



## WHITE FIR - 5 ML

White fir (*Abies concolor*) has a fresh, crisp scent and is high in d-limonene, a powerful antioxidant. Supportive of the immune system,\* white fir can also be used in massage to help relieve discomfort associated with exercised muscles. White Fir has an approximate ORAC of 478,728 (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, 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 prevent any disease.