PRIMARY BENEFITS

• Diffuse for a refreshing and uplifting aroma
• Diffuse while working or exercising to bring fresh stimulating aroma

PRODUCT DESCRIPTION

Litsea cubeba is an evergreen tree or shrub belonging to the Lauraceae family. Its fruit produces Litsea, a lemon-like essential oil with a wide range of aromatic uses.

Being native to East Asia, Litsea has a long history of traditional use by the indigenous people of Taiwan and has been widely distributed in Japan, Taiwan, Southern China and Southeastern Asia.

When diffused, Litsea essential oil provides an uplifting scent.

USES

• Diffuse to promote feelings of balance throughout the day.
• Create your own diffuser blend by combining with complementary oils such as Lavender, Ylang Ylang, Rose, Sandalwood, Frankincense, Geranium, Vetiver or Fennel essential oils.

DIRECTIONS FOR USE

Diffusion: Use two to three drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor’s care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Fruit
EXTRACTION METHOD: Steam distillation
MAIN CHEMICAL COMPONENTS: Geranial, neral, limonene
ON GUARD®
Protective Blend 15 mL

Invigorate
Aromatic description: Warm, spicy, camphoraceous, woody

Invigorate and cleanse with dōTERRA On Guard®

dōTERRA On Guard® with its warm, spicy, camphoraceous and woody aroma is a powerful essential oil blend. With revitalising Wild Orange, Clove and Cinnamon, diffusing invigorating doTERRA On Guard® can help energise and uplift any home, workplace or study environment.

<table>
<thead>
<tr>
<th>PRIMARY BENEFIT</th>
<th>SECONDARY BENEFIT</th>
<th>TERTIARY BENEFIT</th>
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<tr>
<td>With Wild Orange, Clove and Cinnamon essential oils, doTERRA On Guard® is a powerful blend that protects against environmental and seasonal threats.</td>
<td>The main essential oil in doTERRA On Guard® is Wild Orange. Its refreshing aroma helps to create a cleansing and uplifting environment.</td>
<td>Clove and Wild Orange Essential Oils give doTERRA On Guard® its refreshing and clean scent, make it ideal for use in your DIY surface cleanser for the home.</td>
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PRODUCT DESCRIPTION
As one of doTERRA’s best selling products, On Guard® can be used on surfaces throughout the home as a non-toxic cleaner. When diffused, On Guard® provides a pure and uplifting aroma.

USES
- Soak sliced apples in water and a few drops for a snack.
- Diffuse two or three drops for a refreshing and energising aroma.

DIRECTIONS FOR USE

DIFFUSION:
Use three to four drops in a diffuser of your choice.

FOOD FLAVOUR:
Add one or two drops to food.

TOPOPICAL USE:
Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

CLEANING USE:
Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions below

CAUTIONS
KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor’s care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

INGREDIENTS:
Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf and Rosemary Leaf/Flower essential oils.