

TEA TREE

melaleuca alternifolia

HBNaturals
PRODUCT INFORMATION PAGE

Tea Tree Essential Oil carries a long legacy rooted in the traditions of the Aboriginal people of Australia, who relied on its cleansing and protective qualities for generations. Distilled from the leaves of the Melaleuca alternifolia tree and related to Melaleuca quinquenervia, the source of Niaouli oil, Tea Tree is mild enough for small, diluted topical use. This versatile oil supports clear breathing, soothes blemishes and minor cuts, and freshens the air. Unlike antibiotics, it doesn't disrupt beneficial flora, yet powerfully targets harmful organisms with antibacterial, antiviral, and antifungal action. With consistent use, it provides safe, steady support for everyday wellness, making it a must-have to keep on hand.*



DIRECTIONS

- Mix 2–4 drops in 1 pint of hot or cold water; soak a towel in water and apply to the desired location. Cover the area with a dry towel and heating pad or ice pack.*
- Mix 2-3 drops in water and gargle to assist with a fresh, healthy mouth. Or apply 1 drop to the back of the hand and lick it off to relieve sore throat.*
- Add 10 drops to bath salts and mix into warm water for a relaxing, antibacterial, anti-inflammatory soak.*
- Diffuse or apply to the soles of the feet to encourage respiratory health, and mood enhancement.*



FUNCTIONAL CONSTITUENTS

- **Terpinen-4-o:** Tea Tree's power comes largely from terpinen-4-ol, its primary active constituent, renowned for strong antimicrobial, antifungal, and anti-inflammatory action. This key compound penetrates microbial cell membranes to disrupt their function, making it the chief source of Tea Tree's cleansing and protective benefits.*

Clinical studies for Tea Tree:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC1360273/>
- <https://pubmed.ncbi.nlm.nih.gov/25515896/>
- <https://pubmed.ncbi.nlm.nih.gov/28782167/>
- <https://pubmed.ncbi.nlm.nih.gov/22083482/>
- <https://pubmed.ncbi.nlm.nih.gov/37455134/>
- <https://pubmed.ncbi.nlm.nih.gov/33503761/>
- <https://pubmed.ncbi.nlm.nih.gov/17083732/>
- <https://pubmed.ncbi.nlm.nih.gov/29667560/>

CAUTIONS

- **Safety Group 1:** Generally regarded as safe when properly diluted and used as directed with children and while pregnant or nursing.*
- 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.

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