

PRODUCT SUMMARY

German Chamomile Vitality™ is steam distilled from the flowers of the German chamomile plant. This essential oil has been used in herbal remedies for thousands of years throughout ancient Egypt, Greece, and Rome and can be taken as a dietary supplement to support well-being and provide powerful antioxidants.* German Chamomile Vitality can also calm occasional nervous tension, promote feelings of calmness, and support a normal, healthy outlook during PMS.*

KEY INGREDIENTS

German Chamomile essential oil

EXPERIENCE

German Chamomile Vitality has a slight apple taste, making it great for tossing into a salad dressing or adding to a fresh cup of tea. When taken as a dietary supplement, German Chamomile Vitality has many health benefits, including supporting mood and well-being.

PRODUCT BACKGROUND

German chamomile is a popular plant with a unique flavor and powerful properties. In fact, the herb is so revered that the Egyptians dedicated it to the sun and worshiped it above all other herbs. Because of its popularity, this herb has been used for thousands of years and is one of the most widely used herbs in the Western world.



Dietary

BENEFITS & FEATURES

- Has a slight apple taste
- Used to flavor meals and beverages
- Offers powerful antioxidant support*
- May support a healthy mood and promote feeling of calmness when taken as a daily supplement*
- May support a normal, healthy outlook during PMS*

SUGGESTED USE

- Add 1–2 drops of German Chamomile Vitality to water as part of a comforting evening ritual.
- Add 1–2 drops to a smoothie or shake to provide powerful antioxidants.*
- Place a few drops in hot tea to promote feelings of calmness and to support a normal, healthy outlook during PMS.*

GERMAN CHAMOMILE VITALITY™



DIRECTIONS

Put 2 drops of German Chamomile Vitality in a capsule.
Take 3 times daily or as needed.

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.

Supplement Facts

Serving Size: 2 drops

Amount Per Serving	%DV
German chamomile (<i>Matricaria recutita</i>) flower oil	120 mg**

**Daily Value (DV) not established.

INGREDIENTS

German Chamomile (*Matricaria recutita*)[†] flower oil

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

FREQUENTLY ASKED QUESTIONS

Q. How do you properly ingest German Chamomile Vitality on its own?

A. Put 2 drops of German Chamomile Vitality in a capsule and take it up to 3 times daily or as needed.

Q. How much German Chamomile Vitality should be used in recipes?

A. Because of its high potency, start with dipping a toothpick in the oil and swirling it through the ingredients for a lighter German Chamomile flavor in your dish. Add more as needed.

Q. Is there a difference between German Chamomile Vitality and German Chamomile essential oil?

A. German Chamomile essential oil and German Chamomile Vitality contain the same essential oil. German Chamomile Vitality is labeled for dietary use, and German Chamomile essential oil is labeled for topical and aromatic use. The designation of the two products allows you to share all the ways to use German Chamomile in the correct way.

COMPLEMENTARY PRODUCTS

German Chamomile
Essential Oil
Item No. 3086



Lavender Vitality™
Item No. 5590



Sage Vitality™
Item No. 5642



Cinnamon Bark
Vitality™
Item No. 5585

