

## PRODUCT SUMMARY

Basil Vitality™ is here to elevate your wellness and cooking! This essential oil supports a healthy circulatory and digestive system when combined with a healthy diet and regular exercise and has antioxidant properties to boost overall well-being. Its sweet, warm, piquant scent and flavor make it a flavorful fit for both Asian and European cooking. Just a drop gives you a brighter flavor than you'd get using dried herbs, and none of the hassle of fresh herbs.

## KEY INGREDIENTS

100% pure, Seed to Seal®-certified Basil essential oil

## EXPERIENCE

Young Living's Basil Vitality™ essential oil pairs well with savory foods. You can add its sweet, slightly peppery flavor to almost any meal. Try it with sauces, breads, soups, chicken, or seafood or even with a sweet concoction like basil-strawberry lemonade. If you want a lighter basil flavor in your dish, dip a toothpick in the oil and swirl it through the ingredients.

## PRODUCT BACKGROUND

It's believed that Alexander the Great brought Basil to ancient Greece. It's also considered a symbol of love, eternal life, purification, and protection in Hindu culture. Basil was historically used in burial rituals and is often grown in graveyards in various countries. In some folklore, Basil is used as a good luck charm for protection and to attract wealth.



Dietary



Dilute

## BENEFITS & FEATURES

- Contains antioxidant properties\*
- Helps support a healthy digestive system\*
- Supports overall well-being\*
- Add to daily regimen to support female wellness\*
- Supports healthy circulatory system when combined with a healthy diet and regular exercise\*
- Adds a fresh, herbaceous flavor to recipes
- Is a fresh and herby addition to salad dressings, sauces, and marinades

## SUGGESTED USE

- Flavor your favorite pasta sauce recipes with Basil Vitality™.
- Add Rosemary Vitality™ or Oregano Vitality™ for complementary Mediterranean flavor.
- Add to deli salads, Asian- or Italian-inspired soups, and custom salad dressings or vinaigrettes to share with family and friends.
- Boil pasta in basil-infused water for a subtle flavor.

# BASIL VITALITY™



- Pair with lime juice and melons, such as watermelon and cantaloupe, for a fresh summer treat. For a more complex flavor profile, garnish with feta.
- Mix with a mild tea, such as chamomile. Add a dash of honey to sweeten.

## DIRECTIONS

- Dilute 1 drop with 4 drops of carrier oil.
- Put in a capsule and take 1 daily.

## CAUTIONS

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

## Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Basil ( <i>Ocimum basilicum</i> ) leaf oil	60 mg**

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

## INGREDIENTS

Basil (*Ocimum basilicum*)† leaf oil

† 100% pure essential oil

## FREQUENTLY ASKED QUESTIONS

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

A. Dilute 1 drop of Basil Vitality with 4 drops of carrier oil in a capsule and take daily or as needed. Substitute Basil Vitality for fresh Basil in recipes. Add 1-2 drops to water, tea, or smoothies.

**Q. How much Basil Vitality oil should be used when substituting for fresh or dried Basil in recipes?**

A. Because of the oil's high potency, start by dipping a toothpick in the oil and swirling it through the ingredients. This will provide a light basil flavor to your dish. Add more as needed.

**Q. Can Basil Vitality be diffused or applied topically?**

A. No. Basil Vitality is not labeled for aromatic or topical use.

**Q. Does Basil Vitality contain GMOs?**

A. No. Basil Vitality, along with all of Young Living's Vitality oils, is Non-GMO Project verified.

## COMPLEMENTARY PRODUCTS

DiGize® Vitality™  
Item No. 5621



Lemon Vitality™  
Item No. 5625



Ginger Vitality™  
Item No. 5588



Spearmint Vitality™  
Item No. 5595

