

cocoBLUE Blend™

5,000mg

Whole-Plant Cellular Vitality • Daily Foundation
Never Synthetic. Never Isolated.

7-Day Pouch • 5g × 7 servings • 35g (1.23 oz)
30-Day Pouch • 5g × 30 servings • 150g (5.29 oz)

The cell is where life happens.

cocoBLUE is the daily blend built to feed the cell the way nature delivers nutrition — whole, intact, recognizable.

Every breath taken.
Every thought formed.
Every step walked.

The cell is doing the work, all day, every day.

cocoBLUE is built around fourteen whole-plant ingredients chosen to support the three things every cell needs: a clear signal to begin, complete nourishment to do the work, and the cofactors required to turn nutrition into usable cellular energy.

Not isolated.
Not synthetic.
Just whole plants, delivered the way the body recognizes.

THE THREE THINGS EVERY CELL NEEDS

Signal. Nourish. Convert.

Signal: Blue Spirulina and Butterfly Pea Flower wake cellular energy pathways. The blue color is the signal made visible.

Nourish: Seven ocean superfoods drawn from all four marine plant kingdoms, green, red, brown, blue-green, deliver trace minerals from where minerals are most concentrated on earth.

Convert: Moringa, amla, and the Orgen family of whole-food cofactors complete the formula with the nutrients the body recognizes and uses.

Three roles, one glass, the color of open sea.



THE BLEND

Blue Spirulina • Butterfly Pea Flower
Moringa Leaf • Coconut Water Powder
Chlorella • Laver • Sea Lettuce
Dulse • Icelandic Triple Kelp Blend

Plus the Orgen Family (whole-food vitamin cofactors):
Orgen-B's® • Orgen-Mg® • Orgen-C® • Orgen-Si®

Black Pepper, whole fruit

Drinking it feels like:

- cool ocean and tropical coconut
- the mineral depth of green sea plants
- the quiet hum of cells fed properly

THE PRACTICE

Mix 2 level scoops (5 g total) into 10–12 oz of cold water. Stir or shake well. Add a squeeze of lemon to reveal cocoBLUE's signature color shift from electric blue to violet. Best taken once daily.

Once daily, anytime - morning, midday, or before movement.

Daily care builds steady cellular vitality.

Supplement Facts

Servings per container: 30
Serving Size: 2 level scoops (5 g total)

		Amount per serving	% DV*
Calories	22	cocoBLUE Blend™	5,000 mg †
Total Fat	0 g	0%	
Total Carbohydrate	3 g	1%	
Dietary Fiber	0.5 g	2%	
Total Sugars	1.5 g		
Includes 0 g added sugars			
Protein	1 g	2%	
Vitamin C	90 mg	100%	
Vitamin B1 / Thiamin	1.2 mg	100%	
Vitamin B2 / Riboflavin	1.3 mg	100%	
Vitamin B3 / Niacin	16 mg NE	100%	
Vitamin B5 / Pantothenic Acid	5 mg	100%	
Vitamin B6 / Pyridoxine	1.7 mg	100%	
Vitamin B7 / Biotin	30 mcg	100%	
Folate / Vitamin B9	414 mcg DFE	104%	
Vitamin B12 / Cobalamin	0.13 mcg	6%	
Sodium	15 mg	1%	
Iron	2 mg	12%	
Magnesium	39 mg	9%	
Potassium	102 mg	2%	
Iodine	150 mcg	100%	
Silica	38 mg	†	

* Percent Daily Values based on a 2,000 calorie diet.

† Daily value not established.

Blue Spirulina (*Arthrospira platensis*, cold water extracted), Butterfly Pea Flower (*Clitoria ternatea*, whole flower), Moringa Leaf (*Moringa oleifera*, whole leaf), Orgen-B's® (*Psidium guajava*, *Ocimum sanctum*, *Citrus limon*), Coconut Water Powder (*Cocos nucifera*), Orgen-Mg® (*Cucurbita pepo*, organic pumpkin extract), Chlorella (*Chlorella vulgaris*, broken cell wall), Laver (*Porphyra* spp., whole leaf), Orgen-C® (*Phyllanthus emblica*, organic amla extract), Orgen-Si® (*Bambusa arundinacea*, organic bamboo extract), Icelandic Triple Kelp Blend (*Laminaria hyperborea*, *Ascophyllum nodosum*, *Laminaria digitata*), Sea Lettuce (*Ulva lactuca*, whole leaf), Dulse (*Palmaria palmata*, whole leaf), Black Pepper (*Piper nigrum*, whole fruit)

Other Ingredients: None

Folate (414 mcg DFE / 104% DV) from whole-plant sources, including organic amla extract (*Phyllanthus emblica*). Naturally occurring as 5-methyltetrahydrofolate (5-MTHF) and folate cofactors. No folic acid.

Vitamin B12 (0.13 mcg 6%) from naturally occurring cobalamin in Laver (*Porphyra* spp.), Chlorella (*Chlorella vulgaris*), Dulse (*Palmaria palmata*), and Sea Lettuce (*Ulva* sp.) - four whole-plant ocean sources.

Iodine (150 mcg 100%) from Icelandic Triple Kelp Blend, Laver, Dulse, and Sea Lettuce.

Magnesium (39 mg 9%) from 8 whole-plant sources: Orgen-Mg® (organic pumpkin), Moringa, Coconut Water, Laver, Sea Lettuce, Chlorella, Dulse, and Icelandic Triple Kelp Blend.

THE ZILARA PHILOSOPHY

Five rules. No exceptions.*

- No isolated compounds.
- No stimulants.
- No synthetic vitamins or minerals.
- No fillers or flow agents.
- Whole-plant entourage effect, every formula.

*Read the founder's letter at zilara.com.

Manufactured by Green Organics, LLC
Cincinnati, OH 45245
GMP-compliant manufacturing facility
operating under 21 CFR Part 111

CAUTIONS

Contains naturally occurring iodine from Laver, Dulse, Sea Lettuce, and Icelandic Triple Kelp Blend. Consult your healthcare provider before use if you have a thyroid condition, take thyroid medication, or are pregnant or nursing. Keep out of reach of children. Store in a cool, dry place.

No folic acid. No cyanocobalamin.
No pyridoxine HCl.

Allergen statement: Manufactured in a facility that processes milk, egg, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame. Individuals with severe allergies should consult their healthcare provider before use.

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BodyBeet Max

red vitality shot

HBNaturals
PRODUCT INFORMATION PAGE



ingredients

Organic Beet (Root) Powder, Organic Amla (Fruit) Powder, Organic Hawthorn (Berry) Powder, Organic Schisandra chinensis (Berry) Powder, Organic Green Tea (Leaf) Powder, Organic Ashwagandha (Root) Powder, Organic Turmeric (Root) Powder, Organic Rosehip (Fruit) Powder, Turmeric (Root) Extract [Standardized to min. 95% Curcuminoids (630 mg) (including Curcumin, Demethoxycurcumin and Bisdemethoxycurcumin)], Capros® Amla (Fruit) Extract, Organic Garlic (Bulb) Powder, Organic Noni (Fruit) Powder, Organic Ginseng (Root) Powder, Astragalus (Root) Powder, Organic Acerola (Fruit) Juice Powder, Organic Bilberry (Leaf) Powder, Vitamin C (Ascorbic acid), Organic Black Pepper (Fruit) Powder, Triple Probiotic (Bacillus coagulans, Bacillus subtilis, Bacillus clausii) Powder 1 Billion CFU/g

Trademark Declarations: Capros® is a registered trademark of Kerry Company, used under license.



suggested use

- Add 1 scoop BodyBeet Max to 1 ounce of water. Mix well. Drink. Follow with 16 ounces of water. For best results take two (2) times daily.

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.

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product summary

BodyBeet Max is a proprietary blend meticulously formulated to support heart health and enhance energy levels. Central to this formulation are beets, which are rich in nitrates known to improve blood flow and cardiovascular function. Complementing this are hawthorn berries, a traditional heart tonic revered for their ability to strengthen the heart and improve circulation. Together, these ingredients create a powerful synergy that promotes overall heart health.*

What sets BodyBeet Max apart is its inclusion of Capros®, a patented natural botanical extract derived from the edible fruits of Amla (Phyllanthus emblica). Capros® is clinically proven to support healthy blood vessels, reduce oxidative stress, and enhance nitric oxide production, further boosting cardiovascular health and vitality.*

With its unique combination of science-backed ingredients, BodyBeet Max not only supports the heart but also provides sustained energy, making it an excellent choice for those seeking a natural way to enhance their daily performance.*

ingredient highlights

- **Beets:** Packed with nitrates, which the body converts into nitric oxide, a compound that helps relax and widen blood vessels. This improved blood flow can lower blood pressure, enhance circulation, and support overall cardiovascular health, making beets a powerful ally for maintaining a healthy heart.*
- **Hawthorn Berry:** Well-known for their cardiovascular benefits, particularly their ability to strengthen the heart and improve blood circulation. Rich in antioxidants, these berries help reduce inflammation and support healthy blood pressure, making them an excellent natural remedy for promoting overall heart health and vitality.*
- **Capros®:** A patented extract derived from Indian gooseberry (Amla) that offers a range of health benefits, particularly for cardiovascular health. Clinically proven to support healthy blood vessels and improve circulation, Capros® helps increase nitric oxide production, which plays a crucial role in maintaining healthy blood pressure. Additionally, its powerful antioxidant properties help reduce oxidative stress, protecting the heart and promoting overall cardiovascular wellness.*

Clinical studies for Capros®:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6503348/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4390209/>

Fulvic Acid Mineral Drops

essential biominerals

HBNaturals
PRODUCT INFORMATION PAGE

Fulvic Acid Mineral Drops are a powerful natural electrolyte that supports cell health, energy, and overall wellness. Formed from prehistoric plant decomposition, fulvic acid converts minerals into bioavailable nutrients for better absorption. Rich in minerals, antioxidants, and enzymes, it helps neutralize free radicals, boost metabolism, and promote cell repair. With detoxifying properties, fulvic acid enhances nutrient uptake, strengthens immunity, and restores vitality.*

DIRECTIONS

- Shake well before use. Add 325 mg (1/8 teaspoon - approximately 20 drops) to non-chlorinated water or your favorite beverage once daily.*

MEDICINAL CONSTITUENTS

- **Humic Substances:** Fulvic acid is a component of humic substances, which are rich in bioavailable trace minerals and electrolytes that help restore nutrient balance, enhance cellular function, and support overall vitality. These compounds play a key role in energy production, immune function, and detoxification, making fulvic acid a vital addition to a wellness routine.*
- **Carboxyl & Phenolic Groups:** These naturally occurring functional groups in fulvic acid give it the ability to bind to toxins, heavy metals, and harmful invaders, aiding in deep detoxification. By helping the body flush out waste and improve nutrient absorption, these compounds support gut health, liver function, and overall cleansing, making fulvic acid essential for detox and revitalization.*
- **Quinones & Flavonoids:** The quinones and flavonoids in fulvic acid contribute to its antimicrobial, antioxidant, and immune-boosting properties. These compounds help balance the gut microbiome, reduce oxidative stress, and support immune defense, while also playing a role in neutralizing harmful invaders and promoting overall health and well-being.*
- **Phospholipids:** These essential fats support cell structure, brain function, and overall vitality. As key components of cell membranes, they help protect cells, enhance nutrient absorption, and improve communication between tissues. Known for their role in brain health, phospholipids support memory, focus, and cognitive function, while also promoting liver health, digestion, and cellular repair. Their ability to aid in fat metabolism makes them vital for energy production and overall wellness.*

Clinical studies for Fulvic Acid:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC2650748/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6151376/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9875298/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5296205/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7554000/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7794407/>

INGREDIENTS

Humic & Fulvic Acids including natural plant-based macro and trace ionic minerals, Electrolytes (Potassium Carbonate, Potassium Bicarbonate, Magnesium Sulfate), Reverse Osmosis Purified Water

CAUTIONS

- **Safety Group 1:** Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.*
- Do not exceed recommended dosages.
- 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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BLACK SEED OIL NIGELLA SATIVA

Country of Origin: Egypt
Cold Pressed from seeds
Dark amber
Minimum 5% Thymoquinone

Black Seed oil (Nigella sativa), also known as Black Cumin or the "Blessed Seed," is a nutrient-rich oil known for its powerful health benefits. Its key compound, thymoquinone, offers antioxidant, anti-inflammatory, and immune-supporting properties. Used for centuries across many cultures, it supports digestion, respiratory health, balanced blood sugar, and skin wellness.

FUNCTIONAL CONSTITUENTS

Thymoquinone	The primary active compound in Black Seed oil (Nigella sativa) is known for its powerful health benefits. It has been extensively studied for its antioxidant, anti-inflammatory, and immune-boosting properties, and shows promise in supporting respiratory health, blood sugar balance, and cellular protection
Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/ https://pubmed.ncbi.nlm.nih.gov/29962349/ https://pubmed.ncbi.nlm.nih.gov/27364039/ https://pubmed.ncbi.nlm.nih.gov/37605475/

WHAT TO LOOK FOR VS. WHAT TO AVOID

These signs point to careful sourcing and gentle handling:

- Cold-pressed oil*
- Recently pressed, fresh batches*
- Stored in dark glass*
- Whole oil, left as nature made it*
- Peppery, slightly bitter, aromatic flavor*

These are often signs the oil has been over-processed or poorly stored:

- Solvent-extracted oils*
- Old inventory pressed years ago*
- Clear or plastic bottles*
- Deodorized or standardized oils*
- Flat, neutral, or lifeless taste*



HOW WE SOURCE

Black seed oil is only as good as how it is grown, pressed, and kept. We source our black seed oil from regions where Nigella sativa has been cultivated and used for generations - not as a supplement trend, but as a daily oil. The seeds are grown in their traditional climates, where soil, sun, and growing conditions are well suited to the plant.

OUR BLACK SEED IS:

- ✓ Cold-pressed only, never solvent extracted
- ✓ Unrefined and undeodorized
- ✓ Pressed in small batches to preserve freshness
- ✓ Stored in dark glass to protect the oil
- ✓ Treated as a food-grade oil, not a pharmaceutical isolate

Nothing is standardized. Nothing is stripped away. We look for oil that is naturally aromatic and peppery, signs that the seed was fresh and the pressing gentle. Flat or neutral oil is often a sign of age or over-processing, and we avoid it.

WHAT IT SUPPORTS

- Immune steadiness and resilience*
- Digestive comfort*
- Inflammatory balance*
- Respiratory ease*
- Skin and overall vitality*

WHAT TO LOOK FOR VS. WHAT TO AVOID

What to look for in any black seed oil :

- Cold-pressed*
- Recently pressed, fresh batches*
- Stored in dark glass*
- Whole oil, left as nature made it*
- Peppery, slightly bitter, aromatic flavor*

What to avoid:

- Solvent-extracted oils*
- Old inventory pressed years ago*
- Clear or plastic bottles*
- Deodorized or standardized oils*
- Flat, neutral, or lifeless taste*

WHY WE DON'T USE CAPSULES

Black Seed Oil has traditionally been used as an oil. Capsules change how the oil is produced, stored, and experienced.

Capsules require extra processing

To make black seed oil suitable for encapsulation, the oil is often filtered more aggressively, deodorized to reduce taste, and stabilized to extend shelf life. Each step moves the oil further from its whole, natural state.

Freshness is harder to preserve.

Capsules sit in inventory for long periods. They mask signs of oxidation. They prevent you from tasting or smelling the oil.

The body recognizes oils differently than pills.

Oils are traditionally taken with food. Capsules delay contact with taste and digestion, remove sensory feedback, and turn a food-grade oil into a supplement experience.

Taste is a quality signal.

Peppery, slightly bitter flavor is a sign of fresh black seed oil. Capsules remove that signal entirely.

Convenience often comes at the cost of freshness, integrity, and connection.

USAGE SUGGESTIONS

Black Seed Oil is taken with or after food. May be followed with a sip of water or tea. Build up gradually.

ADULTS

- Days 1-7: Up to 10 drops once daily.*
- Days 8-14: 5-10 drops twice daily.*
- Ongoing: 10-20 drops twice daily.*

CHILDREN 12 & UP

- Days 1-7: 1-5 drops once daily.*
- Days 8-14: 2-5 drops twice daily.*
- Ongoing: 5-10 drops twice daily.*

CHILDREN 6 & UP

- Days 1-7: ½ to 2 drops once daily.*
- Days 8-14: 1-3 drops twice daily.*
- Ongoing: 1-3 drops twice daily.*

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 2nd trimester.
- May increase the effect of anticoagulant drugs.
- Keep out of reach of children.
- Store in a cool, dark place. Do not heat.
- Do not use if the seal is missing or broken.
- A doctor's advice should be sought before using this and any supplemental dietary product.

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Black Seed is a valuable source of essential fatty acids Omega 3, 6, and 9. It also contains the powerful phytochemicals Nigellone and Thymoquinone, along with other nutrients that work synergistically to support various functions within the body.

Directions: Shake well before use. Take up to 30 drops (1 full dropper or 1 ml).

Nutrition Facts		Serving Size: 30 drops (1 ml) (1 full dropper)		Servings per container: 30	
Amount per serving		12		Ingredients: Concentrated (unrefined) Organic Cold-Pressed Nigella latro (Black Seed) Oil	
Calories		12		*This % 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.	
	Amount Per Serving	% Daily Value		**Daily Value not established.	
Total Fat	1g	1%		Caution: If pregnant or nursing, consult your physician before using this or any other supplement. Keep out of reach of children.	
Calories from Fat	12				
Unsaturated Acid (Omega 6)	850mg	**			
Alpha Linolenic Acid (Omega 3)	230mg	**			
Oleic Acid (Omega 9)	190mg	**			
Total Carbohydrate	0g	0%			
Protein	0g	0%			

Distributed By:
Green Organics LLC
Heart & Body Naturals
754 Cincinnati-Batavia Pike
Cincinnati, OH 45245
HBNaturals.com

Lot: BLKSD81
Best Used By: 1 Year from Date of Purchase

BSO
BLACK SEED OIL
3,000mg Thymoquinone
Organic • Unrefined • Cold-Pressed
Omegas • Antioxidants • Amino Acids
1 FLUID OZ (30ml)

HBNaturals
healthy begins now

WHAT IF YOU COULD GO FROM FOGGY TO LASER-FOCUSED... IN UNDER 60 SECONDS?

Stay sharp with our Focus Fuel Nasal Inhaler, expertly crafted to support mental clarity, focus, and alertness. Whether you're tackling a busy workday, powering through a study session, or fighting off brain fog, just inhale and refocus - your mind will thank you.

Focus Fuel — the natural inhaler that sharpens your mind in seconds. One deep breath and you're in the zone.

WHY FOCUS FUEL WORKS

Meet Focus Fuel — the pocket-sized inhaler that flips your brain into high gear. Enjoy sharper focus, clearer thinking, and instant alertness. No caffeine. No crash. Just one deep breath and you're locked in. Whether it's a big meeting, a long study grind, or a mental slump, Focus Fuel puts you back in control — fast.

This refreshing blend works in harmony with your body to awaken focus, boost mental clarity, and keep your thinking crisp. Stimulating compounds like 1,8-cineole, menthol, and limonene work alongside mood-balancing floral notes to keep you sharp yet calm.

DIRECTIONS

- Adults and children 12 and above. Twist to remove cap. Hold inhaler just below nostrils and inhale deeply through each nostril for 1-2 seconds. Enjoy the invigorating effect. Recap tightly after use. Teach others how to GOGO!

INGREDIENT HIGHLIGHTS

Ocimum basilicum (Basil, sweet)

- Key Constituents: Linalool, Methyl Chavicol
- Linalool eases mental fatigue and restores alertness.
- Methyl Chavicol stimulates focus and attention.

Citrus limon (Lemon)

- Key Constituents: Limonene
- Uplifts and refreshes the senses and improves concentration.

Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole)

- Key Constituents: 1,8-Cineole, Alpha-Pinene
- Increases alertness and supports memory retention.

Pelargonium graveolens (Geranium, rose)

- Key Constituents: Citronellol, Geraniol, Linalool
- Balances mood and reduces mental stress.

Rosa damascena (Rose)

- Key Constituents: Citronellol, Geraniol, Nerol
- Encourages emotional balance.

Mentha piperita (Peppermint)

- Key Constituents: Menthol, Menthone, 1,8-Cineole
- Cooling and awakening for alertness.

INGREDIENTS

- Menthol Crystal, Pink Himalayan Salt, Ocimum basilicum (Basil, sweet), Citrus limon (Lemon), Rosemarinus officinalis ct. cineole (Rosemary ct. 1,8 cineole), Pelargonium graveolens (Geranium, rose), Rosa damascena (Rose), Mentha piperita (Peppermint)

CAUTIONS

- Do not eat or use orally.
- Temporary burning, stinging, or nasal discharge may occur. Discontinue use if irritation persists.
- Keep out of reach of children and pets.
- **Best by:** 30 days after opening. Store in a cool, dry place.

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GOGOSTIX™



WHAT IF HAPPINESS WAS JUST... ONE DEEP BREATH AWAY?

Feel brighter with our Mood Boost Nasal Inhaler, expertly formulated to uplift your spirits and ease emotional tension. Designed to support a more balanced, joyful mindset, it's perfect for daily pick-me-ups or whenever you need a boost - just inhale and feel the shift.

Bad days happen — but they don't have to stay. Our Mood Boost Nasal Inhaler is your instant pick-me-up. Just inhale... and feel the shift. Because joy shouldn't have to wait..

WHY MOOD BOOST WORKS

This rich, grounding, and uplifting blend balances emotions, eases tension, and sparks a brighter outlook. Mood Boost Nasal Inhaler uplifts your spirits, melts away emotional tension, and supports a brighter, more balanced mindset. Grounding woods and roots steady emotions, uplifting oils lift the spirit, and warm spices energize — creating a balanced, uplifted mood.

DIRECTIONS

- Adults and children 12 and above. Twist to remove cap. Hold inhaler just below nostrils and inhale deeply through each nostril for 1-2 seconds. Enjoy the invigorating effect. Recap tightly after use. Teach others how to GOGO!

INGREDIENT HIGHLIGHTS

Cedrus atlantica (Cedarwood Atlas)

- Key Constituents: Himachalene, Atlantone
- Calms and steadies emotions.

Pogostemon cablin (Patchouli)

- Key Constituents: Patchoulol, Alpha-Bulnesene
- Grounds and promotes emotional stability.

Vetiveria zizanioides (Vetiver)

- Key Constituents: Khusimol, Vetiverol, Isovalencenol
- Quietly soothes the mind.

Zingiber officinale (Ginger)

- Key Constituents: Zingiberene, Beta-Sesquiphellandrene
- Warms and energizes mood.

Cananga odorata (Ylang Ylang)

- Key Constituents: Germacrene-D, Beta-Caryophyllene, Linalool
- Reduces tension and enhances joy.

Commiphora myrrha (Myrrh)

- Key Constituents: Furanoeudesma-1,3-diene, Curzerene
- Comforting depth and calm.

Helichrysum italicum (Helichrysum)

- Key Constituents: Neryl Acetate, Italdiones
- Restores inner harmony.

Melissa officinalis (Melissa)

- Key Constituents: Citral, Beta-Caryophyllene
- Uplifts and eases tension.

Piper nigrum (Black Pepper)

- Key Constituents: Beta-Caryophyllene, Limonene
- Gently stimulates and motivates.



INGREDIENTS

- Menthol Crystal, Pink Himalayan Salt, Cedrus atlantica (Cedarwood Atlas), Pogostemon cablin (Patchouli), Vetiveria zizanioides (Vetiver), Zingiber officinale (Ginger), Cananga odorata (Ylang Ylang), Commiphora myrrha (Myrrh), Helichrysum italicum (Helichrysum), Melissa officinalis (Melissa), Piper nigrum (Black Pepper)

CAUTIONS

- Do not eat or use orally.
- Temporary burning, stinging, or nasal discharge may occur. Discontinue use if irritation persists.
- Keep out of reach of children and pets.
- **Best by:** 30 days after opening. Store in a cool, dry place.

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Lavender Ice

lavender apothecary blend AromaStix

Headaches are a painful, recurring experience for many people. They may be caused by stress, eyestrain, allergies, sinus congestion, hormone imbalances, and many other causes.*

Nonsteroidal anti-inflammatory drugs (usually abbreviated as NSAIDs) are a class of drugs that provide analgesic (pain-killing) and antipyretic (fever-reducing) effects, and, in higher doses, anti-inflammatory effects.*

At least one study has examined a potential link between the usage of non-steroidal anti-inflammatory drugs (NSAIDs) and autism in children (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673819/>). Additionally, some physicians have concerns that ibuprofen and other NSAIDs can cause kidney damage.*

Whatever the cause of your headache, Lavender Ice may bring the nonprescription, non-drug relief you seek.*

ingredient highlights

Lavender Vera: Well-known for its powerful anti-inflammatory and sedative properties, both of which can assist in resolving headache and migraine issues quickly and naturally.*

Peppermint: Has been shown in clinical studies to improve circulation and relax stiff muscles, which may provide relief from tension headaches and migraines.*

uses

topical

- For headache, apply Lavender Ice neat (undiluted) to the temples, forehead, and over the ear, following the hairline and across the back of the neck. Be careful not to get it too close to the eyes. This can be repeated as needed.*
- Apply Lavender Ice neat (undiluted) to areas of the body experiencing pain due to tight muscles, strains or sprains, or from blunt trauma such as slamming a finger in a door or stubbing a toe. Gently massage in; repeating as necessary.*

goDesana

Product Information Page



application methods

Topical

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 2nd trimester.

ingredients

Lavendula angustifolia (Lavender, vera),
Mentha piperita (Peppermint), Cocos
Nucifera (Fractionated Coconut)

responsible cautions

- Not for use on babies or children under age three; on young children be very cautious to keep away from the eyes.
- Not recommended for those with atrial fibrillation.
- Should not be used in conjunction with homeopathic remedies as it may neutralize the homeopathic effects.
- Peppermint oil residue can remain on the fingers even after washing, and can inadvertently be rubbed into eyes or sensitive areas of skin. Applying Peppermint with your little finger will reduce the likelihood of the oil residue accidentally contacting the eyes.
- 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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MAGNESIUM RESCUE

Topical Magnesium Roll-On

Zechstein Magnesium Chloride + Botanical Oils

Targeted Magnesium, Made for the Moment

Magnesium Rescue combines concentrated magnesium chloride brine from the ancient Zechstein seabed in the Netherlands with a carefully selected blend of botanical oils in a convenient roll-on designed for targeted application. Drawn from a deep underground source formed more than 250 million years ago, Zechstein magnesium chloride is valued for its purity and suitability for topical use.

Magnesium is involved in hundreds of processes throughout the body, including normal muscle function, nerve function, relaxation, and recovery. The roll-on format makes it easy to focus application exactly where you want it, whether after activity, at the end of a long day, or whenever hardworking muscles need a little extra support.

Clove, Rosemary, Marjoram, Wintergreen, and Tamanu oils round out the formula with botanicals traditionally valued for their warming, soothing, and comforting properties.*

FUNCTIONAL CONSTITUENTS

Magnesium Chloride	The primary mineral constituent of the Zechstein brine, magnesium supports normal muscle and nerve function, relaxation, recovery, and hundreds of other processes throughout the body.*
Calophyllolide	A naturally occurring compound found in Tamanu oil, calophyllolide is associated with Tamanu's traditional use for soothing inflammation and supporting muscle, joint, and skin comfort.*
Botanical Aromatic Compounds	Clove, Rosemary, Marjoram, and Wintergreen contribute naturally occurring plant compounds traditionally valued for warming, soothing, and comforting topical applications.*



HOW WE SOURCE

Our magnesium chloride brine is sourced from the ancient Zechstein seabed in the Netherlands, a mineral-rich underground deposit formed more than 250 million years ago.

Protected deep beneath the earth and isolated from modern surface contamination, this source provides naturally concentrated magnesium chloride valued for its purity and suitability for topical use.*

OUR FORMULA FEATURES:

- ✓ Ancient Zechstein magnesium chloride
- ✓ Mineral-rich topical magnesium
- ✓ Five complementary botanical oils
- ✓ Targeted roll-on application
- ✓ Purposeful, uncomplicated ingredients

Magnesium Rescue combines concentrated topical magnesium with carefully selected botanicals in a simple roll-on made for everyday muscle comfort and recovery.*

WHAT IT SUPPORTS

- Muscle comfort & relaxation*
- Recovery after activity*
- Normal muscle & nerve function*
- Targeted support for hardworking areas*
- Everyday mobility & physical ease*

ANCIENT MINERAL. PURPOSEFUL BOTANICALS.

Magnesium Rescue begins with magnesium chloride brine sourced from the ancient Zechstein seabed in the Netherlands, a mineral-rich underground deposit formed more than 250 million years ago and protected from modern surface contamination.

To that mineral foundation, we add Clove, Rosemary, Marjoram, Wintergreen, and Tamanu oils, each selected for its traditional role in soothing, warming, comforting, and supporting hardworking areas of the body.

Together, they create a focused topical formula that brings ancient mineral sourcing and powerful botanical tradition into one easy, targeted roll-on.*

WHY THIS FORMULA

Magnesium Rescue is designed to do more than simply deliver topical magnesium. Concentrated Zechstein magnesium chloride provides the mineral foundation, while Clove, Rosemary, Marjoram, Wintergreen, and Tamanu oils add complementary botanical support for comfort and recovery.

- **Topical magnesium** for direct application
- **Targeted roll-on** for precise, mess-free use
- **Five botanical oils** selected for complementary action
- **Mineral + botanical formula** in one convenient step
- **Easy everyday application** wherever support is needed

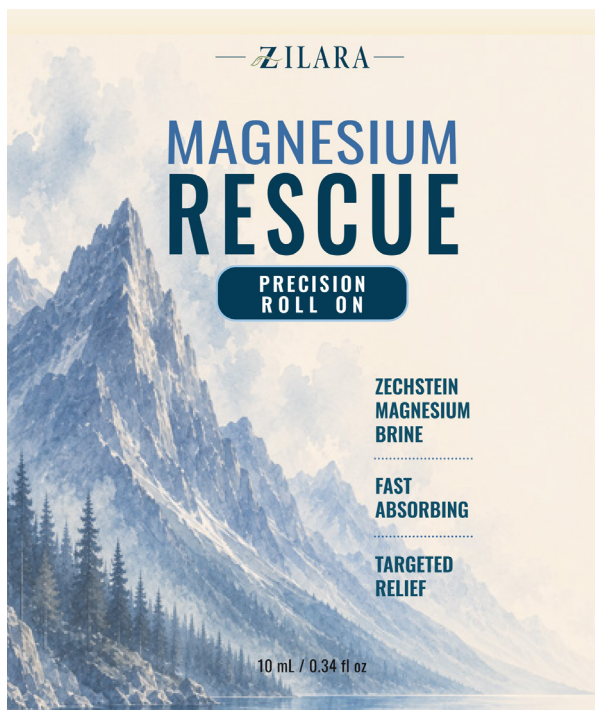
SUGGESTED USE

Apply generously as needed on the affected area and gently massage to increase absorption.

CAUTIONS

- Safety Group 4: Never recommended for children or while pregnant or nursing.
- For external use only.
- Not recommended for those with bleeding disorders, salicylate sensitivity, or those preparing for major surgery.
- Keep away from eyes and mucous membranes.
- Do not apply to open wounds, broken, irritated, or recently shaved skin.
- Consult a physician before use if you are pregnant, nursing, or taking anticoagulant medication.
- Discontinue use two weeks prior to surgery.
- Keep out of reach of children.
- Store away from heat and direct light.

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.



Directions: Apply generously as needed on the affected area and gently massage to increase absorption.

Ingredients: Purified water, 100% pure magnesium chloride brine from the Ancient Zechstein seabed in the Netherlands, Caprylic/Capric Triglyceride (Fractionated Coconut), *Eugenia caryophyllata* (Clove) Bud Oil, *Rosemarinus officinalis* ct. cineole (Rosemary ct. 1.8 cineole) Flower Oil, *Origanum majorana* (Marjoram, sweet) Flower Oil, *Gaultheria fragrantissima* (Wintergreen) Leaf Oil, *Calophyllum inophyllum* (Tamanu) Nut Oil

Caution: For external use only. Keep out of reach of children. Avoid contact with eyes. Discontinue use if irritation occurs. Store in a cool, dark place. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
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0.34 fl oz / 10 mL V1 | Lot | Best By