# Legacy 30™ essential oil blend FAQ



## Q. Which essential oils are used in the Legacy 30 blend?

A. Legacy 30 is a special convention oil blend composed of our Valor®, Highest Potential™, and Shutran® oil blends. It contains the following essential oils:

- Callitris intratropica (Blue cypress) wood oil
- Cananga odorata (Ylang ylang) flower oil
- Picea pungens (Idaho blue spruce) branch/leaf/wood oil
- Picea mariana leaf oil (Black spruce)
- · Cedrus atlantica (Cedarwood) wood oil
- Ocotea quixos (Ocotea) leaf oil
- Jasminum officinale (Jasmine) oil
- Lavandula angustifolia (Lavender) oil
- Aniba rosodora (Rosewood) wood oil
- Chamaecuparis obtusa (Hinoki) oil
- Boswellia carterii (Frankincense) oil
- Artemisia pallens (Davana) flower oil
- Tanacetum annuum (Blue tansy) flower oil
- Coriandrum sativum (Coriander) seed oil
- Citrus limon (Lemon) peel oil
- Pelargonium graveolens (Geranium) flower oil
- Santalum paniculatum (Royal Hawaiian sandalwood) wood oil
- Abies concolor (White fir) branch/leaf/wood oil
- Vetiveria zizanoides (Vetiver) root oil
- Cinnamomum zeylanicum (Cinnamon) bark oil
- Rosa damascena (Rose) flower oil

### Q. Can Legacy 30 be ingested?

A. Legacy 30 is not intended for ingestion. Please follow all label guidelines for proper usage of this blend.

# Q. How long can Legacy 30 be diffused?

A. We recommend diffusing Legacy 30 for 1 hour, 3 times daily.

# Q. Does Legacy 30 need to be diluted before topical application?

A. Yes, dilute 1 drop of Legacy 30 with 2 drops of V-6™ Vegetable Oil Complex or olive oil. Apply to the desired area as needed.

### Q. What are some of the top constituents of Legacy 30 oil blend?

A. The top constituents present in Legacy 30 are alpha-pinene, linalool, limonene, geramacrene D, and bornyl acetate.

# Legacy 30<sup>™</sup> essential oil blend FAQ



# Q. What is the scent of Legacy 30 oil blend?

A. Legacy 30 has a delightfully rich, soft floral, conifer aroma.

## Q. Is there a UV warning associated with Legacy 30?

A. Yes, avoid exposing the application area to direct sunlight or UV rays for up to 12 hours.

## Q. Does this blend include ingredients derived from palm/coconut?

A. Yes, caprylic/capric triglyceride is derived from coconut oil. If you have additional concerns about using this product, we encourage you to speak to your health care provider.

# Q. Are nut oils used in this essential oil blend?

A. Other than the inclusion of caprylic/capric triglyceride derived from coconut oil, there are no other tree nut-derived ingredients used in Legacy 30. This product may be manufactured in a facility that uses tree nut-derived ingredients in other product formulas; however, according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about using this product, we encourage you to speak to your health care provider.

#### Q. Does this blend include ingredients derived from sesame?

A. There are no sesame-derived ingredients used in Legacy 30. This product may be manufactured in a facility that uses sesame in other product formulas; however, according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between products to prevent contamination. If you have additional concerns about using this product, we encourage you to speak to your health care provider.

