

dōTERRA | Nutrition Protein

800g (20 Serves)

PRODUCT DESCRIPTION

It seems like everyone is talking about protein these days, but it can be daunting and confusing to sort through all the protein powder options on the market and know which source you should trust to fuel your body. dōTERRA's mission to Pursue What's Pure carries over to all products, including the scientifically studied ingredients sourced to formulate the quality offering of dōTERRA Proteins.

Even if we are careful with what we put into our bodies and are intentional with our diet, we may not be getting enough of certain nutrients, like protein. dōTERRA Proteins were specifically formulated to supplement areas of the modern diet that fall short in providing fuel to our body. Protein is an important macronutrient and crucial for building muscle, managing appetite, and helping the body recover after workouts. Protein is also necessary to provide the body with energy and stamina to perform functions like building cells and supporting a healthy immune system response. Reducing sugar consumption is also an important aspect of improving your diet and overall health. dōTERRA Protein is free from refined sugars and is a great tool to use in a Keto or other high protein/low carb diets.

WHEY PROTEIN WITH COLLAGEN AND PROBIOTICS

Protein is an essential nutrient for good health and stamina. Whey Protein provides 22 grams of a premium dōTERRA protein blend with 7 grams of fibre per serving to satisfy hunger, increase your protein intake and help you reach your goals. Using whey from grass-fed cows, free from GMO, soy, growth hormones, and synthetic ingredients, dōTERRA Whey Protein is easy to digest without causing gas or bloating. Protein mixes well with water, non-fat dairy, almond, rice, or coconut milk. Add fruit, veggies, nuts, or yogurt for an energising and satisfying treat or protein supplement.

VEGAN PLANT PROTEIN

Protein is an essential nutrient for good health and stamina. dōTERRA Vegan Protein provides 22 grams of a premium vegan protein blend with 7 grams of fibre per serving to satisfy hunger, increase your protein intake and help you reach your goals. Using a blend of pea, brown rice, fava bean and pumpkin seed protein, free from GMO, soy and synthetic ingredients, dōTERRA Vegan Protein is easy to digest without causing gas or bloating. dōTERRA Vegan Protein mixes well with water, almond, rice, or coconut milk. Add fruit, veggies, or nuts for an energising and satisfying treat or protein supplement.

PRODUCT USAGE

dōTERRA Protein shakes are ideal for blending into your own, customised creations. The flavours are delicious and creamy on their own but are neutral enough to add nutritious additions like fruit or vegetables. Enjoy daily to fuel your body and support muscle growth and recovery.

VEGAN PROTEIN BENEFITS:

- Contains 22 grams of protein per serve, but in a completely vegetable-based formula.
- Each serve contains 48% of the Recommended Daily Intake of Iron, an essential nutrient which supports healthy blood, concentration, and energy levels.

WHEY PROTEIN BENEFITS:

- Contains 22 grams of high-quality protein per serve to help build muscle tissue and aid in post-workout recovery.
- Contains collagen to help support and promote smooth, elastic skin and reduce the appearance of wrinkles.
- Contains probiotics to help support a healthy gut.



Certified Pure Tested Grade

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DIRECTIONS FOR USE

Add 40g (approx. 2 heaped scoops) into 250mL of water or choice of milk and mix well with shaker or blender. Add your choice of fruits and vegetables for added flavour. For a unique flavour, blend in one drop of your favourite dōTERRA essential oil.

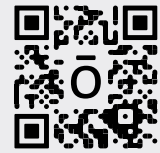
CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Keep in a cool, dry place.

KEY STUDIES

To access the key studies go to

<https://bit.ly/3nl3syN>



Chocolate Protein SKU 60218844

NUTRITION INFORMATION		
Servings per package: 19		
Serving size: 42 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	651 kJ (156 Cal)	1550 kJ (371 Cal)
Protein	22.4 g	53.4 g
- Gluten	Nil detected	Nil detected
Fat, total	2.9 g	6.8 g
- Saturated	1.5 g	3.6 g
Carbohydrate	6.4 g	15.2 g
- Sugars	4.7 g	11.1 g
Dietary Fibre	6.7 g	15.9 g
Sodium	93 mg	221 mg
Potassium	116 mg	277 mg
Calcium	182 mg (23% RDI*)	432 mg
Collagen	1.0 g	2.5 g
<i>Bacillus Coagulans</i>	100 million CFU	250 million CFU
ESSENTIAL AMINO ACID		
Isoleucine	1140 mg	2720 mg
Leucine	2140 mg	5100 mg
Lysine	1840 mg	4380 mg
Hydroxylysine	14 mg	34 mg
Methionine	458 mg	1090 mg
Phenylalanine	827 mg	1970 mg
Threonine	1270 mg	3030 mg
Tryptophan	357 mg	850 mg
Valine	1250 mg	2980 mg
NON-ESSENTIAL AMINO ACID		
Alanine	1020 mg	2420 mg
Aspartic Acid	1920 mg	4580 mg
Cysteine	379 mg	903 mg
Glutamic Acid	3860 mg	9190 mg
Glycine	580 mg	1380 mg
Proline	1580 mg	3750 mg
Hydroxyproline	112 mg	267 mg
Serine	1060 mg	2530 mg
Tyrosine	781 mg	1860 mg
Arginine	655 mg	1560 mg
Histidine	433 mg	1030 mg

***Recommended Daily Intake**

INGREDIENTS: Whey protein concentrate (42%), calcium caseinate (16%), soluble tapioca fibre, cocoa powder, golden flaxseed meal, cream powder, natural flavouring, hydrolysed collagen (bovine), hydrolysed oat flour, thickeners (organic gum acacia, organic guar gum, organic xanthan gum), sea salt, sweeteners (steviol glycoside, monk fruit), probiotic (*Bacillus coagulans*).

Contains Milk. May contain soy, almond, hazelnut, sesame seeds and egg.



Vanilla Protein SKU 60218845

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 40 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	616 kJ (147 Cal)	1540 kJ (368 Cal)
Protein	22.6 g	56.4 g
- Gluten	Nil detected	Nil detected
Fat, total	2.5 g	6.3 g
- Saturated	1.3 g	3.3 g
Carbohydrate	5.0 g	12.4 g
- Sugars	2.8 g	6.9 g
Dietary Fibre	7.0 g	17.5 g
Sodium	110 mg	276 mg
Potassium	118 mg	294 mg
Calcium	184 mg (23% RDI*)	461 mg
Collagen	1.0 g	2.5 g
<i>Bacillus Coagulans</i>	100 million CFU	250 million CFU
ESSENTIAL AMINO ACID		
Isoleucine	1160 mg	2890 mg
Leucine	2160 mg	5400 mg
Lysine	1860 mg	4640 mg
Hydroxylysine	14 mg	34 mg
Methionine	464 mg	1160 mg
Phenylalanine	836 mg	2090 mg
Threonine	1280 mg	3210 mg
Tryptophan	361 mg	903 mg
Valine	1270 mg	3170 mg
NON-ESSENTIAL AMINO ACID		
Alanine	1020 mg	2560 mg
Aspartic Acid	1940 mg	4850 mg
Cysteine	383 mg	957 mg
Glutamic Acid	3920 mg	9800 mg
Glycine	584 mg	1460 mg
Proline	1600 mg	4000 mg
Hydroxyproline	112 mg	280 mg
Serine	1080 mg	2690 mg
Tyrosine	792 mg	1980 mg
Arginine	660 mg	1650 mg
Histidine	436 mg	1090 mg

***Recommended Daily Intake**

INGREDIENTS: Whey protein concentrate (44%), calcium caseinate (18%), soluble tapioca fibre, natural flavouring, golden flaxseed meal, hydrolysed collagen (bovine), thickeners (organic gum acacia, organic guar gum, organic xanthan gum), hydrolysed oat flour, cream powder, sea salt, sweeteners (steviol glycoside, monk fruit), probiotic (*Bacillus coagulans*).

Contains Milk. May contain soy, almond, hazelnut, sesame seeds and egg.



Vegan Protein SKU 60218846

NUTRITION INFORMATION		
Servings per package: 20		
Serving size: 40 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	580 kJ (139 Cal)	1450 kJ (347 Cal)
Protein	22.9 g	57.3 g
- Gluten	Nil detected	Nil detected
Fat, total	1.7 g	4.4 g
- Saturated	0.3 g	0.7 g
Carbohydrate	3.9 g	9.8 g
- Sugars	1.5 g	3.8 g
Dietary Fibre	7.6 g	18.9 g
Sodium	174 mg	435 mg
Potassium	21 mg	54 mg
Iron	5.8 mg (48% RDI*)	14.5 mg
ESSENTIAL AMINO ACID		
Isoleucine	1040 mg	2600 mg
Leucine	1890 mg	4730 mg
Lysine	1290 mg	3230 mg
Methionine	331 mg	828 mg
Phenylalanine	1250 mg	3130 mg
Threonine	840 mg	2100 mg
Tryptophan	247 mg	618 mg
Valine	1270 mg	3170 mg
NON-ESSENTIAL AMINO ACID		
Alanine	1090 mg	2720 mg
Aspartic Acid	2300 mg	5760 mg
Cysteine	444 mg	1110 mg
Glutamic Acid	3960 mg	9900 mg
Glycine	920 mg	2300 mg
Proline	1000 mg	2500 mg
Serine	1140 mg	2860 mg
Tyrosine	868 mg	2170 mg
Arginine	1910 mg	4770 mg
Histidine	564 mg	1410 mg

***Recommended Daily Intake**

INGREDIENTS: Organic yellow pea protein (34%), organic brown rice protein (30%), tapioca fibre, natural flavouring, flaxseed powder, sunflower oil powder, yeast beta glucan (*saccharomyces cerevisiae*), oat flour, fava bean protein (0.8%), organic quinoa, thickeners (organic gum acacia, organic guar gum, organic xanthan gum), pumpkin seed protein (0.3%), sea salt, sweeteners (steviol glycoside, monk fruit extract).



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dōTERRA | Nutrition Fibre

350g (31 Servings)

PRODUCT DESCRIPTION

It's important for adults to get 28 grams of soluble and insoluble fibre every day. Soluble fibre can help control appetite and optimise blood sugar levels. Insoluble fibre can help keep your digestive system healthy. Even with a healthy diet, most people only get half the amount of fibre they need. dōTERRA Fibre provides 7 grams of soluble and insoluble fibre from wholefood sources like apple, chicory root, Jerusalem artichoke, and flaxseed. dōTERRA Fibre includes CPTG® Lemon essential oil for a great taste and a unique prebiotic blend to support a healthy microbiome.

PRIMARY BENEFITS:

- Contains 7 grams of high-quality dietary fibre per serve to support healthy digestion.
- An excellent source of Vitamin C to support a healthy immune system.
- Contains prebiotics to support the growth of healthy gut microbes.

DIRECTIONS FOR USE

Add 11g (approx. 2 rounded scoops) into 300mL of water and mix well with shaker or blender.

CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Seal the bag immediately after use and store below 30°C in a cool, dry place.

Fibre

NUTRITION INFORMATION

Servings per package: 31
Serving size: 11 g

	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	112 kJ (27 Cal)	1020 kJ (244 Cal)
Protein	0.5 g	4.6 g
- Gluten	Nil detected	Nil detected
Fat, total	0.5 g	4.6 g
- Saturated	0.1 g	0.7 g
Carbohydrate	17 g	15.8 g
- Sugars	1.4 g	12.7 g
Dietary Fibre	7.0 g	63.5 g
Sodium	1 mg	6 mg
Potassium	2 mg	14 mg
Vitamin C	200 mg (500% RDI*)	1820 mg
	0.10 mg (1% RDI*)	0.94 mg

*Recommended Daily Intake

INGREDIENTS: Apple fibre (34%), tapioca fibre (31%), prebiotic blend [fructooligosaccharide (from chicory root & organic Jerusalem artichoke), isomaltooligosaccharide], flaxseed powder, guar gum, citric acid, vitamin C (ascorbic acid), lemon peel oil, sweetener (steviol glycoside), natural flavouring.

KEY STUDIES

To access the key studies go to <https://bit.ly/37lww3C>



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dōTERRA | Nutrition Greens

350g (29 Servings)

PRODUCT DESCRIPTION

There are many reasons you may not be getting the recommended amount of fruits and vegetables in your diet. It's expensive, preparation can be time consuming, and you may feel unsure of how much you really need to eat. dōTERRA Greens was created to supplement your fruit and vegetable intake with responsibly sourced, wholesome ingredients. dōTERRA Greens is a convenient and tasty way to provide your body with essential nutrients and dietary fibre to enhance overall wellness.

With pure, plant-sourced, and nourishing ingredients, dōTERRA Greens supports healthy immune function, digestion, weight management and energy. A mix of raw superfood ingredients are packed in dōTERRA Greens to give your mind and body a nutritious boost. One scoop of dōTERRA Greens powder provides the nutritional equivalency of approximately one to two serves of fruits and vegetables. Key ingredients include moringa, acai, cabbage, collard greens, dandelion, kale, parsley, spinach leaf, alfalfa, barley grass, oat grass, pineapple, mango, gojiberry, as well as Lemon and Ginger CPTG® essential oils.

PRIMARY BENEFITS:

- Provides the equivalent of 1-2 serves of fruits and vegetables.
- Good source of dietary fibre.
- May support normal metabolism.
- Natural, non-GMO and vegan friendly.
- Neutral, mixed berry flavour ideal for smoothies and DIY concoctions.

DIRECTIONS FOR USE

Mix 1 scoop of dōTERRA Greens with 250mL or more of water or juice or mix with your favourite smoothie. Drink immediately.

CAUTIONS

Keep out of reach of children.
Pregnant or nursing women and people with known medical conditions should consult a physician before using. Seal the bag immediately after use and store below 30°C in a cool, dry place.

NUTRITION INFORMATION		
Servings per package: 29		
Serving size: 12 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	175 kJ (42 Cal)	1460 kJ (349 Cal)
Protein	1.9 g	16.2 g
- Gluten	Nil detected	Nil detected
Fat, total	0.9 g	7.3 g
- Saturated	0.1 g	0.9 g
Carbohydrate	5.5 g	45.8 g
- Sugars	2.0 g	16.6 g
Dietary Fibre	2.1 g	17.2 g
Sodium	28 mg	230 mg
Potassium	60 mg	503 mg
Vitamin C	26 mg (65% RDI*)	216 mg
Calcium	8 mg (1% RDI*)	66 mg

*Recommended Daily Intake

INGREDIENTS: Proprietary greens blend (58%) (organic kale powder, organic alfalfa powder, organic wheat grass powder, dandelion leaf powder, organic spinach leaf powder, parsley leaf powder, oat straw powder, organic barley grass powder, organic chlorella powder, oat grass juice powder, cabbage leaf powder, collard greens leaf powder, organic broccoli powder), fruit blend (pineapple juice powder, apple powder, mango powder, organic acerola powder), superfood blend (organic spirulina, noni extract, acai extract, mangosteen fruit powder, goji berry extract), sunflower lecithin, natural flavouring, thickeners (guar gum, gum acacia, xanthan gum), acidity regulator (citric acid), sweeteners (steviol glycoside, monk fruit extract), CPTG® essential oil blend (lemon peel essential oil, ginger root essential oil).

KEY STUDIES

To access the key studies go to <https://bit.ly/3wxtL2o>



AUST L 286073
AU SKU: 60201778



dōTERRA LIFELONG VITALITY PACK®

Cellular Vitality Complex

As one of our most popular products, dōTERRA Lifelong Vitality Pack® is full of essential nutrients, metabolism benefits and powerful antioxidants designed to help promote energy, health and lifelong vitality.

PRIMARY BENEFITS

dōTERRA Lifelong Vitality Pack® is a holistic approach to help support your health, that covers three vital aspects of your wellbeing: immune system support, nutritional support, and energy production maintenance.

- Aids digestion.
- Helps maintain healthy digestive function.
- Source of iron. Iron is necessary for the formation of haemoglobin which transports oxygen to the tissues.
- Maintain health of capillaries.
- Protects capillaries.
- Source of calcium.
- Vitamin D helps calcium absorption.
- Support of healthy eye function.
- Assists in the maintenance of general well-being.
- Reduce free radicals formed in the body.
- Support healthy immune system function.
- Helps convert (Fats and Carbohydrates) into energy.
- Aids metabolism of (Carbohydrates, Fats & Proteins).
- Maintains energy levels.
- Support healthy hair, skin and nails.
- Support healthy cardiovascular system function.
- Support muscle function.
- Maintains nervous system function.
- Maintains bone health.
- Support (Calcium) levels in the body.
- Support healthy muscle contraction function.
- Support collagen formation.

- Support healthy stress response in the body.
- Support healthy thyroid gland function.
- Support healthy eyesight/vision.

PRODUCT DESCRIPTION

dōTERRA Lifelong Vitality Pack® is a holistic approach to help support your health, that covers three vital aspects of your wellbeing: immune system support, nutritional support, and energy production maintenance.

Aids digestion.

Helps maintain healthy digestive function.

Source of iron. Iron is necessary for the formation of haemoglobin which transports oxygen to the tissues.

Maintain health of capillaries.

Protects capillaries.

Source of calcium.

Vitamin D helps calcium absorption.

Support of healthy eye function.

Assists in the maintenance of general well-being.

MICROPLEX VMz®

dōTERRA xEO Mega® is a blend of omega-3 fatty acids and fat-soluble nutrients. It is formulated to support the functioning of a healthy immune system.

Supports healthy immune system function

Helps reduce free-radical damage to body cells.

xEO Mega®

dōTERRA Microplex VMz® provides essential vitamins, nutrients and minerals to support health and wellbeing.

Supports nutritional intake by providing essential vitamins, nutrients and minerals

Maintains health and general wellbeing

Alpha CRS®

dōTERRA Alpha CRS®+ helps support your body's natural energy production and helps reduce free radicals formed in the body.

Supports energy production in the body

Helps reduce free radicals formed in the body

WARNINGS

KEEP OUT OF REACH OF CHILDREN. DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/ HEALTHCARE PROFESSIONAL. VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET.

30 DAY GUARANTEE

If you purchase dōTERRA's Lifelong Vitality Pack, use it for 30 days, and are not satisfied with the results, you can return your product for full refund.

TERMS AND CONDITIONS:

Must be a dōTERRA Wellness Advocate, Wholesale Customer or Retail Member to participate in offer.

Opened Lifelong Vitality Pack products can be returned within 45 days of purchase for a full refund. No refund will be issued for opened product received after 45 days.

Unopened, re-saleable product will follow the normal return policy. Guarantee can only be redeemed once per membership.

Lifelong Vitality Pack that is purchased as part of a kit receive a full refund determined by kit pricing.



Certified Pure Tested Grade

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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Read warnings before purchase.

AUNZ SKU: 60218675

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dōTERRA PROTEIN SHAKER BOTTLE

900mL

PRODUCT DESCRIPTION

This limited edition dōTERRA Shaker Bottle is durable and of premium quality. Double walled and made from high quality stainless steel this shaker bottle is designed to perfectly blend your dōTERRA Nutrition Proteins, Fibre, and Greens.

It will quickly become your daily essential as you head out to the gym, work or even just out and about!

PRODUCT FEATURES

- Shaker spring ball inside to ensure all powders are blended.
- Double walled stainless steel construction is stronger and keeps your water colder for longer.
- Durable hard BPA-free plastic lid is secure and leak proof.
- Convenient handle for easy transport.
- Soft silicone strap holds the screw top lid so you don't lose it.

CAUTIONS

Not for use by children. Not to be used as a thermos.

