



*Grapefruit oil has a uniquely refreshing aroma that is uplifting to the mind and can help relieve anxiety. Grapefruit has also been known to help depression, drug withdrawal, eating disorders, fatigue, gallstones, jet lag, migraine headaches, obesity, premenstrual tension, and stress.*

Cold pressed  
from rind

# Grapefruit

*Citrus x paradisi*

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