
TOP 10 USES FOR TANGERINE OIL

- 1. Food & Drink Flavoring:** Add 1-2 drops in water, smoothies, teas, dressing, desserts and savory dishes.
- 2. Boost Immunity:** Add a few drops of Tangerine oil to water or veggie capsule and take internally.
- 3. Sleep & Relaxation:** Diffuse a few drops at bedtime. Tangerine oil, like Wild Orange oil is calming and relaxing to the mind and body
- 4. Energy:** Add a few drops to water or veggie capsule and take internally. Diffuse alone or with your favorite oils. When your gut is clean of fungus and other invaders (parasites, bad bacteria etc.) your body is more able to absorb nutrients from food and drink.
- 5. Digestion & Metabolism:** Add a few drops of Tangerine oil to water or a veggie capsule. Also, take internally and rub a few drops on the abdomen. Consider mixing with other oils such as other citrus oils and herb oils such as peppermint.
- 6. Easy Breathing:** Diffuse and inhale Tangerine oil to help open airways. Consider combining with the respiratory blend.
- 7. Cleansing:** Use alone or with other oils to help cleanse gut and organs. Add 2 drops of Tangerine oil to water and swish for a tasty mouthwash. Tangerine can be added to homemade surface cleaners to help cleanse surface of environmental threats. Tangerine has powerful antioxidant properties.
- 8. Occasional Coughs & Congestion:** Add a few drops of Tangerine oil to water or veggie capsule, take internally. Mix with Eucalyptus and rub on chest.
- 9. Circulation:** Apply and massage Tangerine the bottom of feet to help alleviate water retention.
- 10. Gas:** Add a few drops of Tangerine oil to water or veggie capsule, take internally. Tangerine calms the digestive system and soothes metabolism.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.