

QUICK REFERENCE SHEET

LeRefreshMint

Essential Oil Blend

Cedarwood, Chamomile Roman, Clove Bud, Cypress, Eucalyptus Globulus, Frankincense Carterii, Juniper Berry, Lemongrass, Myrrh, Patchouli, Peppermint Piperita, Spearmint, Wintergreen, Ylang Il



APPLICATION:

Place 2 to 5 drops of LeRefreshMint in the bottom of a small bathroom paper cup; add enough water for a mouthful or two. Stir the oil vigorously into the water. Swish in the mouth and gargle for at least 60 seconds two or more times a day to promote healthy gums. You can add a bit to your toothpaste if you prefer this method over swishing.

PHYSICAL ASPECTS:

Studies show that good oral hygiene can benefit the body in many ways. Bacteria from the mouth can easily enter into the blood stream causing numerous health issues. Studies done on people with gum disease indicates that cognitive function can become impaired, and the risk of strokes increases due to the bacteria causing inflammation in the heart and throughout the body. Gum disease alters glucose levels which can lead to diabetes. LeRefreshMint contains essential oils blended synergistically to promote gum health, and to kill a wide variety of bacteria. LeRefreshMint was formulated to have a good, refreshing flavor that leaves behind a clean taste and fresh sensation. LeRefreshMint is very helpful when your gums are sensitive, sore, or inflamed. It is great for killing the bacteria that causes bad breath.