ON GUARD IS THE HERO WHEN IT COMES TO IMMUNITY ☺

Unique combination

Ingredients: Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary

Safety: not to be used topically in the sun, not to be used if on anti-psychotic medication

Aromatic: can diffuse all day long

Topical use: 36 drops during 24 hour period, 24 drops for children

Internal use: 24 drops internally during 24 hour period

5mL roller bottle: go by age of the child for drops of essential oil then add carrier oil

e.g. age 10 child = 10 drops of essential oils, adult = 20 drops of essential oils

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| Product | Ideas for using the product |
| On Guard 15ml (Protective Blend) essential oil blend  £28.50 11p per drop | Diffuse 1-2 for a child’s room, 4-6 for main rooms in house  Rub two drops on bottom of feet in the morning and evening  Rub On Guard roller bottle on feet morning and evening  Put a drop on tongue for immune support or sore throat  Put a drop in a small glass of water and gargle  Add 2-4 drops in a veggie capsule and swallow with water  Dilute and rub a couple of drops on chest, around throat area  Add 2 drops On Guard in warm drink with half a tsp of honey  Add 1 drop of On Guard to ½ tsp honey like cough medicine |
| Hand Wash £15.50 | Fill ¼ of soap dispenser and add water. Creates a nice foam to wash hands with. |
| On Guard Purifying Mist £6.50 | Spray a couple of times over hands, rub hands together. |
| On Guard Beadlets – 125(9p each) £12.00 | ¼ of a drop of On Guard. Age 5 + can pop a beadlet in their mouth. Use one beadlet daily for immune support. |
| On Guard Washing Detergent £29.00  45p a wash | 1 tsp amount is all that you need – add to clothes. Make a roller bottle with detergent in to use on stains. Can also used as dishwasher detergent – 1 tsp. |
| On Guard Concentrate £13.25 | 2 tblsp + 10 drops of peppermint in 500ml glass spray bottle of water. Wash dishes, kitchen tops, floors, toys, bathrooms. No evidence of germs when cleaning with On Guard after 7 days. Spray over dishcloths at night-time. Contains 1 5mL bottle of On Guard oil. |
| On Guard Softgels  60 softgels  £21.00 - 35p each | When feeling under the weather - Age 6+ 1 softgel a day with food, teenagers 1-2 softgels a day, adults 2-3 softgels a day one at a time taken with food. Also includes Black Pepper, Melissa and Oregano. |
| On Guard Protecting Throat Drops £13.25  44p each | Helps calm and soothe dry, scratchy throat  Age 5+ |
| On Guard Touch  £16.75 | Can rub on feet of every family morning and evening  Rub around throat when feeling a sore throat coming on |
| On Guard Toothpaste £8.50 | Use a small pea size  Suitable for all family members |
| On Guard Mouthwash £14.75 | Swirl a cap full of mouthwash in your mouth after brushing teeth. Helps clean breath, oral hygiene and reducing plaque build up. |