



LIV-AIR

THE SYNERGY OF AROMA POWER



A powerful combination of essential oils traditionally used for centuries in various respiratory conditions, and for the refreshing aromatic properties. The purest quality ingredients are sourced from the leading manufacturers of essential oils and fractionated compounds. It is formulated with premium antioxidants to preserve the aromatic properties and enhance shelf-life. The product is safe for the recommended use.

MAIN INGREDIENTS (100% natural)

Steam-distilled essential oil of *Trachyspermum ammi* L. (Ajwain)
Thymol crystals 99% pure
Steam-distilled essential oil of *Mentha piperita*
Menthol crystals 99% pure
Natural Camphor
Natural antioxidants

HOW TO USE THIS PRODUCT

1. **Protection against microbes** : Put two or three drops of LIV-AIR on your napkin and inhale the vapor deeply. Especially when visiting crowded places, hospitals, and public transport vehicles, this may offer protection against airborne pathogens.
2. **Colds & Sinusitis** : Put two or three drops of LIV-AIR in very hot water and inhale the vapors. Or, you may inhale from a napkin as well, which is easier.
3. **Pain Balm** : Put three or four drops of LIV-AIR in a teaspoon full of coconut oil and apply this mixture to the affected area (forehead, knee, shoulders, and joints). This may relieve the pain; However, this is not a core treatment for pain due to various medical conditions. Do not use it on open wounds.
4. **Yoga, Meditation & Prayer** : Inhale the vapors from the napkin (as described above) before your yoga and meditation sessions. This will help clear the passage for comfortable breathing and lung performance. Also, Menthol is known to enhance concentration and awareness.

5. **Car Steriliser and Perfume** : Put four or five drops of LIV-AIR on tissue paper and leave it on the dashboard or the A/C vent. You will feel the fresh, healthy, and aromatic ambiance which will give you better concentration and briskness.
6. **Home and Workplace** : Use LIV-AIR in an electric vaporizer or just leave a tissue paper with a few drops on your office table. You will feel the fresh and healthy ambiance which will give you better concentration. Also, the vapors can repel insects and sterilize the room.

CAUTION : Don't touch face or eyes while handling the contents of the bottle. Wash hands with soap after handling. **NOT FOR CONSUMPTION**; For external use only. Dilute as required with carrier oils like coconut oil, Sesame oil, etc., for use as pain balm, or massage oil. Store in a cool place away from the reach of children.

Expiration date : Three years from the date of manufacture stored with seal.
Shelf life : Use within 3 months after opening the bottle.

HISTORY OF ESSENTIAL OILS IN THE TREATMENT OF RTDs.

Multidrug-resistant bacteria and growing antibiotic resistance are leading to a continuous need for discovering new drugs and alternative treatments against infections. The investigation of the antibacterial effect of essential oils (EOs), which are commonly used nowadays in cosmetics, health care, traditional medicine, and the food industry, could be one of the promising solutions for this worldwide problem. EOs have a complex mode of action due to their multiple composition. Respiratory tract diseases (RTDs) associated with bacterial infection and inflammation affect many people from every age group worldwide. Because of volatility, EOs can easily reach the upper and lower parts of the respiratory tract via inhalation. Moreover, due to their antimicrobial and anti-inflammatory potency, they offer an effective treatment for respiratory tract infections (RTIs).

ABOUT THE KEY INGREDIENTS

Ajwain oil contains THYMOL as the main active compound. Seeds are used traditionally in various bowel disorders, such as indigestion, flatulence, colic, and diarrhea. Ajwain seed oil is known to possess functional properties as antimicrobial, anti-flatulent, antispasmodic, antirheumatic, diuretic, stimulant, carminative, and expectorant. It is also used by food industries to prevent the growth of molds and bacteria. Thymol and carvacrol have been considered safe by the European Commission and the US FDA as a flavoring agent.

MENTHOL crystals promote easier breathing, temporarily relieve nasal congestion, soothe sore throats, alleviate fever symptoms, coughs, headaches, and sinus discomforts, support immunity, and stabilize emotions. In aromatherapy, mint oil is used to improve concentration, and mental function, and to reduce stress. It is a common cosmetic ingredient used in pain balms, perfumes, creams, hair oil, after-shave, moisturizer lotions, and massage oils. Used in toothpaste, chewing gum, and mouthwash for the fresh fragrance. Menthol is a safe ingredient.

CAMPHOR has a very distinct aroma. It stimulates nerves and relieves pain and itching. Inhaling Camphor inhibits allergies and virus attacks, related to the respiratory system, and helps comfortable breathing. Camphor has a wide variety of uses due to its antibacterial, antifungal, and anti-inflammatory properties. Repels ants, cockroaches, and bed bugs.

Used as an air freshener, its aroma boosts energy and generates positive vibes. However, this is not recommended for cooking and internal consumption.

REFERENCES OF SCIENCE JOURNALS AS EVIDENCES FOR THE PROPERTIES

Essential oils in the treatment of respiratory tract diseases highlighting their role in bacterial infections and their anti-inflammatory action: a review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7163989/>

Menthol – Biological properties; Wikipedia.

<https://en.wikipedia.org/wiki/Menthol>

Peppermint Oil

<https://www.nccih.nih.gov/health/peppermint-oil>

The distinctive role of menthol in pain and analgesia: Mechanisms, practices, and advances

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9580369/>

The role and mechanism of action of menthol in topical analgesic products

<https://pubmed.ncbi.nlm.nih.gov/29524352/>

Trachyspermum ammi (Ajwain) - These studies reveal that T. ammi is a source of medicinally active compounds and have various pharmacological effects;

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3358968/>

Carum copticum L.: A Herbal Medicine with Various Pharmacological Effects

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4096002/>

Therapeutic Potential of Ajwain (Tracyspermum ammi L.) Seeds

<https://www.sciencedirect.com/science/article/abs/pii/B9780123756886100179>

<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/ajwain>

Camphor and Menthol as Anticancer Agents: Synthesis, Structure-Activity Relationship and Interaction with Cancer Cell Lines

<https://www.ingentaconnect.com/content/ben/acamc/2023/00000023/00000006/art00003>

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NATURE AND SCIENCE IN PERFECT SYNERGY



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