**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.

### ESSENTIAL OILS

|-----------|-------|-------------|------------------------|-----------|--------------|------------|--------------|-------|---------|---------------------|---------|-------------------|-------------|-------|----------|--------|-----------|------------|-----------------|-------|---------|----------|--------|-----------|--------|---------|----------|--------|----------|-----------|---------|----------|----------|---------|--------|----------|-----------|---------|----------|----------|---------|--------|----------|-----------|---------|----------|

*This application chart is intended to guide you in essential oil use; however, qualified health professionals may offer additional guidance and should be consulted. Always check individual label directions before use.*
NUTRITION

Life 5™
MindWise™
NingXia Nitro™
NingXia Red™
OmegaGize™
Sulfurzyme
Super B
Thieves® Lozenges
Thyromin

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PERSONAL CARE

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

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.