



# CLOVE

## *Syzygium aromaticum*

*The contrast of sweet and spicy aromas and flavors found in Clove essential oil is very exotic and exciting. Clove is not only a popular cooking spice, but is also highly favored for its numerous health benefits.*

### BENEFITS

Clove contains the largest antioxidant value of any oil, which helps protect cells from damaging free radicals. It is also revered around the world for its anti-inflammatory properties. Clove diffuses well alone or with many other essential oils, making it a popular choice to keep on hand in homes, offices, and other spaces around the world.



Aromatic 

Topical 

Internal 

Dilute 


CERTI 5 Cell Active & Permeable™

Caution: Possible skin sensitivity. If pregnant, nursing, taking medication, or have a medical condition, consult your physician before use. Avoid eyes, mucous membranes, and sensitive skin. Keep out of reach of children.

#### Supplement Facts

Serving Size: 1 drop	
Servings Per Container: About 250	
Amount Per Serving	%DV
Clove Bud	60 mg *
*Daily Value (DV) not established.	

Use: Aromatic, topical or dietary. Dilute one drop in 4 fl oz of liquid. For best results store in a cool, dark place.

Learn more by  visiting [ameo.com](http://ameo.com)

### ORIGIN / EXTRACTION PROCESS

The botanical used to create this oil was grown in Indonesia, and it was extracted by steam distillation.

### SUGGESTED USES

- Place a few drops of Clove oil on a cotton ball and swab in the mouth to promote oral and respiratory health
- Mix Clove, Orange, Tangerine, and Cinnamon oils in an Améo diffuser to create a wintery holiday scent
- Add 8-10 drops of Clove oil to 2 oz of Améo Fractionated Coconut Oil and massage into troubled areas to help soothe sore and achy muscles
- Diffuse Clove oil in an Améo diffuser, or rub into palms and inhale, to promote normal intestinal function
- Diffuse Clove, Cinnamon, Eucalyptus Radiata, Lemon, and Rosemary oils in an Améo diffuser to purify the air in your home, car, or office
- Diffuse Clove oil in an Améo diffuser to eliminate unpleasant odors—for example when cooking fish