



## **Liposomal Essential Oil Remedy Information**

**SHIPPING & STORAGE:** If your remedy arrives at room temperature, don't be alarmed. Simply place it in the refrigerator upon arrival, and store it there.

**TEMPERATURE and SHELF LIFE:** Temporary exposure to warm temperatures will not affect the integrity of the remedy, but hot temperatures or many days unrefrigerated will cause degradation to the liposomal remedies.

**DOSAGE RECOMMENDATION FOR ACUTE INFECTIONS:** 2 Tablespoons / 2x / day (no titration).

**TITRATION DOSAGE SCHEDULE FOR CHRONIC CONDITIONS:** Take your EO Remedy 30 minutes or more away from food. Unless otherwise specified by your practitioner, the standard adult titration schedule is:

Week 1: 1 teaspoon / 2x / day

Week 2: 2 teaspoons / 2x/day

Week 3: 1 Tablespoon / 2x / day

Week 4: 2 Tablespoons / 2x / day

**TASTE:** If the taste is too strong, the remedy can be taken with coconut, almond, or hemp milk to soften the flavor. Alternatively, each dose can be frozen with ½ teaspoon of honey in an ice cube tray and taken as a lozenge.

**INGREDIENTS:** Refer to your formula page and/or bottle label for a list of your essential oils and other ingredients.

**REFILLS/REORDERING:** For shipping refill, place order 1 week in advance to allow for production and ship time.

Because our liposomal remedies are made to order and handcrafted, they are **non-refundable** and we are not able to accept returns or cancellations after the order has been placed.