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## **Uses and Dosage of Irvingia gabonensis Products**

### **Irvingia gabonensis refined powder**

Recommended concentration from 5% to 10% in warm water- und oil phases.

### **Irvingia gabonensis oil**

Recommended concentration from 5% to 10% in warm Oil phase and also mixable with other oils.

### **Irvingia gabonensis Hydro Ethanolic Extract**

Recommended concentration from 3% to 5% in water phase.

### **Irvingia gabonensis Oil Extract**

Recommended concentration from 1% to 3% in warm oil phase.