

Preventatives Frankincense/Nutmeg - 1.76 oz

Enjoy Frankincense with a hint of nutmeg. Synergistically bring your body into balance. This proprietary blend will support your immune system, soothe your moods, and nourish your soul. During ancient times Frankincense was considered more valuable than gold and has been traded for 5,000 years. Makes a rich exotic tea.

Ingredients

Purified Water, Gum Arabic, Frankincense Extract, Nutmeg Extract, Rosemary Antioxidant.

Frankincense

Frankincense has been traded for more than 5000 years. At its peak it was traded for gold, the rarest silks and the most precious of gems. Ironically, it is a milky-white resin produced by a prickly, unlikely looking tree, genus *Boswellia*. Today, as in years past, frankincense is a valued commodity and its pure essential oil sells for up to a dollar per drop. It is commonly referred to as the "mother of all essential oils". Frankincense is excellent for many conditions and is known to have a calming effect.



Whole-plant extracts for whole-plant health

Our whole-plant extracts are remarkably strong and wonderfully powerful ingestible substances. A single drop represents highly concentrated plant material, therefore, it's wise to proceed with caution when trying them for the first time. Here is a set of suggestions for best use.

1. Always try a fraction of a drop first, especially when flavoring a single serving. Gather just a trace of the spice on a toothpick and stir it into your food, water, or herbal tea. Taste and add more as desired.
2. For maximum health benefits, add the extract after you have taken the food off the burner. This allows the maximum properties of the plant to remain in the food. When you add the flavor while you are still cooking, some of the molecules "flash off." You'll be able to smell them filling the room with aroma.