

Instructions for application of Aroma MD™ Medical Quality Essential Oil Blends

For additional instruction and information on Aroma MD™ products:

www.timelabs.com
www.aromamd.net

877-846-3522
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How to use: Remove lid and invert bottle as shown. Hold the bottle still and allow the liquid to dispense one drop at a time. Important: do not shake the bottle! The special integrated dropper allows the product to dispense measured drops. Follow the product directions for correct dosage of each blend.

INTERNAL

Taking the blends internally is the most effective way to realize the benefits of the medical quality essential oils. Aroma MD™ blends consist of pure, natural plant oils in nutritional organic jojoba oil. Ingesting the oils is simple once you know how. Dispense drops directly into soft foods such as yogurt, pudding or applesauce, or mixed into tea, juice or water. Drops can also be dispensed directly into a spoon with a few drops of honey or agave nectar.*



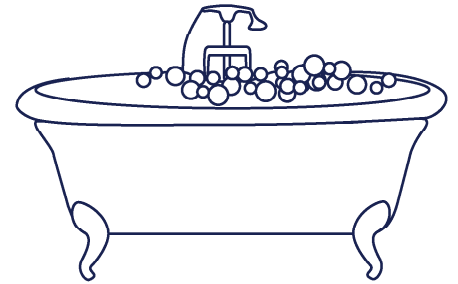
TOPICAL

Aroma MD™'s physician formulated blends are 100% natural, and easily absorbed into the skin. Follow the specific directions on the product box for optimum results. For best effects, massage the liquid into the skin with a gentle amount of friction in a rhythmic fashion. This will increase blood flow to the area and improve absorption of the blends.*



BATH

When you've had a hard day, Aroma MD™ blends can be used as part of a refreshing or relaxing bathtime ritual. Add essential oil blends to bath and stir evenly with hand throughout tub water for best effects. Use fewer drops to accommodate smaller tubs or for children. Drops can also be used in a foot bath for soothing relief. For best results, use as directed in conjunction with internal use.*



Aroma MD™ Products and Applications

Best Digest™

Best Digest™ supports everyday digestive issues, such as bloating, indigestion, upset stomach, irritable bowel and inflammatory bowel disorders.* AGES: 12 and older.

For overall digestive health take at beginning of meal. For specific health concerns use as suggested below.

SUGGESTED USAGE

Indigestion Take internally at end of meal.
Fatty and Fried Meal Intolerance Take internally before first bite.

Promotion and Maintenance of Healthy Blood Sugar Take internally before first bite.

Intestinal Cramping Take internally and massage over belly in clockwise fashion from belly button outward.

Irritable Bowel, Ulcerative Colitis Take internally 30 minutes before meals twice per day every day for long-term support.

Abdominal Cramps or Discomfort Stir into a warm bath and sit for about 15-20 minutes.

Flugon™

Flugon™ supports the body's immune system and helps maintain a healthy nose, throat and chest. Flugon's™ synergistic formula includes essential oils scientifically shown to support healthy immune activity against viruses and bacteria, relief from coughs and healthy removal of mucus. Free of dangerous cough and cold ingredients, Flugon's™ gentle formula is safe for infants yet powerful enough for adults.* AGES: All ages.

SUGGESTED USAGE

Colds and Flu Take internally as directed for 7-14 days at first feeling of discomfort. Use for mucus, chest congestion and cough relief. For soothing feeling, rub on chest, back, and over lymph nodes every 8 hours. A Flugon™ bath is relieving when feeling unwell or tired. Use in combination with Aroma Aid™ for best immune support, alternating products every 4 hours. Aroma Aid™ is not intended for use in children under 2 years of age.

Sweet Sleep™

Sweet Sleep™ is an innovative solution to sleep problems, addressing the emotional and physical problems which prevent sleep. Sweet Sleep can be used for occasional sleep trouble, insomnia, traveler's insomnia, and for children with sleep issues such as separation anxiety when learning to sleep in their own bed.* AGES: All ages.

SUGGESTED USAGE

Occasional Sleep Disturbances A massage of the chest, arms and legs can be relaxing and pleasant. Ongoing Sleep Issues or Travel-related Insomnia Take internally on an empty stomach ½ hour-1 hour before bed.

Promoting Healthy Sleep Try a soothing bedtime bath with warm water, Epsom salt (1 cup per tub) and 3-20 drops Sweet Sleep™ stirred into water.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Aroma MD™ Products and Applications (continued from reverse)

Body Soother™

Body Soother™ is an innovative approach to body discomfort. Body Soother supports relief from mild joint, muscle and body pain, swelling and inflammation. Body Soother can be used to help in the recovery after heavy lifting, gardening or tough workouts. Use it during physical therapy or massage in place of plain lubricants. Body Soother's unique ingredients have been scientifically studied for their ability to relieve the body of COX-2 activity and the effects of inflammation and discomfort.* Ages: 8 through adult.

SUGGESTED USAGE

Arthritis, Stiff Joints Take internally twice a day with meals for a minimum of 6 weeks. Rub on affected joints throughout the day as desired.
Strain, Physical Therapy Take internally as above for a minimum of 1 week for best effect. Rub on affected joints throughout the day as desired.
Strenuous activities Rub on affected joints immediately after injury and throughout the day as desired.
All Situations 20 minute soak with warm water + 1 cup Epsom Salt + 1 cup sea salt + 1 tbs baking soda + 10-20 drops Body Soother.

Aroma Aid™

Aroma Aid™ is a medicine cabinet in a bottle: a versatile product with aroma-biotic support during colds and flus and relief from minor aches and pains and headaches. Aroma Aid™ supports healthy histamine levels during allergies and hay fever, and supports cough relief.* AGES: 2 through adult.

SUGGESTED USAGE

Headache (Migraine, Tension) 1 drop to each temple; massage with circular motion for 1 minute.
Minor Aches and Pains Chronic: take internally for 4-6 weeks as directed; **Acute:** apply topically to area. Use in the bath for a soothing soak.
Head, Chest Cold Take internally as directed for 7-14 days with first sign of discomfort. Use for strong cough and chest congestion relief. Use in conjunction with Flugon™ for best immune support. Enjoy soothing feeling when applied topically to nose, chest, back, lymph nodes every 8 hours. Use in the bath to clear the chest and nose.
Immune Support Apply to lymph nodes, over adrenal glands, and as directed internally.
Allergy Take internally twice daily as directed from 1 month before allergy season begins until end of season. Topical use is soothing during outbreak of hives, itching or stuffy nose.
Wounds, Bug Bites Apply to affected area.
Cold Sores 1 drop with first sign of tingling every 4 hours for 3 days or until back to normal.
 For soothing feeling, rub on chest, back, and over lymph nodes every 8 hours when ill

Bright Student™

Bright Student™ is a holistic approach to supporting learning and focus in children who have trouble with attention or other learning issues. Bright Student's™ unique essential oil blends increase attention and focus while promoting the production of the neurotransmitters needed for optimal learning and memory. Bright Student™ supports positive feelings of self-esteem and calmness which psychologists say are essential to peak academic achievement.* AGES: 8 through adult.

SUGGESTED USAGE

Attention Issues and Hyperactivity Give internally twice per day with food for a minimum of 6 weeks for best effects. Bright Student™ can be mixed with food such as applesauce or yogurt, mixed in a smoothie, or taken directly with a spoon. Bright Student™ can be taken in conjunction with medication or other nutritional supplements.
Homework Time: Apply to chest and temples 10 minutes before starting homework. For ongoing difficulty with homework, give internally as described above as well as applying topically.

Focus: Memory and Mind™

Focus: Memory and Mind™ is a holistic approach to memory issues due to normal aging or stress. Focus: Memory and Mind™ addresses the neurological and emotional factors which can alter memory recall by supporting healthy cognitive function. Psychologists have suggested that a healthy emotional state is the foundation of good learning. Focus: Memory and Mind™ also supports emotional states that improve concentration.* AGES: 16 through adult.

SUGGESTED USAGE

Age-related Memory Loss Take internally twice per day with food for a minimum of six weeks for best effects.
Stress-related Memory Difficulty Take internally twice per day with food for a minimum of 4 weeks. Use with Mood Master™ for optimal emotional support.
Exam-related Memory Issues Take internally 1 hour before class, study session or exam, up to three times per day. Apply 1-2 drops temple and forehead before study sessions for additional benefit.

Mood Master™

Mood Master™ helps improve your mood when you lack motivation and drive. Mood Master™ balances nerves and emotions to help you focus on being the best that you can be. When situations make you feel anxious, depressed or likely to procrastinate, Mood Master™ assists with alertness, motivation, social participation and task performance. Mood Master™ assists with recovery from anesthesia.* AGES: 8 through adult.

SUGGESTED USAGE

Fatigue, Low Energy, 'The Blues' Take internally every 8-12 hours with meals for a minimum of 4 weeks. If condition persists for more than 8 weeks, consult a healthcare professional.
Afternoon Doldrums, Rainy Days, Apathy Apply to chest and temples as desired. Try in morning bath to motivate children for weekend chores.
Anesthesia, Surgery To support recovery and fatigue after anesthesia, take internally for 1 week before and 1-4 weeks after surgery until back to regular energy levels. Discuss with your physician if taken before surgery.

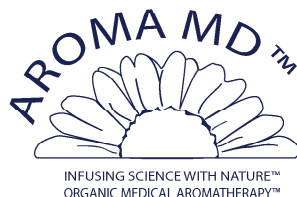
Tummy Cuddles™

Tummy Cuddles™ supports relief from colic, minor belly discomfort and teething. Tummy Cuddles™ is ideal for children and adults with acid reflux or a sensitive constitution.* AGES: 2 months through adult.

SUGGESTED USAGE

Colic, Bloating, Gas, Spasm, Nausea Take internally up to every 4 hours. Infants: apply 1-2 drops to finger and allow baby to suck 1 minute or apply to areola before nursing or mix in infant formula or food. For best results, also rub over belly in clockwise fashion from belly button outwards.
Stomach Flu Take internally at first episode of vomiting or loose stools up to every 4 hours first day, then every 8 hours for remaining days until symptoms have resolved. For best results, massage over belly as instructed above.
Teething Caregivers can apply 1-2 drops to finger and gently rub over baby's gums every 2 hours up to 6 times in a 24 hour period.

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