



## LEMON - 15 ML

Lemon (*Citrus limon*) has a strong, purifying, citrus scent that is revitalizing and uplifting. Lemon consists of 68 percent dlimonene, a powerful antioxidant. It is delightfully refreshing in water and may be beneficial for the skin. Lemon may also be used to enhance the flavor of foods. Lemon essential oil is cold-pressed from the rinds of lemons. Jean Valnet MD estimated that it takes 3,000 lemons to produce one kilo of oil. In his book, *The Practice of Aromatherapy*, Valnet wrote that lemon is a tonic for supporting the nervous and sympathetic nervous system.\* Lemon has an approximate ORAC of 6,619 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

**How to use:** For dietary, aromatic or topical use. When using as a supplement, put one drop in a capsule or in 4 fl. oz. of soy or rice milk.

**Possible skin sensitivity.** If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children. Avoid using on skin exposed to direct sunlight or UV rays. 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 prevent any disease.