



YOUNG LIVING

# Citrus Fresh™ Vitality™



SCAN ME

## USES:

- Enhance food flavoring
- Supports weight-management in conjunction with a healthy diet and regular exercise
- Flavor your favorite beverage
- May assist in purifying the air your home or car

## HOW TO USE:

- Add a drop or two to your water to help you stay hydrated
- Diffuse a couple of drops for a refreshing, cleaning scent
- Enjoy a tasty smoothie infused with a drop or two
- Can be added to salads or vegetables to enhance a citrus taste
- Add to a wool dryer ball to refresh your laundry

SOURCES:  
Young Living website

## IS A BLEND OF:

- Orange (Citrus sinensis)
- Tangerine (Citrus reticulata)
- Grapefruit (Citrus paradisi)
- Lemon (Citrus limon)
- Mandarin (Citrus reticulata)
- Spearmint (Mentha spicata)

## FEATURES AND BENEFITS:

- Boosts creativity
- Can be used to purify the air
- Helpful in lowering anxiety
- May help detoxify your body and the environment
- Adds a fresh citric flavor to water

## PRECAUTIONS:

- For external use only
- Keep out of the reach of children
- Possible skin sensitivity
- If you are pregnant, nursing or under the care of a physician, consult your physician prior to use.
- Avoid contact with eyes, inner ear, and sensitive areas.



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## DISCLAIMER:

This information is for educational purpose only. These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.

