



# CITRUS AURANTIUM VAR BERGAMIA

BERGAMOT

SPICY, CITRUS ODOR, WITH A GREENISH-YELLOW COLOR



## RECOMMENDED USES

**All doses are for Adults**  
Can use up to 3 times daily

**Internally**  
1 Drop

**Externally**  
Add 5 to 10 drops in a dilution

## THERAPUTIC ACTIONS

Analgesic, antibacterial, antidepressant, anti-inflammatory, antiseptic, antispasmodic, antiviral, digestant, sedative, stimulant,

## MEDICINAL USES

Anger, antifungal, anorexia, appetite, breath, slow circulation, colds, cramps, frustration, hemorrhoids, herpes, indigestion, influenza, scars, tension, urinary tract, oil skin, wounds,

## CAUTIONS AND CONTRADICTIONS

- Exposure to the sun can cause skin cancer or abnormal skin pigmentation
- Avoid during pregnancy and while nursing
- Do not use at the same time as photosensitizing drugs



**Friendship Advice:** Talk to your PCP for more insight about your conditions and history to see if this is a fit.