

## HOW TO CARE FOR PRODUCTS

This document contains information on how to care for the following products:

- Oil Formulas
- Tea Blends
- Edible Products

It is important to know how to care for your products to ensure the quality of products are maintained as well as cost saving to you and overall peace of mind.

### Oil Formulas

- Keep screw top lid on firmly when travelling or transporting in a bag to avoid leakage or damage from or to the eye dropper/dispenser.
- Avoid the dropper touching the mouth/saliva when taking the drops as this can cross contaminate the remainder of oil in the bottle. An efficient way is to count the drops into a spoon, or a vegetable capsule, and consume this way.
- Store Oil formulas away from direct sunlight and strong heat as this may change the chemical structure of the oil and in some cases cause the formula to degenerate. Most are MCT oil based and can be refrigerated. If the formulas are Essence blends from Natural Lore Wellness, they are either water or oil based. The water-based formulas should be refrigerated. The oil formulas should be kept in a cool area as they are olive oil based and may go solid if refrigerated.
- Avoid using another person's oil due to possible contamination or degeneration.

### Tea Blends

- Keep zip lock bag firmly closed after each use of the tea blend, or store in your own airtight container.
- Avoid direct sunlight as this may cause the herbs to “sweat” and potentially degenerate.
- We recommend to “top up” your tea pot at least 2-3 times on the same day as this will ensure a full range of the herbs are consumed. Once the tea blend leaves have no residual flavour or taste, the blend can be added to your compost bin.

### Edible Products

This is particularly in reference to Hulled Hemp Seeds and consumables such as Cookies. As these products contain essential volatile oils produced naturally in the plant, it is recommended to keep in either the refrigerator or freezer. This would depend on consumption time ie: if you have the total of 1 cookie per week, it would be recommended to freeze the packet in a suitable airtight container. Avoid direct sunlight

and strong heat as this may change the chemical structure of the product and in some cases cause the formula to degenerate or melt.