

# Inner Defense™

Total System Protection



## Product Summary

Containing potent essential oils like oregano, thyme, and Thieves, Young Living's Inner Defense softgels are designed to support well-being when the body is stressed by strengthening the immune system, protecting bioterrain, and energizing systemic defense.\*

## Product Story

In today's toxic environment, it can be difficult to maintain healthy immune function. With constant exposure to harmful germs and bacteria, poor diet, and lack of sleep, body system stress can negatively affect physical and emotional health. Using a wide variety of essential oils like oregano, thyme, and Young Living's proprietary Thieves essential oil blend, Inner Defense strengthens the body systems by creating an unfriendly environment for yeast and fungus, improving digestion, and supporting the respiratory system to help fight wintertime discomforts and enhance well-being.\* To further aid the immune system, add Young Living's Longevity™ softgels, Omega Blue™, True Source™ multi-nutrient, and Life 5™ probiotic to your daily nutritional regimen.

## Primary Benefits

- + Reinforces systemic defenses\*
- + Creates unfriendly terrain for yeast and fungus\*
- + Promotes healthy respiratory function\*
- + Rich in thymol, carvacrol, and eugenol for immune support\*

## What Makes This Product Unique?

Inner Defense is part of Young Living's essential oil supplement line. Many people who use essential oils are also acquainted with herbs. Thus, it is easy to assume that essential oils work in the same manner as herbal formulas. This however is not the case. Essential oils are highly concentrated forms of fresh or dried herbs. It often takes many pounds of herbs to make a mere ounce of essential oil. Because of their concentrated potency, it takes only a very small amount of essential oil to support the body systems and improve immune health.\* Easy-to-swallow, liquid softgels dissolve quickly in the stomach for maximum results.

## Who Should Use This Product?

This product is ideal for those with a weak or stressed immune system.\*

## Did You Know?

- + Oregano oil is rich in the phenolic of carvacrol, which is known to support well-being when the body is distressed.
- + Thyme oil is a rich source of the phenol called thymol, a substance known to create an unfriendly environment for yeast and fungus.\* It has been used as a purifying agent in the dental industry for many years.
- + The essential oil of cinnamon bark is very high in cinnamaldehyde, a very powerful cleansing compound.

# Inner Defense

## Key Ingredients

Oregano, thyme, clove, *Eucalyptus radiata*, cinnamon, rosemary, lemon, and citronella essential oils

## Key Scientific Studies

- + Ahmad, et al., "Antimicrobial activity of clove oil and its potential in the treatment of vaginal candidiasis," *J Drug Target*. 2005; 13(10):555–561.
- + H. G. Meeker, et al., "Antibacterial action of eugenol, thyme oil, and related essential oils used in dentistry," *Compendium*. 1988; 9(1):32, 34–5, 38 passim.
- + Didry et al., "Activity of thymol, carvacrol, cinnamaldehyde and eugenol on oral bacteria." *Pharm Acta Helv*. 1994; 69(1):25–28.
- + G. Q. Zheng, et al., "Sesquiterpenes from clove (*Eugenia caryophyllata*) as potential anticarcinogenic agents," *J Nat Prod*. 1992; 55(7):999–1003.
- + Youdim, et al. "Dietary supplementation of thyme (*Thymus vulgaris* L.) essential oil during the lifetime of the rat: its effects on the antioxidant status in liver, kidney, and heart tissues." *Mech Ageing Dev*. 1999; 109(3):163–175.

## How To Use

Take 1 softgel capsule daily (a.m.), or take 1 softgel capsule three to five times daily when the system is stressed. For best results, use Life 5 probiotic eight hours later.

## Caution

Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult with a healthcare practitioner prior to use.

## Complementary Products

It is recommended to take Life 5 probiotic daily for prolonged immune support.\*