



**PRODUCT DESCRIPTION**

The *Myristica fragrans* tree actually produces two spices - nutmeg and mace. Nutmeg comes from the seed of the tree, while mace is produced from a special covering that wraps the seed inside the fruit of the tree. Originally only found on the Spice Islands of Indonesia, nutmeg was spread to other tropical climates during European voyages in the 1800s.

Its sweet, woody flavor and aroma feature heavily in certain cuisines and are a staple in many holiday traditions. In addition to being a popular spice, distilled Nutmeg essential oil offers numerous health benefits with its collection of natural chemicals. These include digestive relief along with soothing bodily aches and pains.

**PRIMARY BENEFITS AND SAMPLE USES**

- » Calming relief for digestive issues such as nausea, vomiting, indigestion, and bloating
- » Relieves sore muscles and joints
- » Reduces oral pain or discomfort of teeth and gums
- » Helps balance emotions
- » 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. For external use only.

**BLENDS WELL WITH**

Black Pepper, Cedarwood, Clove, Ginger, Lavender, Rosemary, and Wild Orange

**COUNTRY OF ORIGIN** Sri Lanka

**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# 1066  
retail: \$26

**NUTMEG**

*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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