



## Meaghan Terzis Boost Energy and Relax Your Body

As Meaghan Terzis talks about each topic and the features and benefits of various products, take notes on what stands out to you.

### dōTERRA Lifelong Vitality Pack®

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Alpha CRS+® \_\_\_\_\_

xEO Mega® \_\_\_\_\_

Microplex VMz® \_\_\_\_\_

### Other dōTERRA Products

Mito2Max® \_\_\_\_\_

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Peppermint \_\_\_\_\_

Wild Orange \_\_\_\_\_

Lemon \_\_\_\_\_

Grapefruit \_\_\_\_\_

dōTERRA Motivate® \_\_\_\_\_

### What products does Meaghan use to increase her stamina and energy, and avoid a mid-day crash?

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### How does she recommend using citrus oils throughout the day?

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### How does not getting enough sleep affect your daily life?

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### What are some ways that essential oils can support sleep?

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