

PRODUCT SUMMARY

Whether it's baked into spice cake or blended into tea, nutmeg offers a warm, nostalgic taste and aroma. Nutmeg Vitality™ has a sweet and distinctly spicy taste, making it a powerful and versatile essential oil. Nutmeg Vitality is particularly good for enhancing the flavor of winter produce such as acorn squash, sweet potatoes, and pumpkin.

Along with boosting flavor in favorite recipes, Nutmeg Vitality oil has many health benefits, which include supporting cognitive function, providing immune support, and supplying powerful antioxidants.*

KEY INGREDIENTS

Nutmeg essential oil

EXPERIENCE

Nutmeg Vitality is a fragrant addition to your favorite dishes. Its warm, spicy flavor pairs well with both sweet and savory foods, especially those traditionally enjoyed during the fall and winter.

PRODUCT BACKGROUND

Nutmeg has been prized since medieval times for its uses in cooking and natural wellness. Nutmeg Vitality essential oil is steam distilled from the fruit and seeds of the nutmeg tree. The nutmeg tree is an evergreen native to Indonesia that can grow up to 70 feet tall.

BENEFITS & FEATURES

- Has a sweet, spicy taste
- Can be used to flavor many different foods and drinks
- May support cognitive function*
- Can be taken as a dietary supplement to support a healthy lifestyle*
- May support a healthy immune system*

DIRECTIONS

Dilute 1 drop Nutmeg Vitality with 1 drop of carrier oil. Put in a capsule and take up to 3 times daily or as needed.

NUTMEG VITALITY™



SUGGESTED USE

- Take it as a dietary supplement to experience its cleansing properties and to support a healthy lifestyle.*
- Put 1 drop of Nutmeg Vitality with 1 drop of V-6™ Vegetable Oil Complex into a capsule and take it to support cognitive function.*
- Place 1–2 drops into a smoothie or green drink to support a healthy immune system.*
- Add Nutmeg Vitality to your favorite holiday baked goods.
- Use it in savory dishes to subtly enhance and round out the flavor.
- Dip a toothpick in the oil and swirl it through a glass of eggnog to enhance this sweet and spicy treat.

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.

NUTMEG VITALITY™



INGREDIENTS

Nutmeg (*Myristica fragrans*)† seed oil
†100% pure, therapeutic-grade essential oil

Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Nutmeg (<i>Myristica fragrans</i>) seed oil	60 mg**

**Daily Value (DV) not established.

FREQUENTLY ASKED QUESTIONS

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

A. Put 1 drop of Nutmeg Vitality in a capsule with 1 drop of a carrier oil. Take it up to 3 times daily or as needed.

Q. How much Nutmeg Vitality should be used when substituting it for fresh or dried nutmeg 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 nutmeg flavor in your dish; add more as needed.

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

A. Nutmeg essential oil and Nutmeg Vitality are from the same source and are crafted with the exact same Seed to Seal® standards. The only difference is the label. The products are labeled differently so you can be certain that when you use Nutmeg Vitality, it's intended for dietary use.

COMPLEMENTARY PRODUCTS

Nutmeg Essential Oil
Item No. 3599



Lime Vitality™
Item No. 5591



Orange Vitality™
Item No. 5627



Oregano Vitality™
Item No. 5594

