

PRODUCT SUMMARY

Dill Vitality™ essential oil boosts overall health and well-being and lends rich flavor to a variety of cuisine. It delivers antioxidant properties and internal cleansing to support a healthy digestive system and is a popular ingredient in many traditional Russian, European, Mediterranean, Asian, and Scandinavian dishes. Substitute fresh or dried dill with Dill Vitality essential oil for your dressings and dips. Its fresh, pungent taste also pairs beautifully with Carrot Seed Vitality™ and Lemon Vitality™ as a flavorful ingredient for soups and stews.

KEY INGREDIENTS

Pure, Seed to Seal®-certified Dill essential oil

EXPERIENCE

Dill Vitality™ essential oil has an earthy, savory, piquant, and herbaceous flavor that you can add to many of your favorite dishes.

PRODUCT BACKGROUND

Dill Vitality™ essential oil is produced by steam distilling the whole dill plant, which originated in central Europe. Dill has been used as an herbal treatment as far back as 1550 BC, when it was recorded on ancient Egyptian papyrus.



Dietary



Dilute

BENEFITS & FEATURES

- Supports general health and well-being*
- Supports a healthy digestive system*
- Contains antioxidant properties*
- Helps internal cleansing*
- Boasts an earthy, savory, and herbaceous aroma

SUGGESTED USE

- Dilute 1 drop with 1 drop of olive oil and take as a dietary supplement to benefit from dill's antioxidant properties.*
- Combine Dill Vitality essential oil with olive oil to use as a marinade for fish and veggies.
- Add a little Dill Vitality oil to your favorite game-day dip for a burst of flavor.

DILL VITALITY™



DIRECTIONS

- Dilute 1 drop with 1 drop of carrier oil.
- Put in a capsule and take up to 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 care professional prior to use.

Supplement Facts

Serving Size: 1 drop

Amount Per Serving	%DV
Dill (<i>Anethum graveolens</i>) aerial parts oil	60 mg**

**Daily Value (DV) not established.

INGREDIENTS

Dill (*Anethum graveolens*)† aerial parts oil

†Pure essential oil

FREQUENTLY ASKED QUESTIONS

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

A. Dilute 1 drop of Dill Vitality with 1 drop of carrier oil in a capsule and take up to 3 times daily or as needed. Substitute Dill Vitality for fresh dill in recipes. Add 1-2 drops to water, tea, or smoothies.

Q. How much Dill Vitality oil should be used when substituting for fresh or dried dill 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 dill flavor in your dish. Add more as needed.

Q. Can Dill Vitality be diffused or applied topically?

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

Q. Does Dill Vitality contain GMOs?

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

COMPLEMENTARY PRODUCTS

Carrot Seed Vitality™
Item No. 5618



Lemon Vitality™
Item No. 5625



Digest & Cleanse™
Item No. 3293



ICP™
Item No. 3208

