

## PRODUCT INFO

# IT WORKS! DEFEND

## BRING YOUR FIGHT!

0.17 fl. oz./5 mL

Are you ready to gear up and defend?  
They're gonna throw everything they got at you  
—at work, in the grocery store, at the kids' dance recital!

Good thing you have me— the protector, the fighter,  
incredible-hulk-sized hero and defensive lineman to keep  
you going!

With a blend of rosemary, zesty lemon, and the rich  
spiciness of cinnamon and clove, get ready to gear up  
and defend!

100% Natural and Non-GMO



## DIRECTIONS

Be a fighter with It Works! DEFEND by applying topically  
or diffusing aromatically.

### TOPICALLY

Apply 1-2 drops on your hands or flex points. Dilute as needed for  
skin sensitivity with It Works! Fractionated Coconut Oil by mixing  
1-2 drops of It Works! DEFEND with 1 teaspoon (5 mL) or more  
of It Works! Fractionated Coconut Oil and apply with a gentle  
massage. We recommend always patch testing an area of your inner  
arm first prior to applying topically. If you have sensitive skin, it is  
recommended to always use the It Works! Fractionated Coconut Oil.  
A good rule of thumb is to dilute whenever unsure.

### AROMATICALLY

Sit back and breathe in It Works! DEFEND anytime and  
anywhere with the Essential Diffuser. Fill the  
Essential Diffuser with 50 mL of water. Add 2-3 drops of  
It Works! DEFEND to the water in the Essential Diffuser.  
Replace the upper cover and press the power button. Just  
breathe as the ultra-fine mist fills the room!

## INGREDIENTS

Citrus aurantium dulcis (Orange / Naranja)  
Peel Oil, Eugenia caryophyllus (Clove /  
Clavo) Flower Oil, Cinnamomum zeylanicum  
(Cinnamon / Canela) Leaf Oil, Eucalyptus  
globulus (Eucalyptus / Eucaliptus) Leaf  
Oil, Cinnamomum zeylanicum (Cinnamon  
/ Canela) Bark Oil, Citrus limon (Lemon  
/ Limón) Peel Oil, Rosmarinus officinalis  
(Rosemary / Romero) Leaf Oil.

100% Natural and Non-GMO



*Results are not permanent. For external use only, not for consumption. Keep out of reach of children and pets. If you are pregnant, nursing, or under a doctor's care, consult your physician. Possible skin sensitivity. Avoid contact with eyes, inner ears, mucous membranes and sensitive areas. Do not use on dry, damaged, sun-exposed or broken skin. Flammable.*

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## FREQUENTLY ASKED QUESTIONS

### What are the It Works! Essential Oils?

Extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree, all the oils in the plant are concentrated into a single essential oil. Each of the It Works! Essential Oils is a specially formulated blend of highly concentrated pure essential oils, selected for their unique aromas.

### What is the It Works! DEFEND essential oil blend?

It Works! DEFEND delivers a warm blend of rosemary, zesty lemon, and the rich spiciness of cinnamon and clove.

### Where do the essential oils found in It Works! DEFEND come from?

The quality of our essential oils starts with the source! The essential oils found in our blends come from crops grown around the world in countries where the climate and soil are best for them. These crops are cultivated by established growers, many of them multigenerational family farmers.

It Works! DEFEND Essential Oils	Country of Origin
<i>Eugenia caryophyllus</i> (Clove / Clavo) Flower Oil	Indonesia
<i>Cinnamomum zeylanicum</i> (Cinnamon / Canela) Leaf Oil	Sri Lanka
<i>Eucalyptus globulus</i> (Eucalyptus / Eucalyptus) Leaf Oil	China
<i>Cinnamomum zeylanicum</i> (Cinnamon / Canela) Bark Oil	Sri Lanka
<i>Citrus limon</i> (Lemon / Limón) Peel Oil	Argentina
<i>Rosmarinus officinalis</i> (Rosemary / Romero) Leaf Oil	Tunisia/South Africa
<i>Citrus aurantium dulcis</i> (Orange / Naranja) Peel Oil	Brazil

### When should I use It Works! DEFEND?

Use It Works! DEFEND to help keep you going throughout your day! Here's some ideas for when to defend:

- **Gear up before you leave the house!** Whether you're going to work, the mall, or the kids' dance recital, be sure you defend by applying 1-2 drops to your flex points.
- **3:10 p.m. (after BOOMTIME!)** High-fiving at 3:05? You may want to follow with It Works! DEFEND—apply topically or add to the Essential Diffuser and breathe in!
- **Whenever you travel!** Whether you're hitting the road or flying the friendly skies, be sure your protector is in your purse or bag so you can be ready to apply when needed!



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### FREQUENTLY ASKED QUESTIONS CONT.

#### What if I experience skin discomfort or irritation when applying any It Works! Essential Oils topically?

If discomfort or irritation occurs when applying the It Works! Essential Oils directly to your skin, discontinue use of It Works! Essential Oils immediately. Never use water in an attempt to flush the oil off the skin (water and oil don't mix!). This may increase discomfort.

#### Where can the It Works! Essential Oils be applied on the skin?

Apply 1-2 drops of It Works! Essential Oils to your hands or flex points—the feet, hands, and wrists. It's best to stay away from sensitive areas (such as eyes, ears, and, mucous membranes) when applying the It Works! Essential Oils topically. If you have concerns about your skin's sensitivity, dilute your It Works! Essential Oils as needed with It Works! Fractionated Coconut Oil by mixing 1-2 drops of essential oil with 1 teaspoon (5 mL) or more of It Works! Fractionated Coconut Oil and apply with a gentle massage.

#### What is the grade/quality of the oils used in the It Works! Essential Oils?

All of the oils used within the It Works! Essential Oil Blends are 100% pure, unadulterated oils—meaning they are never extracted or “cut” with chemicals or substances, contain no synthetics, and the natural properties are never altered, added, or removed. Just like all It Works! products, our It Works! Essential Oils are held to the highest degree of quality for their botanical ingredients.

#### How do we ensure that we have the highest standards of sources, purity, and extraction for It Works! Essential Oils?

Our essential oils researchers and formulation experts have over a century's experience in essential oil production to ensure our oils are sourced from only the highest-quality botanical sources and go through a series of quality testing and verification before they ever make it into the bottle! All this ensures the It Works! Essential Oils are 100% pure—never extracted or “cut” with chemicals or substances, contain no synthetics, and the natural properties are never altered, added, or removed.

**Sourcing:** The pure quality of our essential oils starts with the source! The essential oils found in our blends come from crops grown around the world in countries where the climate and soil are best for them. These crops are cultivated by established growers, many of them multigenerational family farmers. All these growers go through a qualification program which ensures source specifications, standards, and compliance.

**Extraction:** The extraction of our essential oils also starts with the source, as all of the oils are derived either by cold pressing straight from the field or by steam distilling right in the fields where their plant sources are harvested!

**Testing:** Each individual essential oil used in the It Works! Essential Oil Blends goes through a five-step testing process to ensure it meets quality specifications for color, fragrance, density, and refractive index before finally going through Gas Chromatography/Mass Spectrometry testing for its natural chemical components. Then once blended together, each blend of It Works! Essential Oils— It Works! BOOM, CHILL, DEFEND, and CLEAR—goes through this same five-step testing process again, before it ever makes it into the bottle!



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### FREQUENTLY ASKED QUESTIONS CONT.

#### Why are It Works! Essential Oils not “therapeutic” grade?

There is no governmental regulating body that grades or certifies essential oils as “therapeutic grade” or “aromatherapy grade.” All of the oils used within the It Works! Essential Oils blends are 100% pure, meaning they are never extracted or “cut” with chemicals or substances, contain no synthetics, and the natural properties are never altered, added, or removed.

#### How should I store my It Works! Essential Oils?

Your It Works! Essential Oils are packaged in darkened glass containers, which are designed to block sunlight, as it can cause the natural properties of the It Works! Essential Oils to deteriorate. Exposure to heat and oxygen can also cause deterioration, so be sure you store them within their glass bottles with the lids tightly closed and in a cool place.

#### Will my It Works! Essential Oils expire?

The freshness and quality of your It Works! Essential Oils are guaranteed! Look on the bottom of each of your It Works! Essential Oils bottles and you'll find an expiration date.

#### Can I use It Works! Essential Oils if I have a medical condition or if I'm taking prescription medication?

If you have a medical condition, health concern, or are taking prescription medications, we strongly recommend you consult your physician before using It Works! Essential Oils.

#### Can I use It Works! Essential Oils if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

#### Can I use It Works! Essential Oils on children?

All It Works! products are recommended only for adults 18 years old or older.

