

SINUS

PHYTO-Rx Essential Oil Fusion™

Natural fusion of essential oils which can help open and sooth the nasal passages

INGREDIENTS: *Origanum vulgare* (Oregano) Oil, *Cymbopogon citratus* (Lemongrass) Oil, *Citrus bergamia* (Bergamot) Oil, *Phyto-Ceramide™* Bio-active complex by Dr. M. Emerald (for faster penetration of dermatological barrier by essential oils compounds). Essential Oil Fusion/Blend in 50% of Virgin Olive Oil.

SUGGESTED USES:

- Apply 1-2 drops topically to affected area/s.
- Rub 1-2 drops of blend into palms and inhale into the nose for 15-30 seconds
- To use as massage oil, add 10 drops blend per ounce of carrier oil.
- Add 4-8 drops into warm bath water.
- Add 3-4 drops to boiling water for steam inhalation.
- Use in aroma diffuser; add 3-5 drops of Blend to 1 teaspoon of the carrier oil (Olive, Sunflower, etc...) and 1 teaspoon of water.

SAFETY: The Skin Patch Test must be done before use. For external use only. Do not ingest. Keep out of reach of Children. Use minimum amount as suggested on the label. Skin patch test is recommended. Does not use if you have serious health conditions, are pregnant or lactating, or are taking sedatives. Store away from heat and sunlight. Discontinue use if irritation occurs.

DISCLAIMER: 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. This Information Sheet is provided for educational purpose only, and is not medical advice. Always consult your physician if you have any serious health concern.

WARNINGS: Oregano Oil should not be used in pregnancy and might have an effect like a mild "diuretic." Taking oregano might decrease how well the body gets rid of lithium. This could increase how much lithium is in the body and result in serious side effects. Talk with your healthcare provider before using this product if you are taking lithium. Your lithium dose might need to be changed. Oregano Oil may also lower blood sugar, so it is not recommended for diabetics. Bergamot can cause photosensitivity which could be increased by amitriptyline (Elavil), Ciprofloxacin (Cipro), norfloxacin (Noroxin), lomefloxacin (Maxaquin), ofloxacin (Floxin), levofloxacin (Levaquin), sparfloxacin (Zagam), gatifloxacin (Tequin), moxifloxacin (Avelox), trimethoprim/sulfamethoxazole (Septra), tetracycline, methoxsalen (8-methoxypsoralen, 8-MOP, Oxsoralen), and Trioxsalen (Trisoralen).

BASIC OILS INFO:

- *Oregano Oil* has powerful antimicrobial, immune/digestion/respiratory stimulation properties, etc.
- *Lemongrass Oil* has analgesic, anti-inflammatory, anti-depressant, antimicrobial, deodorant, diuretic, febrifuge, fungicidal, insecticidal, nervine, nervous system sedative and tonic properties.
- *Bergamot Oil* has analgesic, antidepressant, antiseptic, anti-spasmodic, calmative, deodorant, digestive, febrifuge, vulnerary properties

Dr. Mila Emerald, Ph.D., Dr. Sc., has over 14 years of experience in basic science and over 19 years experience in natural product formulation and development, phyto-pharmaceuticals, as well as natural skin care, cosmetics and perfumery. She is President and CEO of a PHYTOCEUTICALS International, Managing Editor of the International Journal of Natural Products and Phytomedicine (JNPP), Honorable Adviser of Japan Evidence Based Cosmetic Association (EBC), Founder of the International Society of Essential Oils Research and Application (ISEORA), invited reviewer for a variety of research journals, ELSEVIER, SPRINGER Verlag, ACS, IGI Global published author and international educator.

Conditions of Use: This information is meant to educate and supplement, not treat or not replace advice from a doctor or healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects. This information may not fit your specific health circumstances. Never delay or disregard seeking professional medical advice from your doctor or other qualified health care provider because of something you have read on PHYTO-Rx Information pages. You should always speak with your doctor or health care professional before you start, stop, or change any prescribed part of your health care plan or treatment and to determine what course of therapy is right for you. This copyrighted material is provided for Practitioners and Consumers. Information from this source is evidence-based and objective, and without commercial influence. This PhytoRx Essential Oils Fusion is professionally designed for adults and is safe if applied as directed. Not for internal use: if ingested do not induce vomiting; drink milk and consult a health specialist. Avoid contact with eyes: flush with water. NOT suitable for use with infants. Keep out of reach of children.