® Household Cleaner	●	●	●	●	●
Thieves® Fresh Essence Plus Mouthwash	●	●	●	●	●



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