



# NUTMEG

*Myristica fragrans*

Nutmeg Essential Oil is a powerful anti-inflammatory useful in treating arthritis, rheumatism, and other muscular or joint pains. Its potent medicinal properties are also helpful for the treatment of stress, menstrual cramps, heart disorders, low blood pressure, coughs, and halitosis.

Nutmeg is widely used as a natural flavoring in baked goods, syrups, beverages, and sweets. Frequently, Nutmeg Essential Oil is used to replace ground nutmeg, as it leaves no particles in food products. It is also used in toothpastes and as a major ingredient in some commercial cough syrup formulas.

In traditional Chinese medicine, Nutmeg was used for disorders related to both the nervous and digestive systems. Its digestive properties make it helpful for indigestion, flatulence, vomiting, and diarrhea. Its stimulant properties make it a good choice for those who need to increase appetite..

## general uses

### BATH

- Add 8-10 drops to ½ cup Pink Himalayan salt, Dead Sea salt, or Clay Vitality and add to a warm tub of water.

### DIFFUSION

- Diffuse 15 drops in 15 minute intervals throughout the day.

### INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale deeply as needed.

### MASSAGE/TOPICAL

- Topical dilution for healthy individuals ages 10 and up is 10%. A 1%-1.5% dilution is recommended for pregnancy, children, and the elderly.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

- Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

### RESPONSIBLE CAUTIONS

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.godesana.com/cautions.asp](http://www.godesana.com/cautions.asp).
- Store away from sunlight, at room temperature, with lid securely tightened.
- Not for use during pregnancy.
- Not for use in children under six years of age.
- Not for use by those with epilepsy.

## attributes

**Wildcrafted**  
**GRAS Certified**

**Producing Organ**  
*Seeds*

**Extraction**  
*Steam distillation*

**Country of Origin**  
*Indonesia*

**Therapeutic Properties**  
*Analgesic, antioxidant, antiseptic, antispasmodic, aperitive, aphrodisiac, carminative, cholagogue, laxative, stimulant, tonic*

## availability

**10ml Bottle**



#### QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure Therapeutic Grade that are Certified Organic and Wild Harvested. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

#### DISCLAIMER

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