

[Manuals.plus](#) /

› [Young Living](#) /

› Young Living Inner Defense Softgels Essential Oil Supplement User Manual

Young Living bty1000199329_7253YL27

Young Living Inner Defense Softgels User Manual

Essential Oil Supplement for Immune Support

1. INTRODUCTION

The Young Living Inner Defense Softgels are a dietary supplement formulated to support the body's natural defenses and healthy immune function. This product promotes overall wellness, especially during seasonal changes, by combining a blend of essential oils known for their beneficial properties.



Image: A bottle of Young Living Inner Defense Softgels with some softgels outside the bottle, illustrating the product.

2. INGREDIENTS

Inner Defense Softgels contain a carefully selected blend of essential oils and other ingredients:

- **Inner Defense O3 Super Blend:** 405 mg
- **Thieves® Essential Oil Blend:** 225 mg (Clove (*Syzygium aromaticum*) flower bud oil, Lemon (*Citrus limon*) rind oil, Eucalyptus radiata leaf oil, Rosemary (*Rosmarinus officinalis*) leaf oil, Cinnamon (*Cinnamomum verum*) bark oil)

- **Virgin Coconut Oil**
- **Oregano** (*Origanum compactum*) leaf oil
- **Thyme** (*Thymus vulgaris*) leaf oil
- **Lemongrass** (*Cymbopogon flexuosus*) aerial parts oil
- **Other Ingredients:** Fish gelatin, glycerine, water.

Contains fish (tilapia, carp) and tree nuts (coconut).

Antioxidant support

This dynamic formula reinforces systemic defenses, promotes healthy respiratory function.



Image: A visual representation of the key essential oil ingredients in Inner Defense Softgels, including Oregano, Bergamot, and Thieves oil.

3. PRODUCT BENEFITS

- **Targeted Immune Support:** Formulated to support immune health using a blend of oregano and essential oils.
- **Convenient Daily Wellness Supplement:** Easy-to-swallow softgels for incorporating immune support into daily routines.

- **Seasonal Wellness Formula:** Designed to complement wellness routines during seasonal changes and support overall balance.
- **High-Quality Essential Oils:** Crafted with carefully sourced essential oils and produced to Young Living quality standards.



Inner Defense™ 30 softgels

Image: A bottle of Inner Defense Softgels with text emphasizing its role in unlocking the body's natural defenses and supporting overall wellness.

4. IMPORTANT CONSIDERATIONS BEFORE USE

Before incorporating Inner Defense Softgels into your routine, please consider the following:

- **Consult a Healthcare Professional:** If you are pregnant, nursing, taking medication, or have a medical condition, consult your healthcare professional prior to use.
- **Keep Out of Reach of Children:** Ensure the product is stored safely away from children.
- **Allergens:** Contains fish (tilapia, carp) and tree nuts (coconut).

5. DIRECTIONS FOR USE

For best results, take 1 softgel daily in the morning. If needed, you may take 3-5 times daily. Use life 8 hours later. It is recommended to take the softgels with food to minimize any potential digestive discomfort.

Unlock your body's natural defenses

1. You're looking for a way to support your body's natural defenses.*
2. You need a supplement that dissolves quickly for maximum results when you're on the go.



Image: A close-up of a single softgel, demonstrating its size for easy swallowing.

6. STORAGE AND MAINTENANCE

Store Inner Defense Softgels in a cool, dark place to maintain their potency and freshness.

7. TROUBLESHOOTING

If you experience any adverse reactions or discomfort after taking Inner Defense Softgels, discontinue use immediately. Consult a healthcare professional for guidance.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to

diagnose, treat, cure, or prevent any disease or health condition.

8. PRODUCT SPECIFICATIONS

Feature	Detail
Brand Name	Young Living
Item Form	Softgel
Product Benefits	Immune Support
Age Range Description	Adult
Container Type	Bottle
Unit Count	30 Count
Number of Items	1
Total Servings Per Container	30
Flavor	Oregano, Thyme and Thieves
Material Features	Natural
Manufacturer	Young Living
Model Number	bty1000199329_7253YL27

9. OFFICIAL PRODUCT INFORMATION VIDEOS

Seed to Seal Standards by Young Living

Your browser does not support the video tag.

Video Description: This video from Young Living explains their "Seed to Seal" quality commitment, detailing their stringent ethical and environmental standards in sourcing, science, and standards for essential oil production. It highlights their dedication to purity and sustainability across their global farms and partner relationships.

10. SUPPORT AND CONTACT INFORMATION

For further assistance, questions, or concerns regarding your Young Living Inner Defense Softgels, please contact Young Living directly:

- **Phone:** 1-800-371-3515
- **Website:** [YoungLiving.com](https://www.YoungLiving.com)

Please note that specific warranty information for dietary supplements is typically not provided in the same manner as electronic devices. For product quality concerns, please refer to the contact information above.



