

# Clove Bud

## *Caryophyllus aromaticus*

Clove Essential Oil is an excellent breath sweetener and is often found in dental products. One drop provides amazing relief for toothaches and canker sores due to its powerful analgesic (numbing) and antibacterial action. Clove Oil can also be useful in halting cigarette cravings for those trying to quit smoking.

A powerful antioxidant, Clove has scored the highest ORAC rating - over 10 million - of any known Essential Oil. It is a potent antiseptic, antiviral, antibiotic, and antimicrobial oil.

An excellent expectorant and respiratory oil, Clove can help relieve bronchitis, asthma, sinusitis, and infectious diseases. Its superb digestive and antiparasitic properties can be of tremendous benefit with food poisoning, vomiting, diarrhea, flatulence, and intestinal spasms. It is also quite effective in eliminating intestinal parasites. Use it in veggie capsules as recommended below. The analgesic and anti-inflammatory actions of Clove can assist with pain relief from muscle or ligament injuries, arthritis, rheumatism, and other similar complaints.

## general uses

### LAYER ON HANDS OR FEET

- Use 2-4 drops on reflex points on either hands or feet.
- Use 2-4 drops on soles of feet or along the foot spinal reflex.

### BATH

- Add 8-10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

### INHALATION

- Apply a mixture of 1 drop diluted with carrier oil on hands, rub together, and inhale as needed for mental stimulation.

### INTERNAL

- Clove Essential Oil is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration and is widely used in the food industry.
- Wonderful when used as a flavoring for food.
- Add 1-2 drops to a glass of water for a gargle to sweeten breath.
- Use 1-2 drops in veggie capsules with carrier oil and ingest for digestive and respiratory issues, or to aid in parasite elimination.
- For colds and flu, add 2 drops to a veggie capsule with Grape Seed Oil and take 3 to 4 times per day.

### MASSAGE/TOPICAL

- Add 2 to 3 drops per ounce of massage or carrier oil.
- Place 1-2 drops on a cotton swab and apply to canker sore or painful tooth.

## pregnancy & children

### TOPICAL

- Infant to 3 months - not recommended
- 3 months to 2 years - not recommended
- 3 years to 5 years - 3 drops Essential Oil in 10 ml carrier oil
- 5 years to 10 years - 6 to 8 drops Essential Oil in 10 ml carrier oil
- Pregnancy - not recommended

### BATH

- Infant to 3 months - not recommended
- 3 months to age 2 years - not recommended
- 3 years and up to age 5 years - 3 to 5 Essential Oil drops in ¼ cup Pink Himalayan Salt
- 5 year to 10 years - 6 to 10 Essential Oil drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - not recommended

goDésana  
feel the difference

## attributes

### Certified Organic, GRAS Certified

**Producing Organ:** *Dried Flowers*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Sri Lanka*

**Therapeutic Properties:** *Analgesic, antibiotic, antihelminthic, antihistamine, anti-inflammatory, anti-irritant, antineuralgic, antioxidant, antirheumatic, antiseptic, antiviral, aphrodisiac, carminative, expectorant, larvicide, spasmolytic, stimulant, stomachic, vermifuge*

## dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

## responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Less is definitely more with this oil. Can irritate the skin and mucous membranes. Should always be diluted. When ingesting, always use veggie capsules. Clove is an effective blood thinner and should not be used by those using prescription blood thinners. Avoid during pregnancy.

## availability

10ml Bottle



### QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

### DISCLAIMER

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 health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.  
© 2011 Green Organics, LLC • © 2013 goDésana, LLC  
[www.godesana.com](http://www.godesana.com)