

## DIRECTIONS

**EN** Take 1-2 teaspoons of oil. Swish around the mouth for 5-20 minutes, then spit out. Do not ingest. Keep out of reach of children.

**DE** 1-2 Teelöffel Öl für 5 bis 20 Minuten durch die Zähne ziehen. Ausspucken. Nicht einnehmen. Für Kinder unzugänglich aufbewahren.

**FR** Utiliser 1-2 cuillères pendant 5 à 20 minutes, crachez. Ne pas avaler. Tenir hors de portée des enfants.

**IT** Usare 1-2 cucchiaini di olio dai 5 ai 20 minuti, quindi sputa. Non ingerire. Tenere fuori dalla portata dei bambini.

**ES** Usar 1-2 cucharaditas de aceite de 5 a 20 minutos y escupir. No ingerir. Mantener fuera del alcance de los niños.



# georganics

## OIL PULLING MOUTHWASH

### ENGLISH PEPPERMINT

- 100% Natural Ingredients
- Plaque Reducing Coconut Oil Formula
- Traditional Ayurvedic Practice

MADE IN THE UK  
100ml 3.40floz e

## INGREDIENTS

Caprylic/Capric Triglyceride<sup>\*^</sup>, Helianthus Annuus<sup>\*^</sup>, Cocos Nucifera Oil<sup>\*^</sup>, Mentha Piperita Oil<sup>\*^</sup>, Menthol<sup>\*^</sup>, Tocopherol<sup>^</sup>, Limonene<sup>^</sup>, Linalol<sup>^</sup>. Ingredients:

<sup>\*</sup>Organic, <sup>^</sup>Natural. Of total: 99% <sup>\*</sup>Organic, 100% <sup>^</sup>Natural.

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