

Mannatech 100% Essential Oils FAQ

What is an essential oil?

Essential oils are concentrated forms of oils found naturally in flowers, leaves, bark, stems, seeds and other parts of plants. When the oils are extracted, they maintain the characteristic fragrance, or essence, of that plant. With a history as rich as the aloe plant, essential oils have been used for thousands of years by cultures all over the world for their pleasant and often powerful fragrances, as well as their various properties and benefits. In fact, there are over 600 references to essential oils and/or the aromatic plants from which they were extracted in the Bible.

Are Mannatech 100% Essential Oils “therapeutic grade”?

If “therapeutic grade” or “certified therapeutic grade” were industry-recognized certifications for grading essential oil quality, Mannatech *100% Essential Oils* would qualify as such. However, these are nothing more than made-up marketing terms used by some essential oil companies.

“Therapeutic grade” and “certified therapeutic grade” testing standards are defined by the very companies who invented the terms — they have no actual certification value. In fact, you’ll likely find inconsistent definitions for these made-up terms. In some instances, “therapeutic grade” includes two quality tests, while other sources reference as many as seven tests.

There is currently no governing body that certifies the production and quality of essential oils nor a standard system for grading them.

In this case, the Food Chemicals Codex (FCC) has been used as the set of standards to which Mannatech *100% Essential Oils* have been tested against. The FCC is a compendium of internationally recognized standards for the purity and identity of essential oils. The FCC process is executed by the U.S. Pharmacopeial Convention (USP), whose standards are enforceable in the United States by the Food and Drug Administration, and are used in more than 140 countries. For more information on USP and FCC, please visit: <http://www.usp.org/>

What testing does Mannatech conduct to ensure that its Essential Oils are the best quality?

Mannatech *100% Essential Oils* are some of the highest quality oils available. Each one is 100% pure oil extracted directly from the botanical plant source with no additives. They are guaranteed to be free of synthetics, impurities, pesticides and heavy metals.

Mannatech essential oils meet stringent quality specifications and are put through a number of quality tests for identity and purity:

- GCMS testing (Gas Chromatography/Mass Spectrometry)
- Heavy metal and pesticide testing
- Organoleptic testing (color, odor, appearance)
- Optical rotation and refractive index testing
- Specific gravity testing

Are Mannatech 100% Essential Oils food grade?

There are a number of essential oils that are permitted to be used as food flavorings based on the FDA’s standards for essential oils and natural extracts that are “generally recognized as safe” (GRAS) for use in foods, in a very small amount, for flavoring only. The Flavor & Extract Manufacturers Association (FEMA) also maintains a similar list.

Although Mannatech *100% Essential Oils* do carry both a GRAS and FEMA food grade designation, such designation is NOT intended to be, nor should it be used as, a standard or justification for using essential oils internally for therapeutic purposes.

Should essential oils be ingested?

The internal use of essential oils should only be administered under the supervision of a healthcare practitioner.

This recommendation is in no way a reflection on the quality of Mannatech *100% Essential Oils*. Instead, it follows the guidance of professional aromatherapy organizations and independent industry experts who specialize in essential oil safety.

Does Mannatech grow its own plants to make its essential oils?

Just as we have done for over 20 years, we carefully choose our partners based on a strict set of guidelines to guarantee that you are getting the best quality products available. We have followed this same procedure for sourcing our essential oils.

Are Mannatech *100% Essential Oils* organic?

Yes. Mannatech *100% Essential Oils* are certified organic by Quality Assurance International (QAI). QAI is a leading USDA-accredited organic product certifying agency and has been a leader in the organic industry. QAI is also a member of the NSF International family of companies. Learn more at: www.qai-inc.com

Are Mannatech *100% Essential Oils* free from GMOs (genetically modified organisms)?

Yes. Mannatech *100% Essential Oils* do not contain or were not produced using genetically modified protein or genetically modified DNA.

Can Mannatech *100% Essential Oils* be used in a diffuser?

Yes. Using Mannatech *100% Essential Oils* in a diffuser is an excellent way to fill your home with the aromatic notes of some of nature's most fragrant botanicals. Mannatech's ultrasonic diffuser uses high-frequency vibrations to create an ultra-fine mist — without the use of heat or chemicals — to maintain the integrity of our naturally derived essential oils.

How do I know if a particular essential oil should be used with a carrier oil such as Sweet Almond Oil?

Each oil has a unique set of recommended uses to help you get the most out of your Mannatech *100% Essential Oils* kit. For information on how to use a particular oil, start by reading the product label, which will give you some basic usage directions.

Can essential oils be used by women who are pregnant or nursing?

While many essential oils appear to be safe for use while pregnant or breastfeeding, you should consult your healthcare practitioner before introducing any new element into your pre- or postnatal care, including the use of essential oils.

Can essential oils be used on children?

Extra care should be taken with using essential oils on children. Mannatech *100% Essential Oils* are not intended for use on infants or young children. Please pay special attention to the dilution guidelines provided on our product packaging as well as on the product page at Mannatech.com:

- **Children age 4 and older, or sensitive skin: 1 drop essential oil + 1 tsp carrier oil**
- General, daily use: 2 drops essential oil + 1 tsp carrier oil
- Periodic use: 3 drops essential oil + 1 tsp carrier oil

Also, please refer to individual product labels for recommended usage.

How do I know where to apply an essential oil on my body?

Based on the composition of an oil, there may be areas of the body where it can be applied and other areas that should be avoided. Oils that have the potential to cause irritation to sensitive skin are indicated on the product label and on the product page at Mannatech.com. As a general rule, essential oils should never be applied to the eyes, inner ear, or to mucous membranes.

What should I do if I experience skin discomfort or irritation after using an essential oil?

You can dilute and calm essential oils that have already been applied to the skin by adding a few drops of a carrier oil, such as Sweet Almond Oil, to the affected area. If irritation continues, you should discontinue use of that particular oil.

Do essential oils interact with prescription medications?

Generally, essential oils do not interact with prescription medications when applied topically or used aromatically. However, it is prudent to consult with your healthcare practitioner before using essential oils while taking prescription medications, or if you have a blood clotting disorder.

What is the shelf life of Mannatech *100% Essential Oils*?

Shelf life of essential oils can vary from product to product. In addition, the conditions that the oils will be stored under once they have been received by the customer can significantly affect their shelf life. As a general rule of thumb, essential oils usually retain their aromatic and therapeutic qualities for at least 1 year from the date of purchase. Therefore, we recommend usage of Mannatech *100% Essential Oils* within 1 year from purchase.