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**Application:** ⓘ

**Ingredients:** Wild Orange (Citrus sinensis), Clove, Cinnamon, Eucalyptus, and Rosemary essential oils

**Aromatic Description:** Warm, spicy, camphoraceous, woody

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On Guard® | Essential Oil Supplement 5 mL

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## Primary Benefits

- + Supports a healthy immune system.

## Description

As one of dōTERRA's best-selling blends, dōTERRA On Guard® protects against environmental and seasonal threats with essential oils known for their positive effects when ingested.

On Guard® is a must have because of its incredible benefits to help support wellness. On Guard can also add a delicious flavour twist to hot drinks and desserts!

## Uses

- + Soak sliced apples in water and a few drops for a healthy snack.
- + Add one drop in a glass of water daily to help support a healthy immune system.

## Directions

**Internal:** Dilute one drop in 120 mL of liquid. Take it once a day.

## Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas in case of contact with skin avoid sunlight or UV rays for up to 12 hours.