
TOP 10 USES FOR ON GUARD[®] OIL

- 1. Occasional Sore Throat:** Mix with a tablespoon of water, gargle for 1 minute then swallow at the on-set of a sore throat. Mix 2-3 drops of On Guard and 2 drops of lemon eat with honey or agave. Take during wintertime.
- 2. Immunity blend:** 5 drops On Guard , 4 drops Oregano , 3 drops Frankincense , 2 drops Peppermint , 1 drop Lemon if you are taking this internally (1 Arborvitae if you are using it topically in a roller bottle).
- 3. Steaming Cup:** Add 1-2 drops of On Guard & 1-2 drops of Breathe oil to very warm water and breathe in the vapors to help open airways and support lungs.
- 4. Super Cleaning:** Add to spray bottles for cleaning. Consider using the dōTERRA On Guard Cleaning Concentrate for all purpose cleaner. Add a few drops to your dishwasher, laundry, and mop water.
- 5. Insect Bites:** Apply to bee and insect stings to neutralize the toxin and to soothe the skin.
- 6. Teeth & Gums:** Gargle 1-2 drops and then brush daily for healthy teeth and gums. Apply 1-2 drops to gums and teeth, or swish with 5 drops of on guard & 1 tbsp of water for pain relief from toothaches and after dental work.
- 7. Cleaning Air:** Diffuse On Guard oil in homes or business to clean the air, to inhibit mold and build immune systems.
- 8. Reduce Smoking Urges:** Put a drop of On Guard oil in your mouth to relieve smoking urges. Enhance power with an extra drop or two of clove.
- 9. Skin Cleaning:** For skin concerns apply topically directly on location, rotating between Oregano & Frankincense.
- 10. DIY Cleaning Wipes:** Soak thick quality paper towels (separated) in On Guard oil and water and store in a used baby wipe container.

Orange Peel



Clove Bud



Cinnamon Leaf



Cinnamon Leaf



Eucalyptus Leaf



Rosemary Leaf/Flower



*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.

