

Product Summary

Lemon (*Citrus limon*) essential oil includes the naturally occurring constituent limonene. Lemon may also be used to enhance the flavor of foods and water. Lemon essential oil is cold pressed from the rind of Citrus limon, a 10- to 20-foot evergreen tree with highly scented blossoms and fruits. It takes about 75 lemons to make one 15 ml bottle of lemon oil. Lemons have been valued since antiquity for their distinctively sour taste which is due to the fruit's citric acid content. As early as 90 B.C. there are records of lemons being used in Jerusalem in ancient festivals, and were used in Europe as early as 200 A.D. They were introduced to the Americas in 1493.

Ingredients:

Lemon (*Citrus limon*)[†] peel oil

[†] 100% pure, therapeutic-grade essential oil

Primary Benefits

- Includes the naturally occurring constituent limonene
- Enhances the flavor of foods and water

Suggested Use

- Dietary: Put 2 drops in a capsule. Take 3 times daily or as needed.

Supplement Facts	
Serving Size: 2 drops	
Amount Per Serving	%DV
Lemon (<i>Citrus limon</i>) peel oil	120 mg**
**Daily Value (DV) not established.	



Cautions

- Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. If contact with skin occurs, avoid direct sunlight or UV rays for up to 12 hours.

Complementary Products

- Jade Lemon™ Essential Oil
- Frankincense Essential Oil
- Thieves® Essential Oil Blend
- Balance Complete™
- NingXia Red®
- Inner Defense™

Did You Know?

- The lemon is a small evergreen tree that is thought to have first grown in northeast India.
- Lemon essential oil is a key ingredient in Thieves®, NingXia Red®, and Inner Defense™.