

DyGest Relief

KIDS DIGESTIVE BLEND 10ml

DyGest Relief is a proprietary blend suited for children ages 3 & over, and adults, that supports the body in naturally providing relief from indigestion, nausea, stomach cramps, and food poisoning, and assists in strengthening the digestive system as a whole.*

DyGest Relief is a synergistic blend of essential oils that are both antiseptic and antispasmodic. It helps slow rapid digestion, thereby allowing the body to absorb more life-sustaining nutrients while aiding the digestion of rich foods.*

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

ingredient highlights

- **Dill Weed:** Used as a digestive aid for hundreds of years. Dill Weed has warming properties that are known to soothe indigestion, help relieve gas, and support a healthy digestive tract.*
- **Rosemary Verbenone:** Noted to be antispasmodic, fungicidal, antibacterial and antiviral. Rosemary oil can be used to relieve a variety of gastrointestinal complaints, including indigestion, bloating, stomach cramping, flatulence, and constipation. It also stimulates the appetite, and can help regulate the creation of bile, which plays a crucial role in healthy digestion.*
- **Peppermint:** A powerful antispasmodic that calms the muscles of the stomach and improves the flow of bile, which the body uses to digest fats. Peppermint helps ease stomach cramps, reduce flatulence and relax the digestive tract.*
- **Sweet Basil:** A well-known gas-relieving herb that may be helpful in calming stomach upset and relieving symptoms of indigestion, particularly when there is excessive gas.*

USES

internal

- **Ingestion:** Put 1 to 2 drops on the back of the hand and lick it off.*

topical

- **Reflexology:** Apply 1 to 2 drop on the digestive organs' reflex points of the feet and/or over the colon area of the abdomen.*
- **Compression:** Apply 1 to 2 drops on the lower abdomen, soak a towel in 2 quarts of hot or cold water and apply over the application site. Cover the area with a dry towel and heating pad or ice pack.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*
- **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
- **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution(15 drops/1 ounce).*



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application methods

Internal • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

ingredients

Anethum graveolens (Dill Weed), Rosmarinus officinalis ct. verbenone (Rosemary Verbenone), Mentha piperita (Peppermint), Ocimum basillicum (Sweet Basil), Vitis vinifera (Grapeseed)

responsible cautions

- Not recommended for use in children under 3 years of age.
- 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.*