



PRODUCT DESCRIPTION

Originating in the tropical rainforests of Southern Asia, *Zingiber officinale* is an integral part of the culinary identity for many cultures in the region. Ginger's unique mixture of hot, spicy, and sweet flavors is used to enhance countless beverages and dishes.

In addition to being a popular spice, this rhizome root also produces a highly beneficial essential oil when it is steam distilled. Its most common use - prescribed for thousands of years in Chinese medicine practices - is for soothing digestive issues. Ginger's bright, fragrant aroma is also the perfect pick-me-up to infuse energy into the air when diffused.

PRIMARY BENEFITS AND SAMPLE USES

- » Boosts digestion and metabolism
- » Calming relief for digestive issues such as nausea, vomiting, indigestion, and bloating
- » Energizes the body and mind
- » Flavoring food items

DIRECTIONS

Diffusion: Diffuse 3-5 drops or more in the PURELY™ diffuser of your choice.

Topical: Dilute 1-2 drops with a PURELY™ carrier oil before use according to the dilution table shown. Be sure to test for sensitivity.

Steam Inhalation: Add 2-3 drops to a cup of steaming water and inhale.

Ingestion: When using as a supplement, add 1 drop per 4 oz. of liquid. Use no more than three times per day.

PRECAUTION

Keep out of reach of children. Avoid contact with sensitive areas such as your eyes. If pregnant, nursing or have a medical condition, consult your physician before use. Store away from light and heat.

BLENDS WELL WITH

Bergamot, Cedarwood, Coriander, Lemon, Nutmeg, Peppermint, Sage, Sandalwood, and Vetiver

COUNTRY OF ORIGIN China

EXTRACTION METHOD Steam distillation



DIFFUSION



TOPICAL



STEAM



INGEST



SENSITIVE

DILUTION TABLE

| Drops of EO for 1 tsp. of carrier oil | |
|---------------------------------------|---|
| 1% | 1 |
| 2% | 2 |
| 5% | 5 |

SKU# 1065
retail: \$37

GINGER

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent diseases.



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