Ease

digestive blend

HBNaturals
PRODUCT INFORMATION PAGE

Ease is a powerful essential oil blend designed to support digestive health and natural relief from indigestion, nausea, stomach cramps, and food-related discomfort. Its carefully selected oils soothe the stomach, ease bloating and gas, and slow rapid digestion, allowing the body to absorb more nutrients and process rich foods with ease. By calming and strengthening the digestive system, Ease helps restore balance and comfort, making it an essential ally for overall gut wellness.*



DIRECTIONS

- **Topical Use**: Apply 2 drops neat (undiluted) to the digestive organs reflex points of the feet, hands, and back.*
- **Topical Use**: Dilute with carrier oil and massage clockwise over the colon area of the abdomen.*
- **Topical Use**: Mix 6 drops with 2 quarts of hot or cold water, soak a towel in the water, and apply to the desired location. Cover with a dry towel and heating pad or ice pack.*
- **Internal Use**: Put 2 drops in a veggie capsule filled with a carrier oil and take as needed.*
- **Internal Use**: Apply 2 drops on the back of the hand and lick it off.*
- **Internal Use**: Stir 2 drops into up to 8 ounces of water and drink.*

MEDICINAL CONSTITUENTS

- **Cinnamaldehyde**: The active compound in cinnamon, cinnamaldehyde is known for its powerful antimicrobial, anti-inflammatory, and digestive benefits. It helps stimulate digestion, reduce bloating, and support gut health by promoting enzyme activity and easing discomfort. With its natural ability to combat harmful bacteria and balance blood sugar levels, cinnamaldehyde is a key ingredient for optimal digestive wellness and overall health.*
- **Polyphenols**: Powerful plant compounds known for their antioxidant, anti-inflammatory, and gut-supporting benefits. They help nourish beneficial gut bacteria, reduce inflammation, and support digestion by promoting a balanced microbiome. Found in foods like berries, green tea, and dark chocolate, polyphenols also aid in detoxification, enhance nutrient absorption, and protect against digestive issues, making them essential for gut health and wellness.*
- **Menthol**: The active compound in peppermint, known for its cooling, soothing, and digestive-supporting properties. It helps relax the digestive tract, reduce bloating, and relieve gas and cramping, making it a natural remedy for indigestion and IBS symptoms. With its antimicrobial and anti-inflammatory benefits, menthol also supports gut health, relieves nausea, and promotes overall digestive comfort.*

Clinical studies for Ease ingredients:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC9914695/
- https://pubmed.ncbi.nlm.nih.gov/36940448/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC6341159/
- https://pubmed.ncbi.nlm.nih.gov/23612703/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC5814329/
- https://pubmed.ncbi.nlm.nih.gov/36994979/

INGREDIENTS

Cinnamomum zeylanicum (Cinnamon Bark), Zingiber officinale (Ginger Root), Mentha piperita (Peppermint), Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Melaleuca alternifolia (Tea Tree), Cupressus sempervirens (Cypress), Cymbopogon martinii (Palmarosa)

CAUTIONS

- **Safety Group 4**: Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.
- If you are under a doctor's care, consult your healthcare provider prior to use.
- Dilution for healthy individuals ages 10 and over is 60 drops per 1 ounce of carrier oil.*
- Keep out of reach of children and pets.
- Store away from sunlight, at room temperature, with the lid securely tightened.*

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.