

KNOCK OUT Roll-On

Carefully selected 100% pure essential oils help promote a restful sleep.

Proprietary Blend in a base of Organic Jojoba Oil

Essential Oil	Benefits *
Marjoram (Organum majorana)	analgesic, anti-viral, anti-bacterial, anti-microbial, vasodilator, sedative, helps with nervous exhaustion, calms the nerves to assist with anxiety and insomnia
Cedarwood (Cedrus atlantica)	antispasmodic, fungicidal, antiseptic, lymphatic decongestant, reduces nervous tension and other stress related disorders
Lavender (Lavandula officinalis)	anti-spasmodic, analgesic, anti-fungal, calmative, hypotensive, enhances circulation and helps with emotional tension and headache
Melissa (Melissa officinalis)	sedative, nervine, calmative, anti-depressant, anti-spasmodic, helps drive away sadness, is soothing and sedative
Vetiver (Vetiveria zizanioides)	sedative, anti-inflammatory, nervine tonic, antiseptic, cooling, grounding and calming
Ylang Ylang (Cananga odorata var. genuine)	anti-depressant, sedative, antiseptic, relaxes body and soul and drives away anxiety
Frankincense (Boswellia carteri)	sedative, antiseptic, anti-inflammatory, disinfectant, anti-microbial, immune tonic, calmative, analgesic, has profound psychological and spiritual benefits, long recognized by religious and spiritual connections all over the world
Myrrh (Commiphora molmol)	anti-microbial, antifungal, carminative, immune booster, anti-inflammatory, assists with deep tranquility of the mind
Blue Chamomile (Matricaria Recutita)	main constituent chamazulene, is a carminative, stomachic, anti-spasmodic, bactericidal, analgesic, has calming effects on the mind and body and is excellent for any type of inflammation
Patchouli (Pogostemon cablin)	sedative, antiseptic, anti-depressant, helps stimulate the release of serotonin and dopamine to help with feelings of anxiety, anger, and sadness
Nutmeg (Myristica fragrans)	sedative, carminative, anti-spasmodic, anti-microbial, anti-bacterial, helps with depression
Valerian (Valeriana officinalis)	anti-inflammatory, calmative, anti-depressant action, cardio tonic used for nervous tension, anxiety and insomnia, it helps instill a profound sense of peace

NOTE: Topical Use Only. DO NOT use during PREGNANCY or LACTATION. Not suggested for children under 10 years old. Do not use if allergic to any of the ingredients. Consult your healthcare practitioner prior to use.

To Begin Using: Tip the bottle upside down and apply pressure and roll with your thumb to the roller to get it started. This allows the essential oil to lubricate the roller ball, so it will move and let the fluid flow. With regular nightly use, it should last approximately 60 days.



KNOCK OUT was formulated by Diana DaGrosa, MSOM, L.Ac., ACN, practitioner of Traditional Chinese Medicine and Functional Nutrition. For over 20 years she has been researching and blending essential oils to assist her patients with an array of health challenges. She uses essential oils as one of her "tools" in her clinic for mind-body healing, balancing, regenerative and beauty treatments.

*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.

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Aroma-Therapeutic Roll-On - Natural Sleep Aid

Essential oils are the "life blood" of a plant. Plants would die without them as essential oils circulate through the plant tissue transporting certain nutrients into the cells carrying waste products out.

KNOCKOUT uses 100% therapeutic grade essential oils which are steam distilled using no harsh solvents. The energetic vibration of the plant unites with the harmonics of the body in each one of us.

This comprehensive blend was created to help address the myriad of challenges seen in our patient population. Stress is mounting to the point of extreme psycho motor acceleration. Inability to get a restful sleep is becoming an epidemic with devastating health consequences.

According to an article in The Wall Street Journal, "sleep deprivation is now costing US businesses \$63.2 billion a year in lost productivity"!

In Traditional Chinese Medicine, sleep issues have multiple etiologies. Ultimately each practitioner seeks to help with the underlying root of imbalances and teach mind-body techniques to restore equilibrium.

Knockout was created to help bridge the gap between where the patient is presently and where they desire to be with their health goals. When you can sleep you are more apt to have energy in the morning to prepare for your day with exercise, healthy food consumption and a positive attitude.

Knockout is a tool for your patients to create a SLEEP RITUAL. And change their life day by day. Place Knockout next to the bed. Suggested use is: before bed roll Knockout above your lip, down the center of your body circling your navel. Roll onto your wrist creases and behind your knee or inner surface of your elbow. Discover your own ritual.

Essential oils have been used for thousands of years for health and healing. Create a feeling of peace and contentment while relaxing the mind, body and spirit to awake with a smile.

Allow nature to help you!

RELAX - REPAIR - REPLENISH = KNOCKOUT

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