

dōTERRA®

Lifelong Vitality Pack®:

Live Younger, Longer

*Maximize Your Energy,
Focus, and Well-Being*



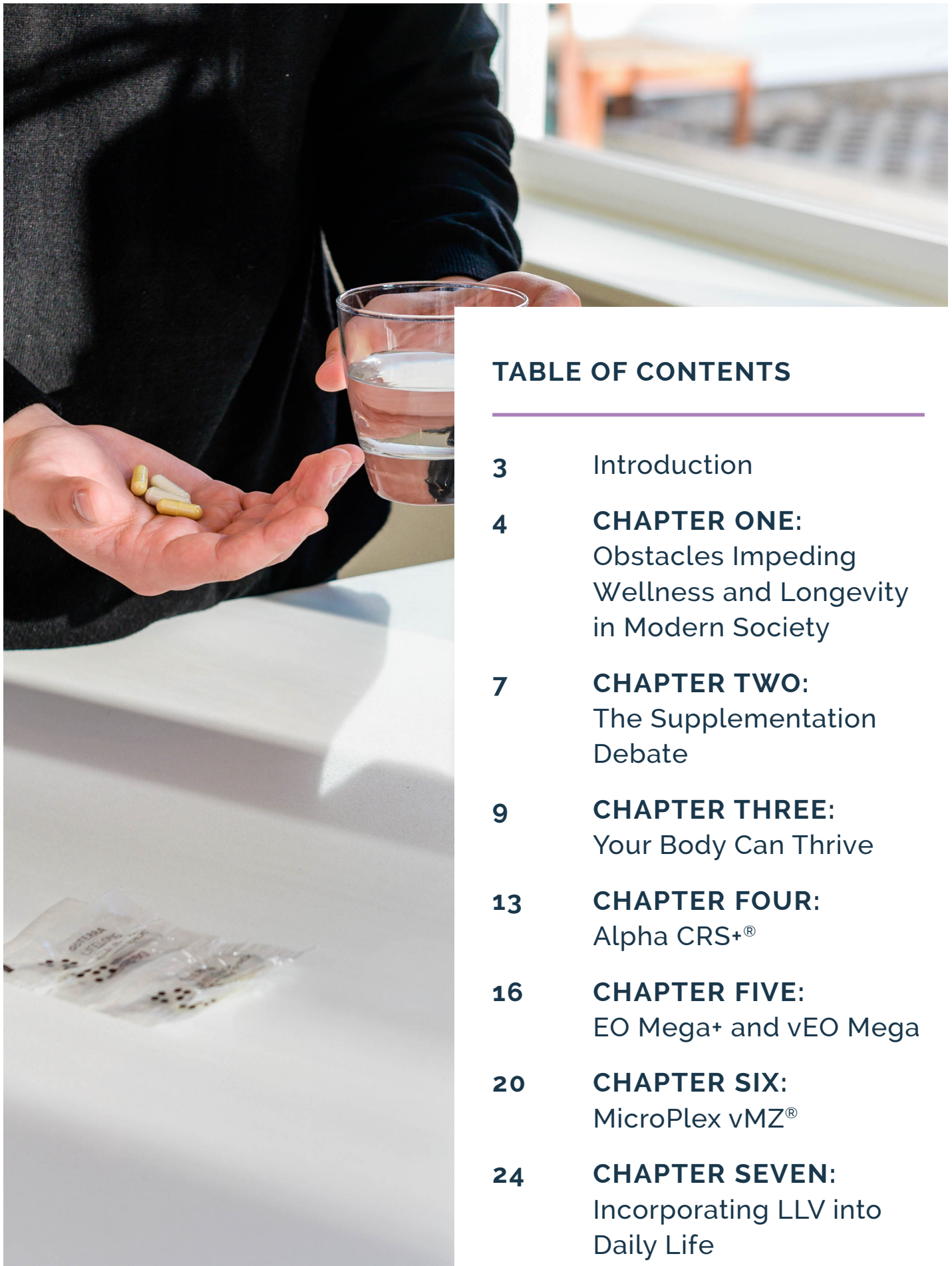


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Introduction

Whether you're starting to feel the effects of aging or just want to enjoy a healthier lifestyle, the dōTERRA Lifelong Vitality Pack® (LLV) is designed to support your body's health, energy, and longevity.*

In this eBook, you'll learn the benefits of LLV and how each product can support a healthy lifestyle, allowing you to look and feel your best.



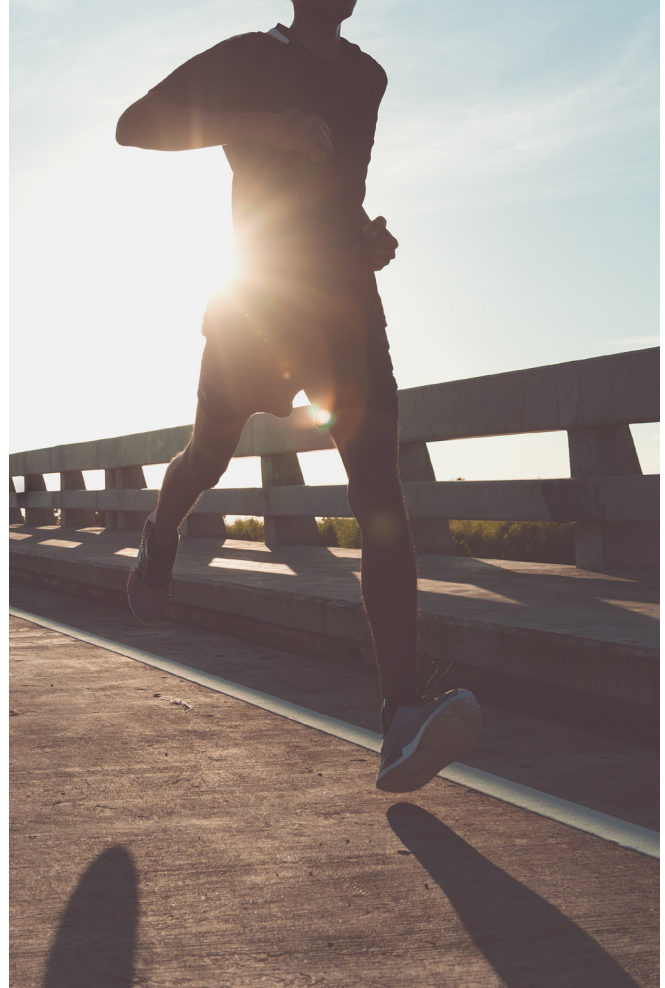
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CHAPTER ONE:

Obstacles Impeding Wellness and Longevity in Modern Society

There are many ways to measure health and wellness. For some people, it's how they look and feel, while for others it's things like cholesterol levels and weight.

Truthfully, your health is determined by a plethora of factors, including energy levels, exercise habits, diet, stress levels, exposure to toxins, and so on. Many of these factors are easily measured in quantitative form, such as blood pressure and body mass, while others are more subjective and difficult to assess, like emotional health and energy levels.



Along with personal risk factors, you face health challenges simply because of the world and time you live in. In the modern world, high-stress jobs and jam-packed schedules leave little time for exercise and quality sleep. You have seemingly endless access to processed foods and are accustomed to a diet that lacks many important nutrients needed for good health. The consumer products you use may increase exposure to toxins, further endangering health.

In fact, these same poor lifestyle factors can also affect your metabolic health. Unhealthy eating and physical inactivity threaten your metabolic health, which can lead to further serious problems. Lifestyle choices are the foundation for wellness.



Among many effects, what you eat has a major impact on your health status, weight, and emotional state. As mentioned, the typical modern diet is full of highly processed food and lacks vital nutrients. Your specific nutrient requirements depend on several distinguishing factors. While amounts and types of nutrients a person needs can vary, most of us aren't likely to reach daily requirements for several key vitamins and minerals.

Nutrient requirements are determined by the amount of a vitamin or mineral needed to minimize a nutrient deficiency based on age, sex, and several other factors. Each group has a specific set of general nutritional requirements that help them stay healthy. The estimated average requirement (EAR) allows an individual to compare his or her nutritional intake to requirements based on age, sex, and so on.

The chart shows the number of American adults who aren't reaching their daily nutritional requirements for specific vitamins and minerals. According to National Health and Nutrition Examination Surveys and the Oregon State University Micronutrient

Nutrient Deficiencies

Vitamin or Mineral	Percentage of dietary intakes below the EAR (in adults 19 and older)
Vitamin D	95%
Vitamin E	94%
Magnesium	61%
Vitamin A	57%
Calcium	49%
Vitamin C	43%

SOURCE: WWW.EWG.ORG

Information Center, 94–95% of American adults aren't reaching requirements for vitamins D and E, and nearly half of Americans (or more) don't fulfill nutrient requirements for magnesium, vitamins A and C, and calcium.

Whenever you consume the proper amount of a vitamin or mineral, your body receives specific health benefits. If certain nutrients are missing, then your body isn't receiving the resources it needs to function properly.

While some food cravings can be psychological, most are the result of nutrient deficiencies. Your body is an incredibly complex system that's always trying to attain perfect balance or homeostasis, and to this end it provides you with a wide range of subtle signals designed to incentivize you to perform proper bodily maintenance. Food cravings are just one example of a signal your body uses to tell you it's out of balance.

Nutritional deficiencies can lead to serious issues or make existing conditions even worse. Depending on the deficiency, your body may suffer from a wide range of issues, like fatigue, weak bones, threats to cardiovascular health, and more.



Nutrient Deficiencies can contribute to:



Fatigue



Weak Bones



Threats to
Cardiovascular Health



...and more

The standard American diet is a top contributor to early hormone imbalance. The two biggest factors that slow metabolism are inactivity and poor dieting. Poor eating habits go beyond eating high-calorie foods. It also factors in the nutrients you consume. If you're experiencing a vitamin deficiency, your metabolism is going to struggle.

There's an emotional aspect to cravings as well. Scientists suggest carb cravings occur because of the effect carbs (especially sugars) have on your brain. Consuming sugary foods increases the levels of the "feel-good" hormone serotonin, making you correlate feeling good with consuming carbs. So eating carbs can actually make you want more.

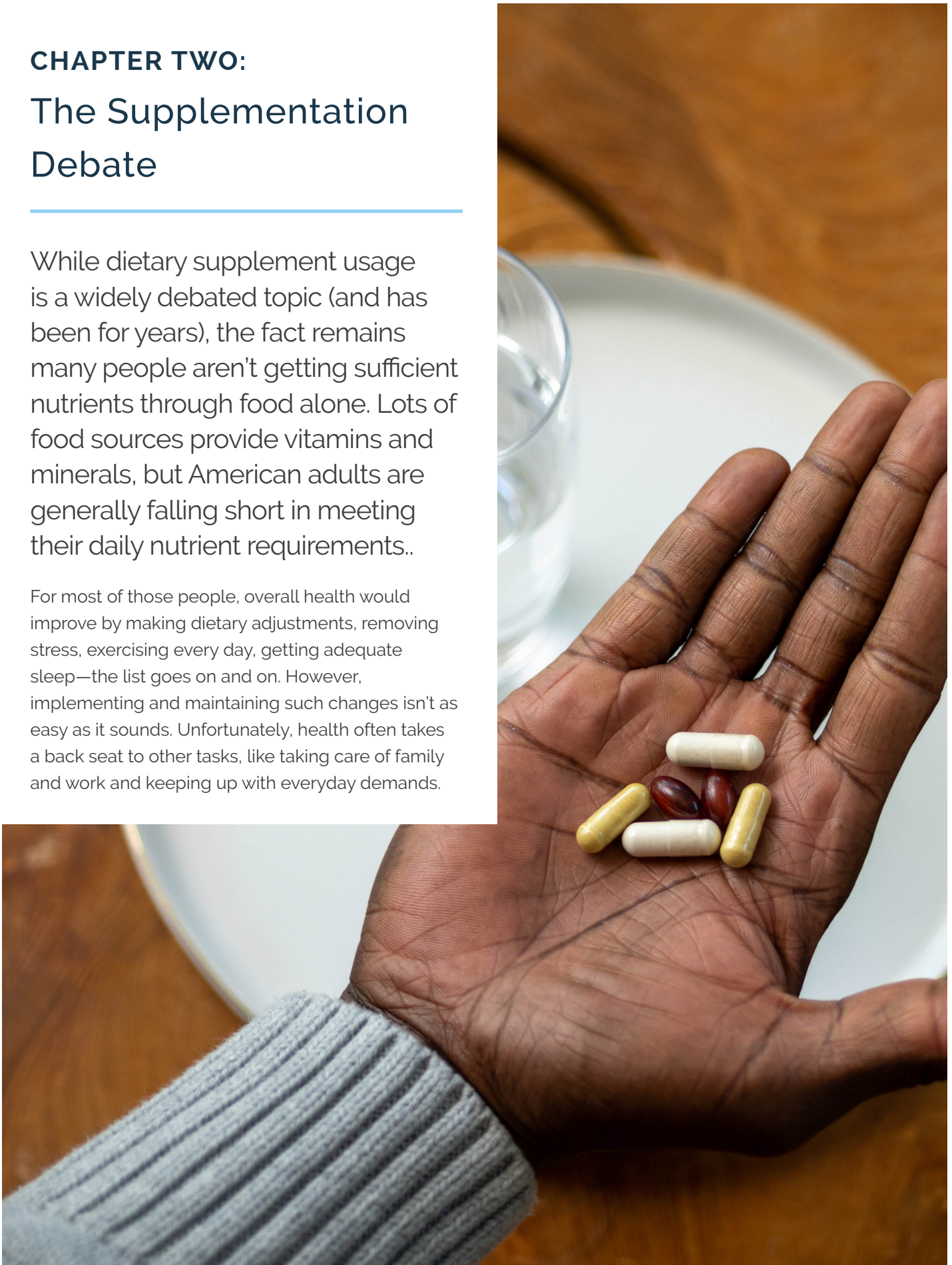
What's the solution? For many people, supplementation can provide them with adequate vitamins, minerals, and other nutrients to support healthy overall function.

CHAPTER TWO:

The Supplementation Debate

While dietary supplement usage is a widely debated topic (and has been for years), the fact remains many people aren't getting sufficient nutrients through food alone. Lots of food sources provide vitamins and minerals, but American adults are generally falling short in meeting their daily nutrient requirements..

For most of those people, overall health would improve by making dietary adjustments, removing stress, exercising every day, getting adequate sleep—the list goes on and on. However, implementing and maintaining such changes isn't as easy as it sounds. Unfortunately, health often takes a back seat to other tasks, like taking care of family and work and keeping up with everyday demands.



Rather than simply falling short in maintaining good health, many turn to dietary supplements to promote better overall wellness. Supplements aren't a substitute for exercise and healthy eating, but they can help promote a healthy body when used in conjunction with good lifestyle choices.



Along with satisfying nutritional deficiencies that may be lacking in modern diets, some people choose to supplement because they want to bolster themselves. Certain supplements are designed to support heart health, and others are useful for promoting healthy bones.*



For others, supplements provide a healthy way to handle the aging process.* People notice they feel different as they age and use supplements to promote overall wellness as the body goes through these changes.*

Whether you're using supplements to make up for nutrient deficiencies, support your personal health journey, help with aging concerns, or round out a healthy lifestyle, supplements can be effective for a variety of people across different stages of life.

Additionally, today's healthy foods are different from the historic diets your genes are programmed for. For thousands of years, agricultural breeding has had the goal of improving yield and taste. And because many micronutrients don't taste good, they've been inadvertently bred out of food.



The ugly wild apples you see here have about a hundred times more phytonutrients and a lot more vitamin C than the apples you buy in the grocery store today! And this is just one example of what happened to the entire food supply. This can be part of why even healthy modern diets sometimes fail to meet recommended daily allowances (RDA) and micronutrient requirements.

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CHAPTER THREE: Your Body Can Thrive

Your body has an amazing capacity to thrive when you give it what it needs! dōTERRA created LLV with this fact in mind. Each product has a specific job that assists with optimal health.

Whether you're starting to feel the effects of aging or just want to promote a healthier lifestyle, LLV is designed to support your body's health, energy, and longevity.* Let's go over the benefits of LLV products and how they can support a healthy lifestyle so you can look and feel your best.



LLV products are specially formulated to provide the body with antioxidants, support immune health, promote healthy energy levels, and offer proper nutrients that might be missing from your diet.* These products—Alpha CRS+®, vEO Mega®, and Microplex VMz®—use safe ingredients and CPTG Certified Pure Tested Grade® essential oils to provide people with a healthy way to promote vitality and wellness.*

Absorption—also known as bioavailability—is key for effective supplements. Two processes, chelation and full spectrum ratios, have been shown to improve bioavailability and play off our understanding of nutrition synergy. Because the components LLV

provides feature both processes in a protein matrix, the digestive system is better capable of recognizing them as food and using them as opposed to excreting them.

To give you a better idea of the overall benefits of these products, let's go over some of the most appealing attributes of LLV. The specialized formulas created for the products offer powerful antioxidants, provide immune support, and promote increased energy levels, while also providing essential nutrients and safe ingredients.*

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Antioxidant Support

Cellular health plays a major role in living a long, healthy life. Healthy cells are threatened by molecules known as free radicals, which can damage functioning cells and speed up the aging process. Free radicals typically enter the body through breath and food metabolism, but they can also come from pollution, sun and radiation exposure, and smoking.

You can neutralize free radicals with antioxidants. Your body manufactures some antioxidants, and others can be found in certain foods. Because you often don't receive enough antioxidants from diet alone, it can be helpful to provide your body with antioxidants through supplementation. The products in LLV include antioxidants. In particular, they contain polyphenols—an especially powerful group of antioxidants that help protect against free radical damage.*

Immune Support

Without a strong immune system, maintaining good health is nearly impossible. Inadequate sleep, poor nutrition, high stress levels, and other factors can lead to a weakened immune system, which can jeopardize your health status and put you at risk of bigger health issues.

Each LLV product provides specific benefits for immune function.* Alpha CRS+ has a potent blend of antioxidant molecules that help with immune support.* With essential fatty acids and essential oils like Clove, Frankincense, and Thyme, vEO Mega offers several immune-supporting properties.* Microplex VMz provides vitamins and minerals that provide immune support.* Taking all the LLV products daily can support healthy immune function—a major factor in a healthy lifestyle.*

Energy Support

While several factors can influence your energy levels, energy production typically begins in your cells. Many people blame a lack of energy or vitality on "getting old." But you can help your cells efficiently produce chemical energy to keep your levels high.

All energy is produced in microscopic cellular structures known as mitochondria. Mitochondria combine oxygen and food molecules to produce chemical energy. As you get older, you usually experience a decline in the number of mitochondria in your cells, which means less chemical energy is being produced. With a lack of chemical energy coming from your cells, you typically experience decreased vitality and energy.

While energy levels can be influenced by aging, you can help protect your mitochondria and cells so they continue producing energy efficiently. By providing your body with antioxidants, you can protect your cells from threats that may lower their ability to produce chemical energy. You can also support healthy production of cellular energy by giving your body energy-producing nutrients.

LLV provides the body with powerful antioxidants and essential nutrients you might not be getting in your regular diet.* Both elements can help protect your cells and allow your body to efficiently produce cellular energy, giving you the vitality you need as you go through the aging process.*

Nutrient Support

As mentioned, many people aren't receiving proper nutrients through diet, so supplementation can serve as a healthy option for nutrient support. LLV products provide a balanced blend of vitamins, including antioxidant vitamins A, C, and E; an energy complex of B vitamins; and natural

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vitamin D3.* LLV also includes whole-food ingredients to help boost nutrient intake and enzymes to help the body digest and absorb these nutrients.*

Safe, Effective Ingredients

One of the greatest benefits of LLV is each product has natural, safe, potent, and effective ingredients. With so many supplements on the market, it can be difficult to find an effective product without questionable contents. LLV ingredients are generally recognized as safe (GRAS) by the Food and Drug Administration (FDA). These ingredients are tested for purity and thus safe for human consumption.

dōTERRA also uses CPTG® essential oils as part of the proprietary LLV formulas. CPTG essential oils come from pure, natural plant sources and are always tested for safety and efficacy. By combining potent, high-quality essential oils with other natural extracts and ingredients, dōTERRA ensures the safety and quality of each supplement.

For some, supplementation is difficult because certain ingredients can cause stomach discomfort or interfere with food sensitivities. None of the LLV products contain genetically modified material or milk products.

Invest in Your Health

Your health is an important investment. When you have to buy a different supplement for each desired benefit, the cost of staying healthy rises quickly. Each LLV product contains ingredients that provide multiple benefits in an affordable way so you can maintain good health.

To obtain the equivalent of LLV ingredients and benefits, you'd have to purchase \$300–\$400 worth of supplements. LLV combines several wellness benefits in each product, making it the most convenient and cost-effective method for promoting a healthy lifestyle. LLV also has a 30-day money-back guarantee if you feel like the products aren't delivering your desired benefits.

Having discussed the benefits of LLV, let's look at each product individually, exploring the ingredients and properties that make it useful for promoting a healthy lifestyle.

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CHAPTER FOUR: Alpha CRS+®

Alpha means “first,” *CRS* is an acronym for “cellular renewal system,” and the plus sign was added to emphasize improvements made to the original product.



PURPOSES

Antioxidants

As discussed before, it's important to provide your body with antioxidants to protect against cellular damage from free radicals—unstable molecules that can harm or even destroy healthy cells, speeding up the aging process.

Antioxidants are stable molecules known to neutralize free radicals. Antioxidants can help protect DNA and other cell structures from damage, promoting healthy aging. Along with helping protect your cells from free radicals, antioxidants can assist with keeping the heart, cardiovascular system, brain, and nervous system functioning properly.*

Alpha CRS+® provides a healthy source of antioxidants to promote lifelong health and vitality.* Antioxidants can be found in many natural whole foods. However, it can be difficult to get adequate amounts of antioxidants daily just from diet. By providing the body with antioxidants, Alpha CRS+ aims to make up the difference, supporting vitality and promoting healthy aging.*

Vitality & Improved Energy Levels

Your cells' health status can often determine the health of other body parts, including tissues and organs. Because energy production is part of healthy cellular function, you can feel decreased energy and performance as you age, as that's when your cellular function typically deteriorates.

Alpha CRS+ provides cells with essential nutrients and protection from toxic stressors like free radicals to promote healthy cellular function.* Helping cells function properly supports healthy energy production, which translates to vitality and wellness.* If you've experienced feelings of decreased energy over the years, Alpha CRS+ can promote healthy energy levels by protecting cells amid aging.*

DNA Protection

Another way to promote healthy cellular function is by protecting cellular DNA, which regulates all activity within and between cells. DNA is found in the nucleus of each cell, regulating the communication and activity that goes on among the millions of cells in your body.

A healthy cell is supposed to reproduce, perform specialized functions, and self-destruct when it's no longer effective to make room for new, healthy cells. When cellular DNA and other cell structures are damaged, the process of cell reproduction, function, and renewal can derail.

Ingredients

The Alpha CRS+ antioxidant cellular longevity polyphenol blend aims to do as the name suggests: prolong the longevity or lifespan of cells with polyphenols.* Remember, polyphenols are a powerful group of antioxidants known to protect cells against free radical damage. Free radicals can potentially damage cellular DNA, mitochondria (the molecules that produce chemical energy), and other important cell structures, but consuming antioxidants like polyphenols can help protect cells and their structures.*

Here are some of the main ingredients and their benefits:

- Boswellic acid and bromelain protease enzyme support healthy cellular function.*
- Ginko biloba botanical extract supports mental clarity and energy.*

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- dōTERRA tummy tamer blend of botanical extracts helps prevent stomach upset.*
- The Alpha CRS+ formula is placed in sodium lauryl sulfate-free vegetable capsules.

Benefits

Using a proprietary blend of natural extracts and ingredients, Alpha CRS+ can help combat the effects of aging on cellular health and energy and vitality levels.*

- It supports healthy cell function by protecting cellular DNA.*
- It promotes cellular energy by supporting healthy mitochondria.*
- It supports healthy cellular immune function.*
- It supports mental clarity and brain function.*

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CHAPTER FIVE: EO Mega®

EO stands for “essential oil,” and *mega* represents the omega benefits provided by this complex.



PURPOSES

EO Mega+ offers essential fatty acids that help bodily systems function healthily.* The body requires essential fatty acids for key functions like cell growth, brain development, muscle activity, immune function, joint health, and more.*

Certain fatty acids are produced naturally in the body. However, essential fatty acids can't be produced by the body and must be obtained through diet. Several types of essential fatty acids exist, but the most common ones are omega-6 and omega-3.

Though you can provide your body with these essential fatty acids with the food you eat, the typical modern diet usually contains too many omega-6 essential fatty acids in vegetable oils and hydrogenated or trans fats. While you do want some omega-6 to provide your body with essential nutrients, overconsumption has been linked to poor health.

In contrast, scientific evidence suggests increasing dietary intake of omega-3 essential fatty acids can provide significant health benefits. Studies have shown these health benefits include positive effects on cardiovascular and skin health, brain and immune function, and joint health and mobility.*

To maintain a healthy body and lifestyle, you must keep a proper balance between omega-3 and omega-6 essential fatty acids by decreasing dietary intake of foods high in omega-6 and increasing intake of foods high in omega-3. Omega-3 essential fatty acids can come from fish, canola and olive oils, and some nuts and seeds.

EO Mega+ provides the body with the proper balance of essential fatty acids through marine-sourced fatty acids.

Ingredients

EO Mega+ includes fatty acids from wild-caught Nordic Seas fish and CPTG® Wild Orange essential oil, which work together to offer several important health benefits.

The source of essential fatty acids in EO Mega+ is fish oil rich in two crucial omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosatetraenoic acid (EPA). DHA is an important component for brain health and may support a healthy nervous system and cognitive function. It's essential for the maintenance of normal brain function in adults.

DHA contributes to improved memory, faster learning, and overall mental health.* EPA plays a significant role in maintaining cardiovascular health and supporting the body's inflammatory response.* EPA has been shown to support heart health by supporting cardiovascular function.* It also helps to regulate a healthy inflammatory response in the body.

The inclusion of Wild Orange essential oil in EO Mega+ enhances the benefits of the essential fatty acids and offers multiple health advantages, including supporting a healthy inflammatory response.*

Together, the combination of fish oil and Wild Orange in EO Mega+ delivers a well-rounded approach to obtaining essential fatty acids and supporting overall health.

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Here are some of the main ingredients and their benefits:

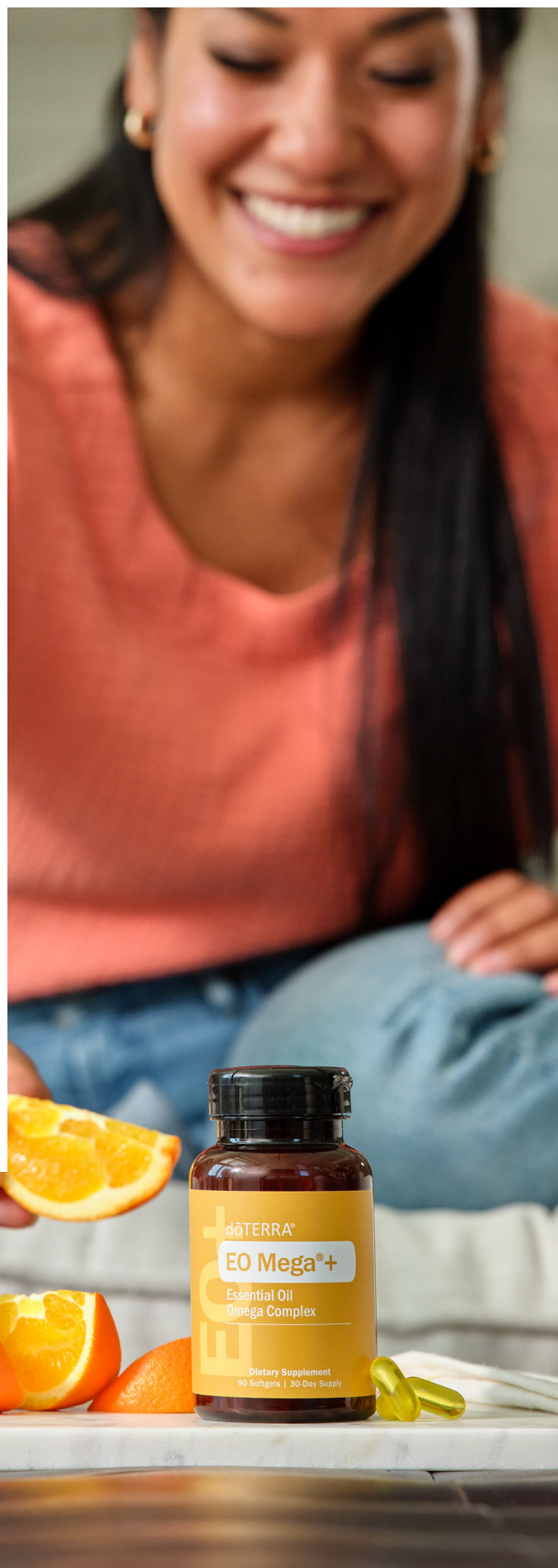
- Fish oil with 900 milligrams of essential fatty acids, including 800 milligrams of omega-3 fatty acids EPA and DHA in each serving, sourced from wild-caught fish off the coast of Norway
- Wild Orange essential oil

Benefits

The combination of fish oil and Wild Orange oil in EO Mega+ make it an incredibly effective supplement, providing the body with a healthy balance of essential fatty acids and other benefits.*

- It promotes heart and circulatory health.
- It supports healthy joint function and comfort.
- It supports a healthy inflammatory response.
- It supports healthy immune function.
- It supports healthy function of the brain, eyes, and nervous system.
- It promotes a healthy digestive system.
- It promotes a healthy respiratory system.
- It promotes healthy skin.
- It helps balance omega-3 and omega-6 fatty acids in the blood.
- It may help you feel fuller between meals.

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vEO Mega®

V stands for “vegan,” EO stands for “essential oil,” and mega represents the omega benefits provided by this complex.

PURPOSES

vEO Mega+ offers essential fatty acids that help bodily systems function healthily.* The body requires essential fatty acids for key functions like cell growth, brain development, muscle activity, immune function, joint health, and more.*

Certain fatty acids are produced naturally in the body. However, essential fatty acids can't be produced by the body and must be obtained through diet. Several types of essential fatty acids exist, but the most common ones are omega-6 and omega-3.

Though you can provide your body with these essential fatty acids with the food you eat, the typical modern diet usually contains too many omega-6 essential fatty acids in vegetable oils and hydrogenated or trans fats. While you do want some omega-6 to provide your body with essential nutrients, overconsumption has been linked to poor health.

In contrast, scientific evidence suggests increasing dietary intake of omega-3 essential fatty acids can provide significant health benefits. Studies have shown these health benefits include positive effects on cardiovascular and skin health, brain and immune function, and joint health and mobility.*



To maintain a healthy body and lifestyle, you must keep a proper balance between omega-3 and omega-6 essential fatty acids by decreasing dietary intake of foods high in omega-6 and increasing intake of foods high in omega-3. Omega-3 essential fatty acids can come from fish, canola and olive oils, and some nuts and seeds.

vEO Mega+ is vegan-friendly and provides the body with the proper balance of essential fatty acids through flaxseed oil, Inca Inchi oil, borage oil, and algae.

Ingredients

vEO Mega+ contains a proprietary plant-based essential fatty acid blend of flaxseed oil, Inca Inchi oil, borage seed oil, cranberry seed oil, and pomegranate seed oil to help maintain the appropriate balance of essential omega-3 fatty acids.*

Omega-3 fatty acids are important for circulatory and brain health.* The brain is made up of essential lipids and—as with the free lipids traveling in the circulatory system—these lipids are prone to degradation through free-radical oxidation.

vEO Mega includes the powerful antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and throughout the circulatory system. Astaxanthin has been clinically substantiated to provide powerful antioxidant and circulatory benefits, support eye health, improve muscle strength and endurance, aid the liver and digestive system, support skin health, and modulate healthy immune function.*

vEO Mega also contains a proprietary blend of Clove, Thyme, and other essential oils to improve absorption. They also function as a natural preservative system that protects essential fatty acids and lipid-soluble vitamins from oxidizing and going rancid.

Here are some of the main ingredients and their benefits:

- 1,200 milligrams of botanical omegas, with 440 milligrams of ALA from flaxseed oil, and 105 milligrams from Inca Inchi oil, 20 milligrams of GLA from borage oil, 100 milligrams of DHA from algae oil, and a varied blend of other plant-sourced essential fatty acids
- 20 micrograms of natural vitamin D and 40 milligrams of natural vitamin E
- Astaxanthin, a powerful antioxidant carotenoid harvested from microalgae
- Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils

vEO Mega is encapsulated in vegan-friendly softgels.

Benefits

The combination of powerful plant-based ingredients and essential oils in vEO Mega make it an incredibly effective supplement, providing the body with a healthy balance of essential fatty acids and other benefits:*

- It promotes heart and circulatory health.
- It supports healthy joint function and comfort.
- It provides immune-supporting nutrients.
- It supports healthy skin.
- It provides antioxidants and supports healthy cellular responses, healthy immune function, and digestive calmness.
- It provides a wide range of omega-3 essential fatty acids from plant sources to help maintain a healthy balance of vital nutrients.
- It offers systemic and circulatory benefits.
- It provides natural sources of vitamin D and E.

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CHAPTER SIX: Microplex vMZ®

Microplex is a combination of "micronutrient" and "complex," *VM* stands for "vitamins" and "minerals," and the *z* represents improvements made to the original product.

PURPOSES

Along with antioxidants and essential fatty acids, your body needs essential vitamins and minerals to keep its systems functioning properly.* These vitamins and minerals can't be produced in sufficient quantities by the body, so you rely on diet to provide the proper amount of nutrients. Unfortunately, most modern diets lack a variety of vitamins and minerals, often resulting in nutritional deficiencies.

Microplex VMz is designed to provide you with adequate amounts of vitamins and minerals to promote optimal health when combined with a well-balanced diet and healthy lifestyle.* By taking it daily, you can give your body the vitamins and minerals needed for good health.

With its specialized formula, Microplex VMz delivers vitamins that are deficient in modern diets, like vitamins A, B, C, and E. The formula also gives the body minerals like calcium, magnesium, and zinc, which can promote bone and metabolic health.*

As shown on the estimated average requirements (EAR) chart, over 90% of American adults don't reach the daily requirements for vitamin E, and roughly half of Americans don't fulfill nutrient requirements for magnesium, vitamins A and C, and calcium.

While it's possible to reach these requirements with a healthy diet, that's easier said than done. Using Microplex VMz daily in conjunction with other healthy habits gives your body an adequate amount of nutrients it might otherwise be lacking.

Ingredients

Presented in a food-nutrient complex, Microplex VMz provides a variety of vitamins and minerals that help with the growth, function, and cell maintenance.* The supplement formula provides a blend of antioxidant and energy complex vitamins, as well as minerals that are beneficial for metabolism and bone health.*

The Microplex VMz formula also promotes bioavailability, meaning your body recognizes and properly absorbs the vitamins, minerals, and food nutrients. Sometimes vitamins and minerals can be difficult for your body to recognize or absorb, so Microplex VMz uses a special patented glycoprotein matrix to assist with bioavailability. Plus, the formula contains a blend of enzymes and mineral cofactors to enhance digestion and nutrient assimilation.*

- **Balanced blend of essential vitamins:** Antioxidant vitamins A, C, and E; energy complex of B vitamins; and natural vitamin D for enhanced bioavailability*
- **Whole-food botanical blend:** Kale, dandelion, parsley, kelp, broccoli, Brussels sprout, cabbage, and spinach
- **Digestive enzymes to aid absorption of nutrients*:** Protease, lactase, lipase, amylase, alpha-galactosidase, diastase, glucoamylase, and peptidase
- **Balanced blend of essential minerals:** Calcium, iron, iodine, magnesium, zinc, selenium, copper, manganese, and chromium
- **dōTERRA tummy tamer botanical blend:** Peppermint leaf, ginger root, and caraway seed extracts

Microplex VMz is contained in sodium lauryl sulfate-free vegetable capsules and doesn't have any genetically modified materials.

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Benefits

It's easy to see why Microplex VMz is a must-have product in LLV, with so many powerhouse ingredients and desirable benefits:*

- It provides 22 essential vitamins and minerals to support the normal growth, function, and maintenance of cells, including premethylated B vitamins.
- It fights free radicals with the antioxidant vitamins A, C, and E.
- It supports healthy metabolism and cellular energy.
- It supports bone health with calcium, magnesium, zinc, and vitamin D.
- It supports healthy immune function.
- It supports healthy digestion.
- It includes a patented glycoprotein matrix for enhanced bioavailability.

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CHAPTER SEVEN: Incorporating LLV into Daily Life

The healthier the lifestyle, the greater the life expectancy increase.

A study using the United Kingdom Biobank found, for those without multiple conditions, a healthy lifestyle increased average life expectancy at age 45 by 7.6 years in men and 6.5 years in women when compared with unhealthy lifestyles.



LLV yields the best results when used alongside a healthy and well-balanced diet, regular exercise, and other beneficial habits. Alpha CRS[®], vEO Mega[®], and Microplex VMz[®] have been specially formulated to support optimal health when combined with the dōTERRA wellness philosophy, which includes healthy lifestyle choices and responsible medical care.

- **Nutrition and digestion:** Provide your body with important nutrients through a well-balanced diet that includes whole foods like fruits and vegetables. Support a healthy digestive system that can breakdown and optimize nutrient absorption.
- **Movement and metabolism:** Move daily and keep your metabolic function strong, healthy, and fully optimized for greater energy, stamina, and ideal weight and body composition.

When combined with nutrition and digestive health, these factors are key to more life in your years.

Nutrition and Metabolism

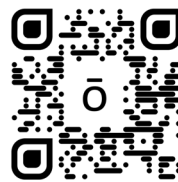
Nutrition and metabolism have a synergistic effect on your health and overall wellness. While nutrition is the process of nutrient acquisition from your environment, metabolism is the chemical process your body uses to transform the food you eat into fuel.

However, there's a lot more to your metabolic health! Your metabolism influences your energy, weight, body composition, sleep, and even cognitive performance. Studies have found persistent disturbance of nutrient metabolism or energy homeostasis—caused by either nutrient

deficiency or excess—induces cellular stress, leading to metabolic dysregulation and tissue damage and eventually to the development of acquired metabolic syndromes.

dōTERRA has an incredible system of products specifically designed to strengthen and optimize your metabolic function. Recent research at Harvard and other institutions shows metabolic health and healthy aging are inseparable. That means the stronger and healthier your metabolic function, the younger you'll feel from the inside out.

Scan the QR code below to learn more!



Learn more
about MetaPWR™

