

ascents™ Focus No. 04 Patient Protocol

no. **04**
focus

FOCUS NO.04

A revitalizing blend of peppermint, rosemary, frankincense and bergamot increase concentration and the ability to stay on task.

ascents™
Clinical Aromatherapy

Frankincense
Obtained by steam distillation of the herb *Boswellia carteri*

Rosemary - Spain
Obtained by steam distillation of the herb *Rosmarinus officinalis*

Bergamot - Italy
Obtained by steam distillation of the rind of *Citrus bergamia*

Peppermint - India
Obtained by steam distillation of the herb *Mentha x piperita*

Recommended for an increase in attention and mental acuity, Focus helps increase the ability to concentrate whenever there is a risk of straying off task, including on the job, while studying, during lectures, and even as a natural complement to attention deficit (ADHD) medications.

CLASS

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

ACTIONS

ascents™ Focus No. 04 is an essential oil blend used to enhance concentration and mental acuity.

HANDLING AND STORAGE

Storage Conditions:

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 AND REACTIVITY

ascents™ presents no significant reactivity hazards, by itself or in contact with water. Avoid contact with strong acids, alkali or oxidizing agents

DECOMPOSITION

Not a factor if aligned with shelf life

SHELF LIFE

Min. 6-12 months when stored within advised conditions.

DOSE

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

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

Onset (inhalation): Immediate

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™ Focus No. 04.

WARNINGS

The presence of other medical problems has shown no affect with the use of this medicine. If ascents™ is taken with certain other drugs, the effects of either could be increased, decreased, or altered...

Avoid with patients with 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™. Using ascents™ carry 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 naval cavity
Pain
Skin rash
Sore throat
Unusual tiredness/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

Peppermint - Effects of olfactory stimulation on performance and stress in a visual sustained attention task.

Subjects performed a 40 minute visual task while periodically receiving 30-second whiffs of pure air, muguet, or peppermint through a breathing mask. Previous reports indicated that the former was relaxing, and the latter to be altering. Subjects reported a significant increase in signals when receiving the altering fragrances than unscented controls.

The results of this study provide the initial experimental evidence to indicate that fragrances can enhance the ability to detect signals in a task demanding sustained attention.

JOEL S. WARM, WILLIAM N. DEMBER, and RAJA PARASURAMAN. Effects of olfactory stimulation on performance and stress in a visual sustained attention task. *Journal of Soc., Cosmet., Chem.*, 42: 199-210 (1991).

Aeroscena®

THE SCIENCE OF SCENT™

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