Lemon

citrus limon

HBNaturals
PRODUCT INFORMATION PAGE

Lemon essential oil is a powerful cleanser with antiviral and antibacterial properties, making it ideal for purifying air, surfaces, and household items. It enhances cleaners, freshens kitchens and bathrooms, and boosts disinfectant power in laundry and dishwashing. Rich in limonene, it supports liver health by aiding detoxification and digestion while adding a bright, citrus flavor to food and drinks.*

DIRECTIONS

- **Topical Use**: Add 10 to 15 drops to ½ cup Pink Himalayan or Dead Sea Bath Salts and mix into warm bath water for an invigorating bath .*
- **Internal Use**: Add 1 to 2 drops to your drinking water for a refreshing burst of citrus flavor and a natural way to support hydration.*
- **Environmental Use**: Add to household cleaners to boost cleaning power.*
- **Topical Use**: Apply 1 drop neat (undiluted) to strengthen finger nails.*
- **Diffusion**: Use 10 to 15 drops in a diffuser for up to 15 minutes per hour to sanitize the air and create an energizing, uplifting environment.*

MEDICINAL CONSTITUENTS

- **Monoterpenes**: Lemon essential oil is rich in monoterpenes, particularly d-limonene, which is known for its powerful antioxidant, anti-inflammatory, and detoxifying properties. It also contains β-pinene, γ-terpinene, and α-pinene, which support immune function, enhance respiratory health, and contribute to the oil's uplifting and purifying effects. Together, these constituents help promote liver health, improve digestion, and boost overall wellness.*
- **Caryophyllene**: This key compound found in lemon essential oil, is known for its potent antimicrobial, anti-inflammatory, and antioxidant properties. It supports digestive health by promoting healthy bile production and enhancing the liver's detoxification processes. Citral also has calming effects, helping to reduce stress and anxiety, while its natural antibacterial and antiviral properties make it effective in supporting immune function and fighting infections. Overall, citral contributes to better digestion, skin health, and overall vitality.*

Clinical studies for Lemon:

- https://pmc.ncbi.nlm.nih.gov/articles/PMC9201525/
- https://pubmed.ncbi.nlm.nih.gov/37375600/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC11666827/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC6073409/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC8510114/
- https://pmc.ncbi.nlm.nih.gov/articles/PMC10489792/

INGREDIENTS

Organic Citrus limon (Lemon) from Italy, cold expressed from peel

CAUTIONS

- **Safety Group 2**: Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.*
- May increase sun sensitivity; avoid direct sunlight for several hours after application. Dilution is not typically necessary, but can be done if skin sensitivity occurs using these recommended guidelines.*
  - **Healthy individuals ages 10 and over**: *Dilute 60 drops per 1 ounce of carrier oil.**
  - **Children 5 to 10 years**: *Dilute 6 drops in 10 ml of carrier oil.**
  - **Pregnancy**: *Safe when used as directed starting in the 2nd trimester at 15 drops per 1 ounce of carrier oil.**
- Keep out of reach of children and pets.*
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.*
- Store away from sunlight, at room temperature, with the lid securely tightened.*

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.