

# DeepSpectra® Phyto Nutrition™ FAQ



**Q. How often can I use DeepSpectra Phyto Nutrition?**

A. You can use it daily according to label guidelines.

**Q. Can DeepSpectra Phyto Nutrition be ingested?**

A. Yes, we recommend consuming 1 ml (20 drops) orally by adding it to a beverage of your choice or taking it in a capsule.

**Q. Can DeepSpectra Phyto Nutrition be diffused?**

A. No, it is not intended to be diffused. Please follow all label guidelines for proper and safe usage.

**Q. Can DeepSpectra Phyto Nutrition be used topically?**

A. No, it is not intended to be used topically. Please follow all label guidelines for proper and safe usage.

**Q. Should DeepSpectra Phyto Nutrition be taken with or without food?**

A. You can take it on its own or with food—whichever you prefer.

**Q. Is there a best time of day to use DeepSpectra Phyto Nutrition?**

A. No, this product can be used any time of day based on your personal preference.

**Q. Why does DeepSpectra Phyto Nutrition need to be refrigerated after opening?**

A. DeepSpectra Phyto Nutrition contains black cumin seed oil, a fatty oil that will last longer if refrigerated upon opening.

**Q. Is DeepSpectra Phyto Nutrition considered a vegan or vegetarian-friendly product?**

A. Yes, DeepSpectra Phyto Nutrition is both vegan and vegetarian-friendly.

**Q. Does DeepSpectra Phyto Nutrition contain any of the nine major food allergens?**

A. DeepSpectra Phyto Nutrition does not contain milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, or sesame-derived ingredients. This product may be manufactured in a facility that uses allergens in other product formulations; 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. How many servings are there per bottle?**

A. There are 30 servings (1 ml each) per bottle of DeepSpectra Phyto Nutrition.



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**Q. What is the serving size of DeepSpectra Phyto Nutrition?**

A. A serving of DeepSpectra Phyto Nutrition is 1 ml (20 drops).

**Q. Is DeepSpectra Phyto Nutrition being launched as a limited-time product?**

A. We are pleased to say that DeepSpectra Phyto Nutrition is a permanent addition to the Young Living® product line.

