

# FRANKINCENSE

PRODUCT INFORMATION PAGE



## Product Summary

Frankincense is one of the oldest essential oils and is used primarily in meditation to improve inner balance. Considered the “holy anointing oil” in the Middle East, frankincense has been used in religious ceremonies for thousands of years. It was well known during the time of Christ and was one of the gifts given to Christ at his birth. Anciently, the Chinese used frankincense to support overall health.

Today, frankincense is still used worldwide for both its ceremonial and dietary use. Frankincense can be used topically, as a dietary supplement, or diffused.

## Primary Benefits

- Increases spiritual awareness and enhances meditation
- Calms and soothes the body and mind
- Comforting properties for mental balance
- Excellent support for skin health\*
- Stimulating and elevating aroma

## Who Should Use Frankincense Essential Oil?

- Anyone looking to enhance his/her spirituality and meditation
- Those looking to uplift their mood or improved their attitude

## Supplement Facts

Serving Size: 2 drops	
Servings Per Container: About 125	
Amount Per Serving	%DV
Frankincense ( <i>Boswellia carteri</i> )† gum/resin	120 mg **
**Daily Value (DV) not established.	

## Suggested Use

- **Dietary:** Dilute 1 drop with 4 drops of V-6 Vegetable Oil Complex. Put in a capsule and take 1 capsule before each meal or as desired.
- **Topical:** Apply 2–4 drops directly to desired area, charkas, and Vita Flex points.
- **Aromatic:** Inhale directly or diffuse up to 1 hour 3 times daily.

## Cautions

- Keep out of reach of children.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.

## Did You Know?

- Frankincense, *Boswellia carteri*, is also known as “olibanum,” or “oil from Lebanon.”
- Frankincense has a visual tightening effect on the skin and may benefit older, more mature skin.
- Young Living has partnered with a supplier in northern Africa, near the Arabian Peninsula, as its primary source for frankincense.

- Frankincense trees grow out of polished marble rocks, without soil.
- Frankincense is mentioned in one of the oldest-known scientific records, the Ebers Papyrus, dating from the sixteenth century B.C.

### Complementary Products

- Sacred Frankincense Essential Oil
- The Gift Essential Oil Blend
- 3 Wise Men Essential Oil Blend
- Boswellia Wrinkle Cream
- Wolfberry Eye Cream

### Key Scientific Studies

- Lis-Balchin M, Hart S. A preliminary study of the effects of essential oils on skeletal and smooth muscle in vitro. *J Ethnopharmacol.* 1997 Nov;58(3):183–7.
- <http://www.naha.org/articles/frankincense%20and%20myrrh.htm>.
- Mikhaeil BR, et al. Chemistry and Immunomodulatory Activity of Frankincense Oil. *Z Naturforsch [C].* 2003 Mar-Apr;58(3-4):230-8.

### Product Information

Frankincense Essential Oil—15 ml  
Item No. 3548

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.