

# Slimmer Pro

maximum glp-1 activator formula

**HBN**naturals  
PRODUCT INFORMATION PAGE

Slimmer Pro is a powerful, plant-based supplement designed to support healthy weight loss, curb cravings, and boost metabolism - naturally and without the crash. Featuring five clinically studied, patented ingredients - DygloFit®, LeptiCore®, Slendacor®, Sensoril®, and Cissus CQR-300® - this advanced formula works synergistically to promote fat burning, appetite control, and metabolic balance.\* It also supports digestion, blood sugar stability, and energy levels, making it a smart solution for those looking to manage weight, feel better in their body, and maintain long-term wellness.\*



## DIRECTIONS

- Mix 1 scoop of SLIMMER into 8 ounces of water, ideally 30 minutes before meals. SLIMMER can be taken up to 3 times per day.\*

Nutrition Facts		Serving Size: 1 scoop (2.25g)		Servings per container: 30	
Amount per serving		Amount per serving		% Daily Value*	
<b>Calories 20</b>		<b>Adipose Fat Burner Blend</b>		<b>1150mg</b>	
		Slendacor® (Blend of Moringa [Moringa oleifera] Leaf Extract; Curry [Murraya koenigii] Leaf Extract; Turmeric [Curcuma longa] Root Extract)		900mg	
		Green Coffee Bean Extract; Organic Siberian Ginseng [Eleutherococcus senticosus] Root Powder; Organic Panax Ginseng Root Extract [2% Ginsenosides]		250mg	
		<b>AMPK Metabolic Activator Blend</b>		<b>500mg</b>	
		Dyglol® [Dichrostachys glomerata] Fruit Extract Powder		400mg	
		Turmeric [Curcuma longa] Root Powder; Mango [Mangifera indica] Fruit Powder; Beet [Beta vulgaris] Root Powder; Sea Buckthorn [Hippophae rhamnoides] Fruit Powder; Garcinia Cambogia [Garcinia gummi-gutta] Fruit Powder		100mg	
		<b>GLP-1 Blood Sugar Support Blend</b>		<b>450mg</b>	
		Organic Lemon [Citrus limon] Powder; Organic Mulberry [Morus alba] Leaf Extract Powder; Organic Agave [Agave tequilana] Inulin		150mg	
		LeptiCore® [Gum Arabic [Acacia Arabica]; Guar Gum [Cyamopsis tetragonoloba]; Locust Bean Gum [Ceratonia Siliqua]; Pomegranate [Punica Granatum] Extract; Blue Green Algae [Aphanizomenon Flos-aeuae] Extract; and Beta-Carotene]		150mg	
		Cissus CQR-300® [Cissus quadrangularis] extract (stems and leaf) [Standardized for min 2.5% Total Phylogenetic ketosterones (3.75mg)]		150mg	
		<b>Be Happy Hydration &amp; Energy Blend</b>		<b>150mg</b>	
		Sensoril® Ashwagandha [Withania somnifera] Root and Leaf Extract [10% Withanolides]		100mg	
		Coconut [Cocos nucifera] Water Powder; Irish Sea Moss [Chondrus crispus] Powder; Chamomile [Matricaria chamomilla] Flower Powder; Fulvic Acid Mineral Powder; Organic Maca [Lepidium meyenii] Root Powder; Organic Goji [Lycium barbarum] Juice Powder; Organic Cordyceps [Ophiocordyceps sinensis] Mushroom Powder; Organic Lion's Mane [Hericium erinaceus] Mushroom Powder; Organic Astragalus [Astragalus membranaceus] Root Extract [10:1]; Organic Reishi [Ganoderma lucidum] Mushroom Powder; Organic Amla [Phyllanthus emblica] Fruit Powder		50mg	
*Daily Value not established. The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					
<b>Cautions:</b> This product may lower blood glucose. Consult your healthcare provider before use if taking blood sugar-lowering medication.					
<b>Allergen Information:</b> This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs, and may contain traces of all of the above.					
<b>Important Information:</b> This is not a medicinal product. If in doubt, consult a doctor before taking dietary supplements. Dietary supplements must not be used as a substitute for a varied & balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool, dry place. Keep away from children. Discontinue use if any adverse reactions occur.					
<b>These statements have not been evaluated by the Food &amp; Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</b>					

Slendacor® is a registered trademark of PLT Health Solutions, used under license.  
Cissus quadrangularis CQR-300® is a registered trademark of Gateway Health Alliances, Inc. US PATENT 8,318,213.  
LeptiCore® is a proprietary pre-mix and is a registered trademark of Gateway Health Alliances, Inc. US PATENT 10,279,001.  
Dyglol® is a registered trademark of Gateway Health Alliances, Inc.  
Sensoril® is a registered trademark of Kerry Company, used under license.

## CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.\*
- This product may lower blood glucose. Consult your healthcare provider before use if taking blood sugar-lowering medication.
- Keep out of reach of children.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*

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# Slimmer Pro

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## MEDICINAL CONSTITUENTS

### SLENDACOR®

- **Curcuminoids:** The active compounds in turmeric, they are known for their powerful anti-inflammatory and antioxidant properties. Research suggests they may help combat obesity by improving insulin sensitivity, reducing fat tissue growth, and supporting healthy metabolism. Curcuminoids also aid in reducing inflammation linked to weight gain and metabolic dysfunction, making them a valuable nutrient for weight management and overall wellness.\*
- **Phenolic Acids:** These powerful plant compounds are known for their antioxidant and anti-inflammatory properties, which play a key role in supporting weight management and metabolic health. They help protect cells from oxidative stress, regulate blood sugar levels, and reduce inflammation linked to obesity. By promoting healthier fat metabolism and supporting liver function, phenolic acids contribute to overall wellness and a more balanced metabolic state.\*

#### Clinical studies for Slendacor:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7455912/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7886504/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC4104627/>

### DYGLOFIT®

- **Flavonoids:** These plant-based compounds with strong antioxidant and anti-inflammatory effects, have been shown to support weight management and metabolic health. They help regulate fat metabolism, improve insulin sensitivity, and reduce inflammation often associated with obesity. By protecting cells from oxidative stress and supporting healthy blood sugar levels, flavonoids play a key role in maintaining a balanced metabolism and promoting long-term wellness.\*

#### Clinical studies for DygloFit:

- <https://pubmed.ncbi.nlm.nih.gov/39313865/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC9143725/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC7281205/>

### LEPTICORE®

- **Polysaccharides:** Complex carbohydrates found in plants that offer a range of health benefits, especially in supporting balanced blood sugar levels and healthy weight management. These natural compounds slow the absorption of glucose in the bloodstream, helping to prevent blood sugar spikes and crashes. Additionally, they promote satiety and support gut health, both of which play a key role in appetite control and metabolic balance.\*

#### Clinical studies for LeptiCore:

- <https://pubmed.ncbi.nlm.nih.gov/20170522/>
- <https://pubmed.ncbi.nlm.nih.gov/26742071/>
- <https://pubmed.ncbi.nlm.nih.gov/23684435/>

### CISSUS CQR-300®

- **Quercetin:** A powerful antioxidant and flavonoid known for its anti-inflammatory and blood sugar-regulating properties. It helps improve insulin sensitivity, reduce oxidative stress, and support glucose metabolism, making it beneficial for maintaining healthy blood sugar levels. Quercetin may also protect pancreatic cells, reduce sugar absorption in the gut, and support overall metabolic health, making it a valuable nutrient for blood sugar controls.\*

#### Clinical studies for Cissus CQR-300®:

- <https://pubmed.ncbi.nlm.nih.gov/17274828/>
- <https://pubmed.ncbi.nlm.nih.gov/16948861/>
- <https://pubmed.ncbi.nlm.nih.gov/29912570/>

### SENSORIL®

- **Withanolides:** These active compounds found in ashwagandha are known for their adaptogenic, anti-inflammatory, and antioxidant properties. They help reduce stress-related weight gain by lowering cortisol levels, supporting balanced energy, and improving metabolic function. Withanolides also aid in regulating blood sugar and reducing inflammation, making them valuable for managing weight and promoting overall metabolic and hormonal health.\*

#### Clinical studies for Sensoril:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6266766/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6438434/>

### SIBERIAN GINSENG

- **Eleutherosides:** These active compounds are known for their adaptogenic properties that help the body manage stress and maintain energy balance. They support weight management by reducing stress-induced cravings, promoting fat metabolism, and enhancing physical stamina. Eleutherosides also help regulate blood sugar and support adrenal and liver function, making them beneficial for overall metabolic health and resilience.\*

#### Clinical studies for Ginseng:

- <https://pubmed.ncbi.nlm.nih.gov/14971626/>
- <https://pubmed.ncbi.nlm.nih.gov/15207399/>
- <https://pubmed.ncbi.nlm.nih.gov/18607235/>

### AGAVE INULIN

- **Fructan:** A type of prebiotic fiber known for powerful health benefits - especially when it comes to digestion, weight management, and blood sugar control. By feeding beneficial gut bacteria, fructans help improve gut health and support a healthy inflammatory response. They also slow carbohydrate absorption, promoting more stable blood sugar levels and reducing cravings.\*

#### Clinical studies for Inulin:

- <https://pubmed.ncbi.nlm.nih.gov/37101209/>
- <https://pubmed.ncbi.nlm.nih.gov/35381290/>
- <https://www.mdpi.com/2072-6643/16/17/2935>

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# VITALITEA

## Energy & Detox

VITALITEA is one of the most powerful detox teas available for micronutrient delivery and elimination of undigested waste in your colon and your digestive system.\*

VITALITEA is filled with compounds from plants that gently cleanse your digestive system and support your health with naturally occurring phytonutrients, high antioxidants, and known healing herbs.\*

All the water soluble components in the herbs float in the mild but fragrant brew. They are immediately absorbed by the cells as VITALITEA enters your system. Antioxidants, polysaccharides, oligosaccharides, flavonoids, terpenes, phytosterols, alkaloids... the list becomes thousands of compounds in each of these families of phytochemicals.\*

## Benefits

- Cleanses digestive system\*
- Removes toxins\*
- Increases energy\*
- Boosts metabolism\*
- Supports healthy weight\*
- Supports immune system\*

## Responsible Cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.

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## Suggested Use

Bring 4 cups of water to a boil and remove from heat. Add 1 teaspoon of VITALITEA to the heated water, cover, and steep at least 2 hours or overnight.

Add sweetener or lemon to taste. Refrigerate. The tea can be consumed hot or cold. Drink all 4 cups of VITALITEA before 4:00 pm.\*

Although steeping for just a couple of hours will also work, steeping VITALITEA for up to twelve hours creates a phytonutrient-rich cocktail for your cells. The longer the herbs steep, the more vitamins and minerals that will be extracted.\*

## Ingredients

*Organic Green Tea, Organic Matcha Green Tea, Organic Oolong Tea, Organic Red Clover Herb, Organic Passionflower, Organic Cacao Nibs, Organic Cinnamon Bark, Organic Yerba Mate, Organic Licorice Root, Organic Burdock Root, Organic Chamomile Flowers, Organic Eleuthero Root, Organic Lemon Peel, Organic Alfalfa, Organic Ginger Root, Organic Clove*

# Soul

liver support & alkalizing wholefoods

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Chronic inflammation is now recognized as a key factor in many diseases, from arthritis and asthma to Alzheimer's, diabetes, and heart disease. Supporting detoxification and maintaining a healthy pH balance can help combat inflammation and promote overall wellness. Soul is rich in chlorophyll-packed greens and Ayurvedic herbs that nourish the liver, kidneys, and gut—helping to boost energy, improve digestion, and reduce cravings naturally.\*

## DIRECTIONS

- Add 1 scoop Soul to milk, juice, smoothies, etc. Delicious hot or cold! Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well. May be taken up to 2 times daily.\*



## MEDICINAL CONSTITUENTS

- **Curcumin:** The active compound in turmeric, curcumin, is a powerful antioxidant and anti-inflammatory agent known for its numerous health benefits. It supports joint and heart health, aids digestion, boosts immune function, and may help protect against chronic diseases by reducing oxidative stress and inflammation in the body.\*
- **Chlorophyll:** The green pigment in plants, chlorophyll, is a powerful detoxifier and antioxidant that supports overall health. It helps cleanse the body by promoting liver function, aids digestion, boosts red blood cell production, and may neutralize toxins. Known for its alkalizing properties, chlorophyll can also support gut health, reduce inflammation, and enhance energy levels.\*
- **Limonene:** This natural compound found in citrus peels is known for its powerful antioxidant and detoxifying properties. It supports liver health by promoting the production of enzymes that aid in detoxification and help flush out harmful toxins. Limonene also has anti-inflammatory benefits, supports digestion, and may help maintain healthy cholesterol levels, making it a valuable nutrient for overall wellness.\*

### Clinical studies for Soul ingredients:

- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6855174/>
- <https://pubmed.ncbi.nlm.nih.gov/19811613/>
- <https://pubmed.ncbi.nlm.nih.gov/articles/PMC8576288/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11121291/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5598502/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10968638/>

## INGREDIENTS

Organic Turmeric (Root) Powder, Organic Wheatgrass Powder, Organic Coconut (Fruit) Powder, Organic Lemon (Fruit) Powder, Milk Thistle (*Silybum marianum*) Seed Powder, Organic Camu Camu (Berry) Powder, Organic Jerusalem Artichoke (*Helianthus tuberosus*) Powder, Dandelion (*Taraxacum officinale asterolus*) Root Powder, Organic Amla (*Phyllanthus emblica*) Berry Powder, Organic Ashwagandha (*Withania somnifera* Root) Powder, Organic Astragalus membranaceus (Root) Powder, Luo han guo (Fruit) Powder, Panax (*Panax quinquefolius* L.) Ginseng, Organic Gotu Kola Powder, Organic Alfalfa (Leaf) Powder, Organic Barley (Grass) Powder, Organic Broccoli Powder, Organic Moringa (Leaf) Powder, Organic Spinach Powder, Organic Spirulina Powder, Organic Beet (Root) Powder, Organic Tomato (fruit) Powder, Organic Dulse (*Palmaria palmata*) Powder, Cordyceps Mushroom (*Ophiocordyceps sinensis*), Goji Berry (*Lycium barbarum*), Lion's Mane Mushroom (*Hericium erinaceus*), Maca (*Lepidium meyenii*) Root, Reishi Mushroom (*Ganoderma lingzhi*), Siberian Ginseng (*Eleutherococcus senticosus*), Kale, Pumpkin, Sweet Potato, Sunflower Seed, Cranberry, Chlorella

## CAUTIONS

- **Safety Group 2:** Generally regarded as safe when used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.\*
- A doctor's advice should be sought before using this and any supplemental dietary product.\*
- Keep out of reach of children and pets.\*

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# HepaDetox

detoxification blend

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HepaDetox is a potent essential oil blend that supports liver detoxification, regeneration, and overall health. Featuring Carrot Seed, Peppermint, Lemon, and Rosehip Seed oils, it helps the liver process and eliminate toxins from food, alcohol, drugs, and the environment. Over time, toxin buildup can slow liver function, impacting overall wellness. HepaDetox promotes cell repair, enhances natural detox pathways, and restores balance. Best used after the acute phase of illness, it helps the liver rebuild and strengthen for optimal health.\*



## DIRECTIONS

- **Topical Use:** Rub 1 to 2 drops neat (undiluted) on the liver reflex area of the right foot. Massage in thoroughly.\*
- **Topical Use:** Apply 1 to 2 drops, neat (undiluted), to the skin directly over the liver area. Massage in thoroughly.\*
- **Internal Use:** Add 2 to 3 drops to the juice of ½ to 1 whole organic lemon. Mix and drink.\*

## MEDICINAL CONSTITUENTS

- **Monoterpenes:** Naturally occurring compounds known for their cleansing, immune-boosting, and antioxidant properties. They help detoxify the body, support respiratory health, and promote cellular repair by neutralizing harmful free radicals. Monoterpenes also aid digestion, reduce inflammation, and enhance mood, making them a key component in natural wellness and healing.\*
- **Menthol:** A cooling compound found in peppermint and other mint oils, is known for its soothing, detoxifying, and anti-inflammatory properties. It helps clear respiratory congestion, support digestion, and flush out toxins, promoting overall wellness. Menthol also aids in relieving muscle and joint discomfort, easing headaches, and enhancing mental clarity. With its refreshing and purifying effects, it supports circulation, lymphatic drainage, and natural detoxification, making it a powerful ally for cleansing and revitalization.\*
- **Limonene:** A powerful compound found in citrus peels, is known for its cleansing, detoxifying, and antioxidant properties. It helps flush out toxins, support liver function, and promote digestive health by stimulating the body's natural detox pathways. Limonene also boosts circulation, reduces inflammation, and strengthens immune function, making it a key component in natural detox and overall wellness.\*

### Clinical studies for HepaDetox ingredients:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7582973/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10609285/>
- <https://pubmed.ncbi.nlm.nih.gov/31969098/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5814329/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5761127/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8348102/>

## INGREDIENTS

*Daucus carota (Carrot Seed), Mentha piperita (Peppermint), Citrus limon (Lemon), Rosa rubiginosa (Rosehip Seed)*

## CAUTIONS

- **Safety Group 3:** Not for use by children under 10 years of age and pregnant or nursing women.
- Do not exceed recommended dosages.
- Non-toxic, non-irritant, non-sensitizing.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Dilution not required, but can be done with carrier oil if individual skin sensitivity occurs \*
  - **Healthy individuals ages 10 and over:** Dilute 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.\*

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# SLIMMER OIL

## Metabolic Blend

Slimmer is a proprietary blend combining essential oils known for their powerful abilities to naturally boost metabolism.\*

When ingested in water or other beverages, Slimmer can assist in managing cravings and reducing the desire to overeat.\*

Diffused or applied topically, its uplifting aroma promotes a positive outlook.\*

Combined with a sensible diet and regular physical activity, Slimmer can assist with healthy weight management.\*

## Benefits

- Boosts metabolism\*
- Decreases appetite\*
- Reduces cravings\*
- Promotes positive outlook\*
- Supports healthy weight\*
- Supports digestion\*

## Responsible Cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult a healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Possible skin sensitivity. If used topically, avoid sunlight or UV rays for up to 12 hours after application.

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## Application

Aromatic • Internal • Topical

## Safety Group #2

## Suggested Uses

Add 1 to 4 drops to 8 ounces of liquid first thing in the morning, and then again 15 to 30 minutes before each meal, to assist with managing appetite & cravings.\*

To make Slimmer Skinny Water, add 1 to 4 drops along with 1 scoop of SLIMMER Healthy Weight Management in 8 fluid ounces of water. Drink at least 1 gallon per day.\*

Add several drops to fruit smoothies, or protein shakes for a delicious citrus flavor.\*

Diffuse as desired for a clean, uplifting aroma.\*

Apply topically, diluting with carrier oil to minimize skin sensitivity, as desired, for a fresh, energizing scent.\*

## Ingredients

*Citrus paradisi (Pink Grapefruit), Citrus limon (Lemon), Cymbopogon citratus (Lemongrass), Mentha piperita (Peppermint), Zingiber officinale (Ginger Root)*

# FATDETOX

detoxification blend

10ml

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## application

Topical

## safety group #2

## ingredients

Citrus paradisi (Pink Grapefruit), Citrus limon (Lemon), Cymbopogon citratus (Lemongrass), Zingiber officinale (Ginger Root), Cupressus sempervirens (Cypress), Juniperus communis (Juniper Berry), Cocos nucifera (Fractionated Coconut Oil)

## primary benefits

- Boosts circulation and reduces fluid retention.\*
- Moisturizes and nourishes skin.\*
- Improves mood.\*

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.
- Possible skin sensitivity. If used topically, avoid sunlight or UV rays for up to 12 hours after application.

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## product summary

Cellulite is the term for fatty deposits beneath the skin that result in the appearance of lumpy, dimpled flesh generally found on the thighs, hips, buttocks, and belly.\*

Cellulite is one of the harder types of fat to lose. You can lose inches and pounds, yet still suffer from this type of fat that creates unsightly dimpled skin. It is estimated that between 80 and 90 percent of women may experience cellulite at some point in their lives.\*

Many believe that the cellulite contains toxins from our environment and beauty products such as petrochemicals, pesticides, and heavy metals.\*

## ingredient highlights

- Pink Grapefruit has been shown to increase metabolism, help suppress appetite, dissolve fat, prevent bloating and reduce water retention. Pink Grapefruit contains nootkatone, a natural organic compound that triggers a vital protein/enzyme in the liver and musculoskeletal system to boost physical performance and metabolism.\*
- Lemon helps to remove toxin build-up from the body, increases energy levels, and supports healthy digestion. Research has shown that inhaling the scent of lemon can boost your mood and promote the breakdown of body fat.\*
- Lemongrass is well known for its circulation-boosting properties as well as its ability to reduce fluid retention. It also offers astringent and antiseptic properties that help promote healthy, radiant skin.\*
- Ginger Root has powerful detoxifying and invigorating qualities that may be helpful in reducing cellulite.\*
- Cypress contains properties that act to strengthen and tone the circulatory and nervous systems while relieving circulatory and lymphatic congestion. It may assist to prevent the spread of varicose veins, hemorrhoids, and edema, especially in the lower limbs.\*
- Juniper Berry helps improve blood circulation and decrease water retention, thereby assisting in the removal of toxins in the body. It also acts as a natural skin toner, and reduces the appearance of skin blemishes.\*

## uses

- Apply onto areas of concern and massage in twice per day to assist in reducing the appearance of cellulite.\*

# Lemon

citrus limon

Lemon essential oil is a powerful cleanser with antiviral and antibacterial properties, making it ideal for purifying air, surfaces, and household items. It enhances cleaners, freshens kitchens and bathrooms, and boosts disinfectant power in laundry and dishwashing. Rich in limonene, it supports liver health by aiding detoxification and digestion while adding a bright, citrus flavor to food and drinks.\*



## DIRECTIONS

- **Topical Use:** Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water for an invigorating bath.\*
- **Internal Use:** Add 1 to 2 drops to your drinking water for a refreshing burst of citrus flavor and a natural way to support hydration.\*
- **Environmental Use:** Add to household cleaners to boost cleaning power.\*
- **Topical Use:** Apply 1 drop neat (undiluted) to strengthen finger nails.\*
- **Diffusion:** Use 10 to 15 drops in a diffuser for up to 15 minutes per hour to sanitize the air and create an energizing, uplifting environment.\*

## MEDICINAL CONSTITUENTS

- **Monoterpenes:** Lemon essential oil is rich in monoterpenes, particularly d-limonene, which is known for its powerful antioxidant, anti-inflammatory, and detoxifying properties. It also contains β-pinene, γ-terpinene, and α-pinene, which support immune function, enhance respiratory health, and contribute to the oil's uplifting and purifying effects. Together, these constituents help promote liver health, improve digestion, and boost overall wellness.\*
- **Caryophyllene:** This key compound found in lemon essential oil, is known for its potent antimicrobial, anti-inflammatory, and antioxidant properties. It supports digestive health by promoting healthy bile production and enhancing the liver's detoxification processes. Citral also has calming effects, helping to reduce stress and anxiety, while its natural antibacterial and antiviral properties make it effective in supporting immune function and fighting infections. Overall, citral contributes to better digestion, skin health, and overall vitality.\*

### Clinical studies for Lemon:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9201525/>
- <https://pubmed.ncbi.nlm.nih.gov/37375600/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11666827/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6073409/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8510114/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10489792/>

## INGREDIENTS

*Organic Citrus limon (Lemon) from Italy, cold expressed from peel*

## CAUTIONS

- **Safety Group 2:** Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2<sup>nd</sup> trimester.\*
- May increase sun sensitivity; avoid direct sunlight for several hours after application. Dilution is not typically necessary, but can be done if skin sensitivity occurs using these recommended guidelines.\*
  - **Healthy individuals ages 10 and over:** Dilute 60 drops per 1 ounce of carrier oil.\*
  - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.\*
  - **Pregnancy:** Safe when used as directed starting in the 2<sup>nd</sup> trimester at 15 drops per 1 ounce of carrier oil.\*
- Keep out of reach of children and pets.\*
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.\*
- Store away from sunlight, at room temperature, with the lid securely tightened.\*

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