

Australian Aboriginals have long used the oil of the Emu for its anti-inflammatory and rejuvenating powers.

Utilising Emu Spirits patented rendering process, OILTEK™, "Emu Spirit" Oil of Emu can be used both topically and internally to help relieve the symptoms of a wide range of inflammation based ailments.

#### TOPICAL APPLICATIONS:

When applied topically 2 - 3 times daily or as required, "EMU SPIRIT" Oil of Emu may help reduce the symptoms of joint inflammation associated with arthritis and provide symptomatic relief of rheumatism. Oil of Emu may also provide relief of muscular aches and pains, pre menstrual symptoms (PMS), effects of psoriasis on the skin and the symptoms of eczema.

In addition, application of Oil of Emu may also aid recovery to damaged skin including Burns, Blisters, Scars, Cuts, Abrasions, Cradle Cap, Sunburn and Nappy Rash.

#### INTERNAL APPLICATIONS:

When taken orally\* "EMU SPIRIT" Oil of Emu may be of benefit for the following inflammation based conditions; provide temporary relief from the pain of arthritis and rheumatism, relief of pre-menstrual symptoms (PMS), and relief from the symptoms of eczema and effects of psoriasis on the skin.

#### Typical Omega Fatty Acid Analysis per 1mL:

Omega 3	Fatty Acids	(Linolenic acid)	9.2 mg
Omega 6	Fatty Acids	(Linoleic acid)	99.0 mg
Omega 9	Fatty Acids	(Oleic acid)	473.0 mg

#### Recommended Daily Dosage:

For symptoms associated with inflammation (e.g. Arthritis and rheumatism): Take 5mL of Oil of Emu 2 - 3 times a day for the first 8 to 12 weeks, reducing intake to 5mL of Oil of Emu a day to suit individual requirements.

For relief from psoriasis, eczema, and PMS ailments: Take 2.5mL of Oil of Emu twice a day for 6-12 weeks, then 2.5mL of Oil of Emu once a day thereafter.