



# application Aromatic • Topical

#### safety group #3

## ingredients

Helichrysum italicum (Helichrysum), Melaleuca quinquenervia bs. viridiflora (Niaouli), Cinnamomum camphora ct. 1,8 cineole (Ravintsara)

### responsible cautions

- Non-toxic, non-irritant, non-sensitizing
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

### product summary

Respi is formulated with Essential Oils known to have properties to assist and support the body with allergic reactions.\*

#### ingredient highlights

 Helichrysum is a good respiratory oil of benefit to asthma, bronchitis, cough, and allergies; it reduces both congestion and inflammation.\*

The therapeutic properties of Helichrysum Essential Oil are anti-allergenic, anti-inflammatory, antispasmodic, astringent, diuretic, analgesic, expectorant, cytophylactic, cholagogue, and nervine.\*

 Niaouli Essential Oil is a gentle yet potent respiratory oil with strong decongestant ability; useful with colds, flu, allergies, asthma, bronchitis, sinusitis, sore throat, and whooping cough.\*

The therapeutic properties of Niaouli Essential Oil are analgesic, anti-rheumatic, antiseptic, bactericidal, balsamic, cicatrisant, decongestant, expectorant, febrifuge, insecticide, stimulant, vermifuge, and vulnerary.\*

 Ravintsara is a great anti-allergenic. It is non-sensitizing and non-irritating, and effectively prevents and reduces allergens. It helps to gradually build resistance to certain allergenic substances.\*

The therapeutic properties of Ravensara ct. 1,8 cineole are analgesic, anti-allergenic, anti-asthmatic, anti-bacterial, anti-infectious, anti-inflammatory, anti-microbial, anti-oxidant, anti-septic, anti-spasmodic, anti-viral, diuretic, expectorant, immuno-stimulant, mucolytic, and stimulant.\*

#### uses

- Diffuse 6 to 8 drops for 15 minutes every 2 to 3 hours as needed.\*
- Apply over the lung area as well as on the soles of feet.\*
- Can also be rolled on wrists and inhaled as needed when you feel an allergic reaction beginning.\*