

BALSAM FIR (IDAHO) - 15ML



Balsam Fir (Idaho) (*Abies balsamea*) is a conifer oil distilled in northern Idaho that has a refreshing and uplifting scent. Used in massage, it has a soothing effect on muscle and body discomfort associated with exercise. Idaho Balsam Fir has an approximate ORAC of 205,047 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

Additional References:

- [HerbalGram](#) - Access the archives of the peer-reviewed journal of the American Botanical Council.

How to use: For dietary, aromatic or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Do not use near fire, flame, heat or sparks.

Ingredients:

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or