



## Ice E Oil Essential Oil Data Sheet

### Invigorate

Ice E Oil Blend Essential Oil

**Blend:** Grapefruit, Lemon, Ginger, Peppermint, and Cinnamon leaf

#### **USED FOR**

Increase energy, improve overall emotional health and well being, aid in easing respiratory issues, stimulate body into increasing blood flow, help with digestion and weight loss.

#### **CAUTIONS**

May inhibit blood clotting. Possible drug interactions; check with practitioner. May cause skin irritation. May cause photosensitivity.

NOT intended to diagnose, treat, cure, and/or prevent any disease or medical disorder. For educational purposes only. NOT intended for internal use. If considering oral consumption seek out the advice of a qualified medical doctor and/or expert, certified aroma therapist. As with all natural supplements it advised that you inform your medical doctor of the use of this and all essential oils. If going to apply directly to the skin (topical use) it is advised that you perform a small skin patch test to check for sensitivities and refer to suggested dilution guidelines using a carrier oil (ex: fractionated coconut oil, almond oil, jojoba oil, grape seed oil). Keep away from children and pets. This information has NOT been evaluated by Health Canada.

*Ice N Fire is dedicated to sourcing 100% pure and natural oils free of pesticides, synthetic fertilizers and herbicide residue.*