

PRODUCT SUMMARY

We cold press the rind of fresh grapefruit (*Citrus paradisi*) to produce our pure Grapefruit Vitality essential oil, and its delicious, tart taste makes the oil a tasty addition to drinks, smoothies, dressings, and more. Plus, Grapefruit Vitality has many health benefits when taken daily, including weight-management support, lymphatic system support, and cleansing properties.*

Add Grapefruit Vitality to your water or NingXia Red[®] for an extra zing, or incorporate it into your cooking for a hint of citrus.

KEY INGREDIENTS

Grapefruit essential oil

EXPERIENCE

Like peeling a fresh grapefruit early in the morning, Grapefruit Vitality refreshes the senses with its bright, citrus scent and bittersweet flavor. Its zesty qualities make it a great complement to your summer snacks, morning meals, and decadent desserts.

PRODUCT BACKGROUND

A hybrid of the pomelo (*Citrus maxima*) and the sweet orange (*Citrus sinensis*), grapefruit is more than just a part of your breakfast! The fruit likely originated from Jamaica and was first popularized for consumption in the West Indies before spreading to America and throughout citrus-growing areas. It's now produced in locations throughout the world, including the United States, South Africa, Brazil, and Israel.

The grapefruit tree can grow to be quite large, reaching up to 20 feet tall. It has dense foliage, and the grape-like clusters of the fruit are the source of the plant's name.



Dietary

BENEFITS & FEATURES

- Has a delicious, tart taste
- Supports weight management*
- Contains antioxidant properties*
- Supports the lymphatic system*
- Supports the circulatory system*
- Offers cleansing properties*

SUGGESTED USE

- Add 1–2 drops to a vegetarian gel capsule and take it to support your weight-management program, lymphatic system, and circulatory system.*
- Combine Grapefruit Vitality with a chilled serving of NingXia Red for an added boost to your daily wolfberry goodness.
- Stay hydrated and experience Grapefruit Vitality's cleansing properties by adding 1–2 drops to your chilled purified or sparkling water.*
- Bring some zest to your marinades, dressings, sauces, and desserts with Grapefruit Vitality.

GRAPEFRUIT VITALITY™



DIRECTIONS

Dietary: Put 2 drops in a capsule and take 3 times daily.

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. If contact with skin occurs, avoid direct sunlight or UV rays for up to 12 hours.

Supplement Facts

Serving Size: 2 drops

Amount Per Serving	%DV
Grapefruit (<i>Citrus paradisi</i>) peel oil	120 mg**

**Daily Value (DV) not established.

INGREDIENTS

Grapefruit (*Citrus paradisi*)† rind oil

†100% pure, therapeutic-grade essential oil

ALSO AVAILABLE IN

Grapefruit Essential Oil (Item No. 3560)

FREQUENTLY ASKED QUESTIONS

Q. Can Grapefruit Vitality be ingested?

A. Yes, Grapefruit Vitality is labeled as a dietary supplement and is safe for internal ingestion.

Q. How much Grapefruit Vitality should be used 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 Grapefruit flavor in your dish. Add more as needed.

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

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

COMPLEMENTARY PRODUCTS

Thieves® Vitality™
Essential Oil Blend
Item No. 5631



Jade Lemon™ Vitality™
Essential Oil
Item No. 5589



Frankincense Vitality™
Essential Oil
Item No. 5587



NingXia Red®
Item No. 3042

