

# DyGest

digestive blend 10ml

DyGest is a proprietary blend of essential oils that support the body in naturally providing relief from indigestion, nausea, stomach cramps, and food poisoning while helping to strengthen the digestive system as a whole.\*

DyGest helps the body to absorb more life-sustaining nutrients by slowing rapid digestion and aiding in the digestion of rich foods.\*

The essential oils in DyGest are well known for their ability to calm or prevent stomach upset and ease excessive belching, bloating, gas, and hiccups.\*

## USES

### internal

- **Capsules:** Put 2 drops in a veggie capsule filled with a carrier oil and take as needed.\*
- **Drink:** Stir 2 drops into water and drink.\*
- **Lick:** Apply 2 drops on the back of the hand and lick it off.\*

### topical

- **Compression:** Mix 6 drops with 2 quarts of hot or cold water, soak a towel in the water, and apply to the desired location. Cover with a dry towel and heating pad or ice pack.\*
- **Massage:** Dilute and massage clockwise over the colon area of the abdomen.\*
- **Reflexology:** Apply 2 drops neat (undiluted) to the digestive organs reflex points of the feet, hands, and back.\*

### topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).

goDesana

Product Information Page



## application methods

Internal • Topical

## safety group: 4

Never recommended for children or while pregnant or nursing.

## ingredients

*Cinnamomum zeylanicum* (Cinnamon Bark), *Zingiber officinale* (Ginger Root), *Mentha piperita* (Peppermint), *Rosemarinus officinalis ct. cineole* (Rosemary ct. 1,8 cineole), *Melaleuca alternifolia* (Tea Tree), *Cupressus sempervirens* (Cypress), *Cymbopogon martinii* (Palmarosa)

## responsible cautions

- 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.*