



# USER'S MANUAL

[www.GreenSpadeOil.com](http://www.GreenSpadeOil.com)

# DIRECTIONS FOR USE

**Green Spade® Body Engine Oil®** is meant to be used both externally on the skin and hair and internally as a fatty acid supplement. Please check the ingredient list on the bottle or back page of this manual and identify any possible allergens specific to you before use. Please contact your physician prior to using if you have any serious concerns, or if you have any trouble digesting oils. Your first order has come with:

One 16 ounce bottle of **Body Engine Oil®**.

One empty 4 ounce bottle, to be used for refilling for external use and travel.

After receiving your order, check and puncture the safety seal on the large bottle and fill the small bottle provided with your order with **Body Engine Oil®**, if you wish to use oil topically on the skin. Use this small bottle for topical application or travel; it can be left at room temperature in the bathroom. **Place the large bottle in the refrigerator and use this for ingesting.** Refill the small bottle as necessary from what is in the refrigerator, but please keep what you are ingesting separate from what you are using externally.

## EXTERNAL USE

Apply **Body Engine Oil®** directly to your face, body and hair. It was invented to absorb quickly and to work with most skin types. For those with dry to blended skin base, we recommend using the oil as a general moisturizer, facial or body massage oil, and makeup removing cleanser. For those with naturally oily skin, we recommend wiping off the oil after application rather than allowing it to fully absorb into the skin.\*

For men and women, **Body Engine Oil®** works fantastic as an aftershave oil. Rub into your skin after shaving your face or legs, and allow a few moments for it to absorb. Feel how soft your skin will be, especially if you are also supplementing with **Body Engine Oil®**.\*

**Body Engine Oil®** may be used on the skin where you might have an itch, sunburn or rash. If you have a wound that is healing, rubbing in some oil may help the healing process as well as help lessen any scarring. If you have some fresh aloe vera handy, try putting some pulp in the oil to use as a salve. Please test out any areas with a small amount before applying fully.\*

For your scalp and hair, you may apply directly to the scalp with a dropper, for itching or flaking issues. Rub into your scalp. Comb and brush in to give extra conditioning to your hair. Place on the ends of your hair to help prevent split ends. Men with beards may use **Green Spade® Body Engine Oil®** as a beard oil.\*

## INTERNAL USE

Take the oil for your internal use from the large bottle you place in the refrigerator.

Our recommended daily amount for ingesting is one tablespoon of **Body Engine Oil®**, but you may find you get by with a teaspoon, once the oil begins to be felt in your body. Remember that there are three teaspoons in a tablespoon, and if you are ingesting one tablespoon a day a full bottle of **Body Engine Oil®** should last you 1 month, and if you are using one teaspoon a day it should last you 3 months.\*

Take with a meal, alone or in a cold, healthy beverage. If you have a blender, we recommend drinking with a fresh fruit and vegetable smoothie with no added sugars, as this will help boost your overall health. Heat may harm the fatty acids; do not place **Body Engine Oil®** in hot liquids such as coffee or tea, or on hot food. \*

Consider **Green Spade® Body Engine Oil®** to be an internal fatty acid balancer, and it takes some time for it to build in your system. Once you start a bottle, please continue ingesting daily until you feel the potential effects of softer hair and skin. Some people begin to feel effects after a few weeks; some take longer. If you are using a teaspoon a day instead of a tablespoon, it will take longer for the effects to be felt. Fingernails take longer to notice effects due to how long they take to grow out. However, you should feel many of the effects on your skin and hair before you are done with your first bottle, if using is only for ingesting.\*

Thank you very much for your business, and feel free to email us with any questions or concerns:

**Help@GreenSpadeOil.com**

\*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.

# Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container 31

	Amount Per Serving	% Daily Value
Calories	120	
Calories from Saturated Fat	15	
Total Fat	13 g	17%*
Saturated Fat	1.5 g	7%*
Polyunsaturated Fat	4 g	†
Monounsaturated Fat	7 g	†
Omega 3 Fatty Acids	1 g	†
Omega 6 Fatty Acids	3 g	†
Omega 9 Fatty Acids	7 g	†

\* Percent Daily Values are based on a 2000 calorie diet  
† Daily Value not established

## SERVING SUGGESTION:

One Tablespoon each day, alone or with cold beverage

## REFRIGERATE AFTER OPENING

Good for up to one year in the refrigerator after opening.

## INGREDIENTS:

### Green Spade® Body Engine Oil® Patent Pending Blend \*:

Camellia Seed Oil \*, High Oleic Sunflower Oil \*, Hemp Seed Oil \*, Sunflower Oil \*, High Linoleic Safflower Oil \*, Flaxseed Oil \*, Marula Oil \*, Almond Oil \*, Argan Oil \*, Apricot Kernel Oil \*, Macadamia Nut Oil \*, Pomegranate Seed Oil \*, Black Cumin Seed Oil \*, Borage Oil \*, Pumpkin Seed Oil \*, Evening Primrose Oil \*, Walnut Oil \*, Cranberry Seed Oil \*, Rosehip Seed Oil \*, Grapeseed Oil \*

**\* All Included Oils are Organic.**

### Manufactured by:

Green Spade Oil Co. 2633 Pico Blvd. Unit A Santa Monica CA 90405

### Certified Organic by PCO

As you should prior to using any supplement product, please consult with your healthcare professional prior to using Green Spade™ Body Engine Oil™. Women who are pregnant or nursing or considering becoming pregnant should not use this product before communicating with your doctor. This product contains oils of plants, nuts and seeds that some persons may be allergic to or have trouble digesting. Please use with caution and discontinue use if you have any concern. Keep away from small children. Discuss use of this product with your doctor prior to any surgeries or before taking with prescription medication.