

## **Liposomal Essential Oil Remedy Information**

**STORAGE:** Store your liposomal in the refrigerator immediately upon receipt to preserve the quality and extend the life of your product.

**TEMPERATURE and SHELF LIFE:** Temporary exposure to warm temperatures will not affect the integrity of the liposomal, but hot temps or many days unrefrigerated will cause degradation to the liposomal remedies.

**DOSAGE RECOMMENDATION FOR ACUTE INFECTIONS:** 2 Tablespoons / 2x / day (no titration).

**TITRATION DOSAGE SCHEDULE FOR CHRONIC CONDITION:** Take your Double-Strength Liposomal EO Remedy 30 minutes or more away from food. Unless otherwise specified by your practitioner, the standard adult titration schedule is:

Week 1: 1 teaspoon / 2x / day
Week 2: 2 teaspoon / 2x/day
Week 3: 1 Tablespoon / 2x / day
Week 4: 2 Tablespoons / 2x / day

**TASTE:** If the taste is too strong, the liposomal can be taken with coconut, almond, oat or hemp milk to soften the flavor. Alternatively, each dose can be frozen with ½ teaspoon of honey in an ice cube tray and taken as a lozenge.

**INGREDIENTS:** Refer to your formula page and/or bottle label for a list of your essential oils and other ingredients.

**BOTTLE SIZE:** Our pint sized amber bottles are a little more than 16 oz. Because of this the fill line of your liposomal may not be to the very top of the bottle.

**REFILLS/REORDERING:** For shipping refill, place order 1 week in advance to allow for production and ship time.

Because our liposomal remedies are made to order and handcrafted, they are non-refundable and we are not able to accept returns or cancellations after the order has been placed.

Bloom + Reveal Botanicals 2821 Route 209, Kingston, NY 12401 845-687-6211 bloomreveal.com