

CPTG doTERRA Essential Oils vs. Over The Counter Drugs

Essential Oil	OTC Drug
Frankincense	Neosporin, Tylenol, Wrinkle Creams, Calming and Stress Drugs
Lavender	Neosporin, Motrin, Aleve, Tylenol, Pepto-Bismol, Imodium A-D, Solarcaine, Ear drops, Desitin, Claritin, Unisom, Simply Sleep
Lemon	Tylenol, Motrin, Children's Tylenol & Motrin, Tums, Ear drops, Imodium A-D, Pepto-Bismol, Mylanta
Melaleuca	Ear drops, Dandruff shampoo, Denorex, Acne Scrubs, Ricola, Chloraseptic, DayQuil, NyQuil, Neosporin, Desenex, Lice Treatments
Oregano	Freeze Away, NyQuil, Tums, Tylenol, Aleve, Pepto-Bismol, Mylanta, Sudafed
Peppermint	Pepto-Bismol, Imodium A-D, Tums, Motrin, Aleve, DayQuil, Mentholatum, Shower Soothers, Sudafed, Claritin, Benadryl, Preparation H, No-Doz
Breathe	NyQuil, Benadryl, Vaporizer Refills, Mentholatum, Sudafed, DayQuil, Inhalers, Asthma medications, Shower Soothers
Deep Blue	Ben Gay, Aleve, Excederin, Tylenol, Motrin, Sportscreme, BioFreeze, Celebrex, Humira
DigestZen	Imodium A-D, Pepto Bismol, Tums, Mylanta, Alka-Seltzer, Mentholatum, Sudafed
On Guard	Listerine, Scope, Cepacol, Germ-X, Purell, Sani Hands, TheraFlu, Ricola, Desenex, NicoDerm CQ, Habitrol

All of the essential oils listed above can be found in the Family Physician kit.

For more information, contact Dr. James Grilliot 740-687-0279 www.nwcdrg.com