

Get creative!

Supremely versatile, must-have Lemon essential oil, with its powerful crisp and uplifting scent, can be used in multiple ways throughout the day.

Lemon Water Reset

How to use

Add 1 drop Lemon essential oil to a large glass or stainless-steel bottle of water.

Why people love this

Supports hydration habits first thing in the morning.
Refreshing flavour that encourages drinking more water.
Commonly used as part of gentle detox-style routines.

Tip: Always use a glass or stainless-steel bottle, not plastic.

Simple Lemon Salad Dressing

How to use

In a small jar, combine:
2 tablespoons olive oil
1 tablespoon apple cider vinegar or fresh lemon juice
2 drops Lemon essential oil
Salt and pepper to taste
Shake well and drizzle over salads or roasted vegetables.

Lemon Yoghurt

1 cup of Greek Yoghurt
1 drop of Lemon essential oil
Mix well to distribute the lemon flavour. Add berries or your favourite fruit for a simple, healthy treat.

Your purchase changes lives.

The mission of dōTERRA® is to change the world, one drop, one person and one community at a time. When you buy from dōTERRA®, you are supporting sustainable sourcing practices that help communities around the globe.



Australia



New Zealand

dōTERRA

For more ideas, tips and inspiration on how to use your new products visit www.doterra.com/AU/en_AU in Australia or www.doterra.com/NZ/en_NZ in New Zealand. Use the Starter Pack QR code in this brochure to learn the best practices for using essential oils in the home.

Always read the label and the follow directions for use.

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dōTERRA®

Foundational Wellness Starter Pack

—
Introducing the supplements

Introducing daily vitality.

A simple, foundational duo designed to support everyday health from the inside out.

This pack brings together the dōTERRA Lifelong Vitality Pack® supplements with Lemon essential oil to help build consistent daily wellness habits that support energy, balance, and overall wellbeing.

Includes:

- Alpha CRS+®
- Microplex VMz®
- xEO Mega®
- Lemon essential oil 15mL

Designed to support cellular health, provide essential nutrients, and encourage healthy daily routines through simple habits you can sustain long term.

CPTG Certified Pure Tested Grade®

dōTERRA CPTG Certified Pure Tested Grade® essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants or other chemical residues.

dōTERRA CPTG Certified Pure Tested Grade® essential oils represent the safest and most beneficial oils available in the world today.

Read warnings before purchasing products.

Transform your wellness lifestyle with the foundations.

Alpha CRS+®

Cellular Energy Complex | AUST-L 285193

Provides antioxidants that may assist in protecting the body from the effects of free radical damage.

- Supports production of cellular energy.
- Contains a proprietary cellular longevity antioxidant blend of botanical extracts and polyphenols that include scutellaria root, fallopia japonica, pomegranate ellagic acid, grape seeds and milk thistle.
- Coenzyme Q10 and Alpha lipoic acid, which are vital for the production of energy in the body, have antioxidant activity and can regenerate other antioxidants.



120 vegetable capsules | Made with SLS-free vegetable capsules

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS.

xEO Mega®

Essential Oil Omega Complex | AUST-L 327961

xEO Mega is a special formula of marine-omega-3 oils and carotenoids and vitamin D3 and E combined with a proprietary CPTG® essential oil blend. EPA and DHA omega-3 fatty acids support brain function and cardiovascular system health.

- Supports healthy immune system function.
- Contains Omega-3 fatty acids, essential for normal growth and development.
- Contains fish oils to support heart health, brain health and cognitive function.
- Contains beta-carotene, which supports the health and function of the eyes.



120 vegetable capsules | Made with vegetarian softgels

VITAMINS SHOULD NOT REPLACE A BALANCED DIET. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Microplex VMz®

Food Nutrient Complex | AUST-L 390936

dōTERRA Microplex VMz is a proprietary formula of bioavailable vitamins and minerals often deficient in modern diets.

- Includes a balanced blend of vitamins A, C and E and a B-vitamin complex.
- 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.



120 vegetable capsules | Made with SLS-free vegetable capsules

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS.

Choose wellness with everyday essentials.

It is important to use your new essential oils safely. Look for the following symbols by the essential oil product descriptions in this booklet to help you understand the application methods appropriate for each oil and for recommendations on how to apply each one to sensitive skin.

Introduction to Symbols:

Application Methods

- A** Can be used **aromatically**
- T** Can be used **topically**
- F** Can be used as **food flavouring**

Sensitive Skin

- N** Can be used with **no dilution (neat)**
- S** Dilute for young or sensitive skin (**sensitive**)
- D** Dilute before using topically (**dilute**)

Therapeutic Wellness

- TW** Learn traditional uses in the **Therapeutic Wellness Sharing Guide**.

Lemon *Citrus limon* essential oil | 15mL

Cleansing, Clarifying, Uplifting.

- Add 1-2 drops to drinking water for a refreshing citrus twist.
- Add a few drops to olive oil to polish wood finishes.
- Add 5-10 drops to your DIY multi-purpose spray cleaner.



MetaPWR® Advantage | AUST-L 406708

Give your healthy lifestyle choices an advantage with MetaPWR Advantage. As part of your daily metabolic health routine, MetaPWR Advantage empowers you by supporting your body's energy production.

- Helps support energy production.
- Helps promote skin elasticity and hydration.
- 6g x 30 Sachets.

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.