

Product Summary

Grapefruit (*Citrus paradisi*) essential oil has a sweet, zesty aroma that is uplifting, revitalizing, and energizing to the mind and body. This oil offers nourishing benefits for the skin when applied topically. Originally grown as an ornamental plant, grapefruit gained popularity during the 19th century. The fruit is thought to have derived from the shaddock, also known as the pomelo. Grapefruit essential oil is popularly used in conjunction with a healthy weight-management system.* Rich in the powerful antioxidant d-limonene, grapefruit was used traditionally to support the body's natural defenses.* Grapefruit can also be added to foods and drinks to enhance their flavor. This essential oil is cold pressed from the grapefruit rind.

Primary Benefits

- + Uplifts and energizes
- + Nourishes skin
- + Supports body's natural defenses (traditional use)*
- + Induces feelings of fullness when inhaled or taken internally*

Who Should Take Grapefruit Essential Oil?

- + Those looking to add some extra support to their weight-management program*
- + Those who are looking to add a little boost to their immune defense system*
- + Those looking for an uplifting start to the day

Suggested Use

- + Dietary: Put 2 drops in a capsule. Take 3 times daily or as needed.
- + Topical: Dilute 1 drop with 1 drop of V-6™ Vegetable Oil Complex or other vegetable oil (e.g. virgin coconut, olive, or almond) and apply to desired area as needed.
- + Aromatic: Diffuse up to 1 hour 3 times daily.

Cautions

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health-care practitioner prior to use. Avoid direct sunlight or UV rays for up to 12 hours after applying product.



Supplement Facts

Serving Size: 2 drops
Servings Per Container: About 125

Amount Per Serving	%DV
Grapefruit (<i>Citrus paradisi</i>)† rind 120 mg **	

** Daily Value (DV) not established.

Did You Know?

- + When inhaled as an aromatic, grapefruit oil can create feelings of being full, which makes it appropriate to use in healthy weight-management programs.*
- + Citrus fragrances are believed to boost immunity, induce relaxation, and reduce natural feelings of depression.
- + Grapefruit is a cross between *Citrus maxima* (pomelo) and *Citrus sinensis* (orange).

Complementary Products

- + Citrus Fresh™ Essential Oil Blend
- + Slique™ Tea
- + Balance Complete™
- + Power Meal™

Key Scientific Studies

- + Niiijima A, Nagai K. *Effect of olfactory stimulation with flavor of grapefruit oil and lemon oil on the activity of sympathetic branch in the white adipose tissue of the epididymis.* Exp Biol Med (Maywood). 2003 Nov;228(10):1190-2.

- + Lawless, Julia. *The Illustrated Encyclopedia of Essential Oils*. p. 123.
- + *The effects of grapefruit on weight and insulin resistance: relationship to the metabolic syndrome*. <http://www.ncbi.nlm.nih.gov/pubmed?term=16579728>
- + *D-Limonene: safety and clinical applications*. <http://www.ncbi.nlm.nih.gov/pubmed?term=18072821>
- + *Effect of aromatherapy massage on abdominal fat and body image in post-menopausal women*. <http://www.ncbi.nlm.nih.gov/pubmed?term=17615482>

Product Information

Grapefruit Essential Oil—15 ml

Item No. 3560

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