

## 10 Essential Oil Alternatives vs. Over the Counter Drugs 取代成藥的 10 種精油

Oil 名稱	Species 品種 or Ingredients 成分 & Sourcing 產地	OTC Drugs 成藥
Frankincense 乳香	Fereana / Dhofar, Oman 阿曼杜法地區	Neosporin, Tylenol, Motrin, wrinkle creams, calming and stress drugs
Lavender 薰衣草	Angustifolia / Provence, France (Mid-High Altitude mountain area)法國普羅旺斯中高海拔山區	Neosporin, Motrin, Aleve, Tylenol, Pepto-Bismol, Imodium A-D, Solarcaine, ear drops, Desitin, Claritin, Unisom, Simply Sleep
Lemon 檸檬	Citrus Limon / Italy 義大利	Tylenol, Motrin, Children's Motrin, Tums, ear drops, Imodium A-D, Pepto-Bismol, Mylanta
Melaleuca 茶樹 (Tea Tree)	Alternifolia /Australia 澳洲	Ear drops, dandruff shampoo, Denorex, acne scrubs, Chloraseptic, DayQuil, NyQuil, Ricola, Neosporin, Desenex
Oregano 牛至	Vulgare/Turkey 土耳其	Freeze Away, NyQuil, DayQuil, Tums, Tylenol, Aleve, Pepto-Bismol, Mylanta, Desenex
Peppermint 薄荷	Pepperita/Northwest Region, USA 美國西北地區	Pepto-Bismol, Imodium A-D, Tums, Motrin, Aleve, DayQuil, NyQuil, Mentholatum, Tylenol, Shower Soothers, Tylenol Cold, Claritin, NoDoz, Preparation H
Breathe Blend 呼吸複方	laurel leaf, peppermint, eucalyptus, tea tree, lemon, ravensara 月桂葉, 薄荷, 尤加利, 茶樹, 檸檬, 羅文莎葉	NyQuil, Benadryl, vaporizer refills, Mentholatum, Sudafed, DayQuil, inhalers, Shower Soothers
Pain Relief Blend 止痛複方	wintergreen, camphor, peppermint, blue tansy, blue chamomile, helichrysum, osmanthus 冬青, 樟腦, 薄荷, 藍艾菊, 德國洋甘菊, 永久花(蠟菊), 桂花	Ben Gay, Aleve, Excedrin, Tylenol, Motrin, Sportscreme, Celebrex, Humira
Digestive Blend 消化複方	ginger, peppermint, tarragon, fennel, caraway, coriander, anise 生薑、薄荷、龍艾、茴香、藏茴香、胡荽和大茴香	Imodium A-D, Pepto-Bismol, Tums, Mylanta, Alka-Seltzer, Mentholatum, Sudafed
Immune Boost Blend 加強免疫力複方	clove, cinnamon, eucalyptus, rosemary 丁香, 肉桂, 尤加利, 迷迭香	Listerine, Scope, Cepacol, Germ-X, Purell, Sani Hands, TheraFlu, Ricola, Desenex, NicoDerm CQ, Habitrol

**For more information contact 需要更多資訊請洽:**

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