



# dōTERRA LIFELONG VITALITY PACK®

## Cellular Vitality Complex

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

### PRODUCT DESCRIPTION

#### LIFELONG VITALITY PACK

dōTERRA formulations such as those included in the Lifelong Vitality Pack form part of a wellness lifestyle range of products that may assist you at different stages of life.

#### MICROPLEX VMz®

Microplex VMz® Food Nutrient Complex is a formula of bioavailable vitamins and minerals that may be deficient in our modern diets. The formula includes a balanced blend of essential vitamins, C, E and an energy complex of B vitamins in a patented glycoprotein matrix.

Microplex VMz® also contains minerals including calcium, magnesium and zinc, which play a role in the maintenance of healthy bone. It also contains the dōTERRA tummy tamer botanical blend of Peppermint, Ginger and Caraway.

Formulated to be used daily with Alpha CRS+ and xEO Mega®.

#### xEO Mega®

xEO Mega® Essential Oil Omega Complex is a unique formula of CPTG® essential oils and a proprietary blend of marine and land sourced omega fatty acids.

Fish oils help support the health and function of the brain, cardiovascular & nervous systems. A daily serve of xEO Mega® provides 1 gram of marine lipids (providing 320mg of EPA, 308mg of DHA, and 44mg of other omega 3s (gamma linolenic Acid), and a blend of 250mg of plant-sourced fatty acids.

Formulated to be used daily with Alpha CRS+ and Microplex VMz®.

#### Alpha CRS+™

Alpha CRS+™ Cellular Vitality Complex is a proprietary formula combining natural botanical and nutrients involved in the production of energy within the body.

Alpha CRS+™ is formulated to be used daily with xEO Mega® or Microplex VMz®.

#### 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, resaleable 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.

#### ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Read warnings before purchase.



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# MICROPLEX VMz®

## Essential Oil Omega Complex

### PRIMARY BENEFITS

- Provides essential vitamins and minerals to support the health and maintenance of general wellbeing
- With antioxidant vitamins, C and E, to assist in protecting cells from free radical damage
- An energy complex of B vitamins; presented in a patented glycoprotein matrix
- Contains Vitamin D and E to support healthy hearts
- Includes a balanced blend of minerals including calcium, magnesium, zinc, selenium, copper, manganese and chromium
- Vitamin D and calcium support the development and maintenance of strong, healthy bones
- Formulated with a digestive enzyme blend of protease, lipase, amylase, tilactase and cellulase

### PRODUCT DESCRIPTION

dōTERRA's Microplex VMz® Food Nutrient Complex is a food nutrient formula of bioavailable vitamins and minerals that maybe deficient in our modern diets. The formula includes a balanced blend of essential vitamins, C, E, and an energy complex of B vitamins in a patented glycoprotein matrix.

Also containing minerals including calcium, magnesium and zinc, which play a role in the maintenance of healthy bone. Microplex VMz® contains the dōTERRA tummy tamer botanical blend of Peppermint, Ginger and Caraway.

A comprehensive array of nutrients presented in a food nutrient complex that are involved in the growth and function of cells, Microplex VMz® provides a balanced blend of essential antioxidant vitamins, C and E; an energy complex of B vitamins; and 200 IU of vitamin D.

It also contains nutrients essential for carbohydrate, lipid and protein metabolism and the minerals Calcium, Magnesium and Zinc. Adequate dietary calcium is needed in our youth and throughout life to help maintain strong, healthy bones.

Vitamin D helps calcium absorption and a diet deficient in calcium can lead to osteoporosis in later life.

Microplex VMz® represents the gold standard in vitamin and mineral supplementation. The formula is encapsulated in sodium lauryl-sulfate free vegetable capsules and does not contain wheat or milk products.

Microplex VMz® is formulated to be used daily with dōTERRA Alpha CRS+™ and xEO Mega® as a comprehensive dietary supplement foundation.



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# MICROPLEX VMz®

## Essential Oil Omega Complex

### DIRECTIONS FOR USE

Adults, take 2 capsules twice daily with meals or as directed by your healthcare professional.

Vitamin supplements should not replace a balanced diet. This product contains selenium which is toxic in high doses. A daily dose of 150µg for adults of selenium from dietary supplements should not be exceeded. If symptoms persist consult your healthcare practitioner.

Warning: If you are pregnant or considering becoming pregnant, do not take vitamin A supplements without consulting your doctor or pharmacist. When taken in excess of 3000µg retinol equivalents (RE) vitamin A can cause birth defects. The recommended daily amount of vitamin A from all sources is 700µg RE for women and 900µg RE for men.

Contains sucrose, glucose and sodium benzoate.

Store below 25°C.

Microplex VMz® is formulated to be used with xEO Mega® or dōTERRA Alpha CRS+™. All three products can be found in one our convenient dōTERRA Lifelong Vitality pack®.

**ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/ HEALTHCARE PROFESSIONAL**

### 30 DAY GUARANTEE

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### TERMS AND CONDITIONS:

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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, resaleable 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.

### INGREDIENTS

Each capsule contains:			
Retinol Acetate (Vit. A 75µg RE)	86µg	<i>Fucus vesiculosus</i> (Bladderwrack) Whole Plant Powder (Containing Iodine 6.25µg)	12.5mg
Betacarotene	923µg	Magnesium (from Magnesium Amino Acid Chelate 186mg)	37mg
Thiamine Hydrochloride (Vit. B1)	841µg	Manganese (from Manganese Amino Acid Chelate 1.25mg)	125µg
Riboflavin (Vit. B2)	750µg	Selenium (from Selenomethionine 43.5µg)	17.5µg
Nicotinamide (Vit. B3)	5mg	Zinc (from Zinc Amino Acid Chelate 18.8mg)	3.8mg
Calcium Pantothenate (Pantothenic Acid 2.5mg)	2.73mg	Palm Tocotrienols Complex	96.5µg
Pyridoxine Hydrochloride (Pyridoxine 750µg)	912µg	Protease	3.066Thousand HUT
Calcium Folate (Folic Acid 100µg)	139µg	Lipase	37LipU
Cyanocobalamin (Vit. B12)	2.5µg	Amylase	111DU
Biotin	75µg	Tilactase	69ALU
Calcium Ascorbate Dihydrate (Ascorbic Acid 37.5mg)	45.4mg	Cellulase	55CU
Magnesium Ascorbate Monohydrate (Ascorbic Acid 12.5mg)	13.9mg	<i>Petroselinum crispum</i> (Parsley) Herb Powder	3.4mg
Total Ascorbic Acid (Vit. C)	50mg	<i>Spinacia oleracea</i> (Spinach) Leaf Powder	1.4mg
Colecalciferol (Vit. D 50IU)	1.25µg	<i>Brassica oleracea var. viridis</i> (Kale) Leaf Powder	5.6mg
d-alpha Tocopheryl Acid Succinate (Vit. E 12.5IU)	10.3mg	<i>Brassica oleracea var. gemmifera</i> (Brussel Sprout) Leaf Bud Powder	1.4mg
Phytomenadione (Vit. K)	5µg	<i>Brassica oleracea var. capitata</i> (Cabbage) Leaf Powder	1.4mg
Calcium (from Calcified Lithothamnion Species 93.75mg)	30mg	<b>Herbal Extracts Equiv. to Dry</b>	50mg
Calcium (from Calcium Carbonate 226.26mg)	90.5mg	<i>Zingiber officinale</i> (Ginger) Root	10mg
Chromium (from Chromium Nicotinate 104µg)	12.5µg	<i>Mentha x piperita</i> (Peppermint) Leaf	16.9mg
Copper (from Copper Gluconate 893µg)	125µg	<i>Taraxacum officinale</i> (Dandelion) Leaf	10mg
Iron (from Iron Amino Acid Chelate 7.5mg)	1.5mg	<i>Carum carvi</i> (Caraway) Seed	414mg
		<i>Brassica oleracea var. italica</i> (Broccoli) Sprout	



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# xEO MEGA®

## Essential Oil Omega Complex

### PRIMARY BENEFITS

- Contains fish oils to support brain health and cognitive function
- With Fish oils to support heart health
- Delivers 900 mg of pure, concentrated, molecularly filtered fish oil with 320 mg of EPA and 308 mg of DHA per daily serving, and 44 mg of other omega-3s.
- Contains Omega-3 fatty acids, essential for normal growth and development
- Supports healthy immune system function
- Contains beta-carotene, which supports the health and function of the eyes
- Provides a wide range of omega-3 fatty acids including EPA, DHA and GLA, from marine and plant sources to help maintain a healthy balance of these vital nutrients

### PRODUCT DESCRIPTION

dōTERRA's xEO Mega® Essential Oil Omega Complex is a unique formula of CPTG® essential oils and a proprietary blend of marine - and land - sourced omega fatty acids. Fish oils help support the health and function of the brain, cardiovascular & nervous systems.

A daily serve of xEO Mega® provides 1 gram of marine lipids (providing 320 mg of EPA, 308 mg of DHA and 44 mg of other omega 3s(gamma linolenic Acid)), and a blend of 250 mg of plant-sourced fatty acids. And also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of astaxanthin.

Essential Fatty Acids (EFAs) are nutrients required for many functions in the human body. While some fatty acids can be produced inside the body, "essential" fatty acids cannot be produced by our bodies; therefore, we rely on the

food we eat to supply these important nutrients. xEO Mega® contains a natural source of omega 3 fatty acids, which are important as the body cannot produce them and can only be obtained from the diet.

The essential oils in this product also function as a natural preservative system that protects the omega-3 fatty acids and lipid-soluble vitamins from oxidizing and going rancid

We uses the best quality marine omega-3 oils in the world. Both fish oils are tested for over 250 contaminants, and both fish oils are certified sustainable by the prestigious Friend of the Sea organization in Europe.

### ASTAXANTHIN AND VITAMIN E

xEO Mega® includes the carotenoid astaxanthin and Vitamin E, supporting the health and function of the cardiovascular and immune systems.

Vitamin E is a fat-soluble

antioxidant helping to protect the polyunsaturated fatty acids in cell membranes from free radical damage and may therefore assist in protecting the body from the effects of free radical damage.



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# xEO MEGA®

## Essential Oil Omega Complex

### VITAMIN D

Vitamin D is a fat-soluble vitamin present in foods such as fish, beef liver, cheese, egg yolks and fortified dairy products. Sunlight can help activate cholecalciferol generation (a Vitamin D precursor), which is converted to active Vitamin D within the body.

Vitamin D is important for bone health, supporting the development and maintenance of strong, healthy bones. Vitamin D also supports the health and function of the immune and nervous systems and is important for cardiovascular health. Mainly produced in our skin by a reaction that requires sunlight, people who limit their exposure to sunlight may have an increased need for Vitamin D supplementation.

xEO Mega® is a revolutionary approach to supplementing our diets with omega-3 fatty acids and other fat-soluble nutrients that help support the health and function of the cardiovascular nervous and immune systems and eyes. Containing DHA, which is one of the most abundant fatty acids in the brain, which is required for normal/healthy brain function. Also contains antioxidant nutrients and Vitamin D, which helps calcium absorption and a diet deficient in calcium can lead to osteoporosis in later life.

Formulated to be used daily with dōTERRA Alpha CRS+™ and Microplex VMz® as a comprehensive dietary supplement foundation.

### DIRECTIONS FOR USE

Adults, take 2 capsules twice daily with meals or as directed by your healthcare professional.

Vitamin supplements should not replace a balanced diet.

Contains seafood (fish products). Store below 25°C.

xEO Mega® is formulated to be used with Microplex VMz® and dōTERRA Alpha CRS+™. All three products can be found in our convenient Lifelong Vitality Pack®.

### 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:

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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.

### INGREDIENTS

<b>Each capsule contains:</b>	
Concentrated Fish Omega-3 triglycerides	261mg
Equiv. Eicosapentaenoic Acid (EPA)	80mg
Equiv. Docosahexaenoic Acid (DHA)	77mg
<i>Borago officinalis</i> (Borage) Seed Oil Fixed	50mg
Equiv. Gamma-Linolenic Acid	11mg
<b>CPTG® Essential Oil Blend:</b>	
Syzigium Aromaticum Herb Top	
Flowering Essential Oil	5.7mg
Olibanum Oil	4.6mg
Thyme Oil	4mg
Cumin Oil	3.4mg
Orange Oil	3.4mg
Peppermint Oil	3.4mg
Ginger Oil	2.9mg
Caraway Oil	2.3mg
Chamomile Oil German	286µg
Betacarotene	1mg
Colecalciferol (Vit. D 200IU)	5µg
d-alpha-Tocopherol (Vit. E 15IU)	10.1mg
Lycopene	250µg
Lutein	750µg
Zeaxanthin	250µg
<i>Punica granatum</i> (Pomegranate) Dry	
Fruit Extract	264µg
Derived from minimum Fresh Fruit	12.54mg
Standardised to contain Punicalagins	53µg
Astaxanthin Esters extracted from	
<i>Haematococcus pluvialis</i>	2.5mg
Equiv. Astaxanthin	250µg

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# dōTERRA ALPHA CRS+™

## Cellular Vitality Complex

### PRIMARY BENEFITS

- Contains a proprietary cellular longevity antioxidant blend exclusive to dōTERRA that includes herbal extracts of scutellaria root containing baicalin, Fullopia juponica - resveratrol, pomegranate ellagic acid, Grape seeds - proanthocyanidins, milk thistle- silymarin and curcumin derived from turmeric root
- Contains antioxidants
- Includes tummy tamer botanical extract blend
- Specially formulated to be used daily with xEO Mega® and Microplex VMz®
- Includes the nutrients coenzyme Q10, quercetin, alpha-lipoic acid and acetyl-L-carnitine
- Contains Coenzyme Q10 to support healthy immune function
- Contains a extract of Boswellia serrata containing boswellic acid
- Contains a extract of Ginkgo biloba
- Includes the nutrients coenzyme Q10, quercetin, alpha-lipoic acid and acetyl-L-carnitine

### PRODUCT DESCRIPTION

dōTERRA Alpha CRS+™ Cellular Vitality Complex is a proprietary dietary supplement formulated with Coenzyme Q10 and Alpha lipoic acid. The polyphenol, resveratrol is an antioxidant. The cellular longevity polyphenol blend found in dōTERRA Alpha CRS+™ includes herbal extracts of scutellaria root containing baicalin, Fullopia juponica - resveratrol,

pomegranate - ellagic acid, grape seeds - proanthocyanidins, milk thistle - silymarin and curcumin derived from turmeric root.

The blend also includes a proprietary blend of boswellic acid and bromelain protease enzyme and the botanical extract of Ginkgo.



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# dōTERRA ALPHA CRS+™

## Cellular Vitality Complex

### DIRECTIONS FOR USE

Adults, take 2 capsules twice daily with meals or as directed by your healthcare professional.

If symptoms persist consult your healthcare practitioner. Not to be taken if on warfarin therapy without medical advice.

Contains soy.  
Store below 25°C.

Alpha CRS+™ is formulated to be used with xEO Mega® or Microplex VMz®. All three products can be found in our convenient dōTERRA Lifelong Vitality Pack®.

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### INGREDIENTS

Each capsule contains:			
<i>Boswellia serrata</i> (Indian Frankincense) Extract	76.92mg	<i>Punica granatum</i> (Pomegranate) Extract	15.63mg
Derived from Dry Gum Oleoresin	461.54mg	Derived from Dry Seed	781.25mg
Standardised to contain Boswellic Acid	50mg	<i>Sesamum indicum</i> (Sesame) Extract	5mg
<i>Carum carvi</i> (Caraway) Extract	2.5mg	Derived from Dry Seed	20mg
Derived from Dry Seed	10mg	<i>Scutellaria baicalensis</i> (Baical Skullcap) Extract	44.12mg
<i>Camellia sinensis</i> (Green Tea) Extract	9.04mg	Derived from Dry Root	573.53mg
Derived from Dry Leaf	271.2mg	<i>Silybum marianum</i> (Milk Thistle) Extract	31.25mg
Standardised to contain Catechins	7.5mg	Derived from Dry Fruit	2.19g
Curcumin	7.89mg	Standardised to contain Flavanolignans (calculated as Silybin)	25mg
<i>Fallopia japonica</i> (Japanese Knotweed) Extract	25mg	<i>Vitis vinifera</i> (Grapeseed) Extract	5.26mg
Derived from Dry Root	2.5g	Derived from Dry Seed	632mg
Standardised to contain Resveratrol	12.5mg	Standardized to contain Procyanidins	5mg
<i>Ginkgo biloba</i> (Ginkgo) Extract	200mcg	<i>Zingiber officinale</i> (Ginger) Extract	2.5mg
Derived from Dry Leaf	10mg	Derived from Dry Root	50mg
Standardised to contain Ginkgolides & Bilobalide & Ginkgo Flavonglycosides	12mcg	Acetyl Levocarnitine Hydrochloride	29.48mg
	48mcg	Alpha Lipoic Acid	25mg
<i>Mentha X piperita</i> (Peppermint) Extract	2.5mg	Bromelains (12.5GDU)	4.17mg
Derived from Dry Leaf	10mg	Quercetin Dihydrate	12.5mg
<i>Pinus pinaster</i> (Pine) Extract	2.61mg	Ubidecarenone (Coenzyme Q10)	12.5mg
Derived from Dry Stem Outer Bark	2.61g		



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