

### PRODUCT SUMMARY

The fennel plant is indigenous to the shores of the Mediterranean, but it has become widely naturalized in many parts of the world, especially in dry soils near sea coasts and on riverbanks. Fennel Vitality™ is steam distilled from crushed fennel seeds and is known for its distinct licorice flavor. Fennel's unique flavor makes it popular in cooking, and Fennel Vitality is also used for its wellness properties. Use it in post-meal tonics and teas for digestive support or as a daily dietary supplement to support a normal, healthy outlook during PMS.\*

### KEY INGREDIENTS

Fennel essential oil

### EXPERIENCE

The unique, flavorful nature of Fennel Vitality can add a rich, savory taste to sauces, soups, and more with its many health benefits.

### PRODUCT BACKGROUND

Fennel is a popular plant with delicate, feathery leaves and impressive height—it can grow up to 6 feet tall. It has a long, rich history that goes back to ancient times when it was easily accessible throughout the Mediterranean Basin. In fact, the herb's use dates back to ancient times when Roman warriors were said to have consumed fennel to prepare for battle. Today it's popular for digestive support,\* as well as for cooking.



### BENEFITS & FEATURES

- Has a distinct licorice taste
- Adds complexity to soups, dips, and other recipes
- Supports the digestive system\*
- Supports a normal, healthy outlook during PMS\*

### SUGGESTED USE

- Add 1–2 drops to your favorite beverage to enjoy its black licorice flavor.
- Give soups and dips some complexity by adding a drop of Fennel Vitality.
- Add 1–2 drops in a cup of tea or warm glass of water after meals for digestive support.\*
- Take Fennel Vitality with your daily dietary supplement to support a normal, healthy outlook during PMS.\*

# FENNEL VITALITY™



## DIRECTIONS

Combine 1 drop Fennel Vitality and 1 drop carrier oil in a capsule. Take up to 3 times daily or as needed.

## CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

## Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Fennel ( <i>Foeniculum vulgare</i> ) seed oil	60 mg**

\*\*Daily Value (DV) not established.

## INGREDIENTS

Fennel (*Foeniculum vulgare*)† seed oil

†100% pure, therapeutic-grade essential oil

## FREQUENTLY ASKED QUESTIONS

**Q.** How do you properly ingest Fennel Vitality on its own?

**A.** Put 1 drop of Fennel Vitality and 1 drop of carrier oil in a capsule and take up to 3 times daily or as needed.

**Q.** How much Fennel Vitality should be used when substituting it for fresh or dried fennel in recipes?

**A.** Because of its high potency, start with dipping a toothpick in the oil and swirling it through the ingredients for a lighter Fennel flavor in your dish. Add more as needed.

**Q.** Is there a difference between Fennel Vitality and Fennel essential oil?

**A.** Fennel essential oil and Fennel Vitality contain the same essential oil. Fennel Vitality is labeled for dietary use, and Fennel essential oil is labeled for topical and aromatic use. The designation of the two products allows you to share all the ways to use Fennel in the correct way.

## COMPLEMENTARY PRODUCTS

Fennel Essential Oil  
Item No. 3542



Basil Vitality™  
Item No. 5583



Lavender Vitality™  
Item No. 5590



Lemon Vitality™  
Item No. 5625

