

ascents™ Energize No. 17 Patient Protocol

no. **17**
energize

ENERGIZE NO. 17
A blend of lemon, orange, bergamot and lavender to help boost your energy.

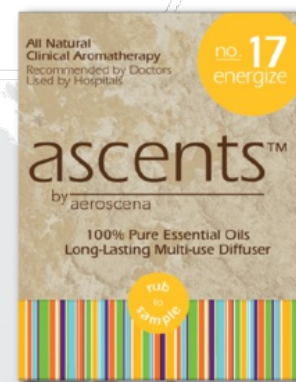
Orange, USA
Obtained by steam distillation of the herb *citrus sinensis*

Lemon, USA
Obtained by steam distillation of the herb *citrus limon*

Lavender, France
Obtained by steam distillation of the herb *lavendula angustifolia*

Bergamot, Italy
Obtained by steam distillation of the rind *citrus bergamia*

Energize is recommended for any situation that requires a dose of extra motivation. Keep one at home, at the office and in your car - so you'll always have one within reach.



CLASS

Essential Oils - 100% pure, no carrier oils. Tested and certified adulterant free.

ACTIONS

ascents™ Energize No. 17 is recommended to increase stamina and motivation.

HANDLING & STORAGE

Store in tightly closed original sachet, in a cool, dry and ventilated area away from heat sources and protected from light.

FIRE PROTECTION

Keep away from ignition sources and naked flames. Take precautions to avoid static discharge in working areas.

STABILITY & REACTIVITY

ascents™ essential oil blends present no significant reactivity hazards, alone or when in contact with water. Avoid contact with strong acids, alkali or oxidizing agents.

DECOMPOSITION

Not a factor if aligned with shelf life.

SHELF LIFE

Minimum 6-12 months when stored within advised conditions.

DOSING

3 puffs/use. No concern of overdose; however wait 30-45 minutes to reuse.

ROUTE OF ADMINISTRATION: Use a sachet to inhale essential oil vapors into nostrils. Reuse for up to 30 days.

Onset - inhalation: Immediate

Duration: Use as needed

CONTRAINDICATIONS

ascents™ products, as inhalation aromatherapy, are generally recognized as safe for pregnant women. Topical application of some essential oils has been known to have labor-inducing or other effects on pregnant women. Consult with your healthcare practitioner to see if topical application is safe for you.

The effect of tranquilizers, anticonvulsants, and antihistamines may be slightly enhanced by ascents™ Energize No. 17.

WARNINGS

The presence of other medical problems has shown no affect with the use of this medicine. If ascents™ therapeutic essential oil blends are taken with certain other drugs, the effects of either could be increased, decreased, or altered. Therefore, avoid use of ascents™ with patients who suffer from severe asthma or multiple allergies.

Store away from fire or naked flame.

Store in cool place out of sunlight.

Use carefully during pregnancy.

Be aware of which essential oils are photosensitive, such as bergamot.

SIDE EFFECTS

No side effects have been reported with the use of ascents™ essential oil blends. Using ascents™ blends carries no concern of overdose.

Check with your doctor as soon as possible if any of the following side effects occur:

-- Headache

-- Loss of smell/ inflammation of nasal cavity

-- Pain

-- Skin rash

-- Sore throat

-- Unusual tiredness or weakness

-- Nausea

FIRST-AID MEASURES

Inhalation: Remove from exposure site to fresh air. Keep at rest. Obtain medical attention.

Eye Contact: Rinse immediately with plenty of water for at least 15 minutes. Contact a doctor if symptoms persist.

Skin Contact: Remove contaminated clothes. Wash thoroughly with soap and water, flush with plenty of water. If irritation persists, seek medical advice.

Ingestion: Rise mouth out with water. Seek medical advice immediately.

RESEARCH

Lemon: The sleep-enhancing effect of valerian inhalation and sleep-shortening effect of lemon inhalation.

This experiment tested the sleep-wake states of rats with odorant inhalation of clove, jasmine, lavender, lemon, peppermint, pine, rose, sandalwood, valerian, and ylang-ylang. Odorants such as valerian and rose significantly prolonged sleep time, whereas lemon was seen to shorten it.

Natural sleep was examined with electroencephalographic measurements which revealed lemon inhalation significantly prolonged sleep latency, compared to valerian which significantly prolonged it. This report suggests the possibility that lemon inhalation may cause a worsening of insomnia symptoms.

Teruhisa Komori, Takuya Matsumoto, Eishi Motomura, Takashi Shiroyama. The sleep-enhancing effect of valerian inhalation and sleep-shortening effect of lemon inhalation. *Chemical Senses* 31:731-737, 2006.

Lavender: Influences of lavender fragrance and cut flower arrangements on cognitive performance.

This study examined 34 female and 32 male university students to test the olfactory and visual effects of lavender fragrance and cut flower arrangements on cognitive performance. Measurements of the student's performance of completing a mental math task (speed and accuracy calculated).

Olfactory effects of the lavender fragrance tended to enhance calculation speed and accuracy for the female participants, and visual effects of the cut flowers significantly improved calculating time. Visual effects of the cut flowers tended to improve calculating accuracy for the male participants.

M. Liu*, R.H. Mattson, E. Kim. Influences of lavender fragrance and cut flower arrangements

Aeroscena®

THE SCIENCE OF SCENT™

800-671-1890

CLEVELAND CLINIC 10000 CEDAR AVENUE, CLEVELAND, OH

