

AUS ONLY SKU: 60201778

LIFELONG VITALITY PACK

Cellular Vitality Complex

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.

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.

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 propriety 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.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Please refer individual Product Information Pages (PIP) for Directions for Use and Warnings.

THIS PRODUCT MAY NOT BE RIGHT FOR YOU. READ WARNINGS BEFORE PURCHASE. ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/HEALTHCARE PROFESSIONAL.



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AUST L337774
dōTERRA THERAPEUTIC

ICE BLUE RUB®

Athletic Cream 120mL

PRIMARY BENEFITS

- Blended in a base of moisturising emollients that leaves your skin soft and non-greasy, perfect for the athlete in your life
- Provides a cooling and soothing sensation to targeted areas

PRODUCT DESCRIPTION

Ice Blue Rub® is a rich, topical cream infused with the Ice Blue® Athletic Blend of essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Ice Blue Rub® provides a comforting sensation of cooling and warmth to problem areas.

Made with dōTERRA's top-selling Ice Blue® essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomille, Helichrysum, Ylang Ylang and Osmanthus, this is an essential addition to your bathroom cabinet and gym bag.

Ice Blue Rub® is blended in a base of moisturising emollients that leave your skin feeling soft and not greasy. It is the choice of massage therapists and sports practitioners who currently use Ice Blue® essential oil blend in their practice.

DIRECTIONS FOR USE

Massage cream onto desired areas.

For a more intensive treatment, apply Ice Blue® essential oil blend on the skin prior to lotion application.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

SAFETY DIRECTIONS:
DO NOT SWALLOW.

FIRST AID

For advice, contact a Poisons Information Centre (eg. Phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor at once. If in eyes, wash out immediately with water. If swallowed, do NOT induce vomiting and get medical help or contact a Poisons Information Centre immediately.

For external use only. Avoid contact with eyes. Do not use on wounds or damaged skin.

INGREDIENTS

Water (Aqua), Gaultheria procumbens (Wintergreen) Leaf Oil, Cinnamomum camphora (Camphor) Bark Oil, Menthol, Cetearyl Alcohol, Prunus amygdalus dulcis (Sweet Almond) Oil, Stearic Acid, Glyceryl Stearate, PEG-100 Stearate, Mentha piperita (Peppermint) Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Butylene Glycol, Caprylic/Capric Triglyceride, Cananga odorata (Ylang Ylang) oil, Capsicum frutescens Extract, Chamomilla recutita (Blue Chamomile) Flower Oil, Tanacetum annuum (Blue Tansy) Oil, Helichrysum italicum (Helichrysum) Flower Oil, Allantoin, Gardenia florida Fruit Extract, Osmanthus fragrans (Osmanthus) Flower Extract, Aloe barbadensis Leaf Juice, Chlorella vulgaris Extract, Retinyl Palmitate, Squalane, Ceteareth-20, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Dimethicone, Phenoxyethanol, Caprylyl Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Xanthan Gum, Ethylhexylglycerin, Hexylene Glycol, Polysorbate 60, Maltodextrin, Sodium PCA, Tetrasodium Glutamate Diacetate



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LAVENDER

Lavandula angustifolia 15mL

Powdery, floral, light

Aromatic description

PRIMARY BENEFITS

- Relax and recover. Create the perfect environment for a restful and quality night's sleep by diffusing the peaceful aroma of Lavender in your bedroom.
- Prepare and promote. Add a few drops of Lavender essential oil to your pillows, bedding, or the soles of your feet, to relax and prepare for a restful night's sleep.
- Create a calm and tranquil atmosphere. Lavender's relaxing and soothing aroma is thought to calm anxiety and quieten your mind during stressful periods.

PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits.

In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking and as a perfume. Its calming and relaxing qualities continue to be Lavender's most notable attributes.

Applied topically, Lavender essential oil is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temples and the back of the neck.

Add a few drops of Lavender essential oil to pillows, bedding or bottoms of feet to relax and prepare for a restful night's sleep.

Due to Lavender's versatile properties, it is considered the must-have essential oil to have on hand at all times.

USES

- Keep a bottle of Lavender essential oil on hand to soothe skin
- Freshen your linen closet or room by diffusing three or four drops
- Use in cooking to soften citrus flavours and add a flavourful twist to marinades, baked goods and desserts
- Add a few drops of Lavender to pillows and bedding for a calming aroma

DIRECTIONS FOR USE

DIFFUSION: Use three to four drops in the diffuser of choice.

FOOD FLAVOUR USE: Add one or two drops to food.

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions to the right.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Flower/Leaf

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Linalool, linalyl acetate



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LEMON

Citrus limon 15mL

Clean, fresh, citrus, bright

Aromatic description

PRIMARY BENEFITS

- Refresh and uplift. Add one or two drops of Lemon essential oil to water to create a refreshing and citrusy boost you can reach for throughout the day. A great tip to help reduce snack cravings.
- Invigorate your senses with the fresh and cleansing aroma of Lemon essential oil. Diffuse Lemon to create a focused environment and help revive and elevate lagging spirits.
- Lemon essential oil, with its fresh and clean scent, can be incorporated into your daily household cleaning routine and used throughout the home.

PRODUCT DESCRIPTION

This top-selling dōTERRA essential oil, Lemon, has multiple benefits and uses. With a clean refreshing, crisp uplifting aroma to help brighten the day.

When added to water, Lemon provides a refreshing citrus flavour boost.

Lemon is frequently added to food to enhance the flavour of desserts and main dishes.

When diffused, Lemon essential oil is uplifting and has an energising aroma, ideal when searching for some feelings of lightness, cheer and joy.

DIRECTIONS FOR USE

DIFFUSION USE: Use three to four drops in a diffuser of your choice.

FOOD FLAVOUR: Dilute one drop in 120mL of liquid.

CLEANING USE: Add five to ten drops to a 250mL spray bottle of water (and shake vigorously) to clean tables, countertops, and other surfaces.

See additional precautions to the right.

CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product. Application to skin may increase sensitivity to sunlight.

PLANT PART: Lemon rinds (peel)

EXTRACTION METHOD:
Cold pressed/expressed

MAIN CHEMICAL COMPONENTS:
Limonene, β -pinene, γ -terpinene



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THERAPEUTIC RANGE

AUS ONLY SKU: 60209189

dōTERRA® PEPPERMINT

Mentha X piperita herb oil essential 1 mL/mL. 15ml

PRIMARY BENEFITS

INHALATION:

- Traditionally used in Aromatherapy to:
 - Support cognitive or mental function
 - Help reduce and relieve symptoms of mild head tension or headache
 - Reduce and relieve flatulence
 - Reduce/relieve cough

ORAL:

- Traditionally used in Western herbal medicine to reduce/relieve:
 - Colic
 - Flatulence
 - Abdominal discomfort
 - Digestive spasms
 - Vomiting
 - Nausea
 - Mild throat inflammation
 - Symptoms of sore throat
- Supports general health and wellbeing

ORAL APPLIED (DIRECTLY TO MOUTH CAVITY):

- Traditionally used in Western herbal medicine to reduce/relieve:
 - Toothache

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AUST L332583
dōTERRA THERAPEUTIC



THERAPEUTIC RANGE

AUS ONLY SKU: 60209189

dōTERRA® PEPPERMINT

Mentha X piperita herb oil essential 1 mL/mL. 15mL

Minty, fresh, herbaceous

Aromatic description

PRODUCT DESCRIPTION

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753.

A high menthol content—like that found in the dōTERRA® Peppermint essential oil—distinguishes the best quality Peppermint from other products.

Peppermint oil has been traditionally used in Aromatherapy to relieve cough, support mental function and help relieve the symptoms of mild tension headache.

In traditional Western herbal medicine, Peppermint oil has been taken orally to relieve abdominal discomfort, relieve nausea, relieve vomiting, relieve symptoms of sore throat, relieve mild throat inflammation and applied orally (directly to the mouth cavity) to relieve toothache.

DIRECTIONS FOR USE

Adults only. Use up to 3 times per day.

FOR INHALATION USE: Add 0.18-0.24mL oil (3-4 drops) in a vaporiser or hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale.

FOR ORAL USE: Dilute 0.06 mL oil (1 drop) in a glass of water or tea and drink immediately.

FOR DIRECT ORAL APPLICATION: Apply 0.06mL oil (1 drop) to the affected area of the mouth.

CAUTIONS

ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf/stem

EXTRACTION METHOD:
Steam distillation

MAIN CHEMICAL COMPONENTS:
Menthol, menthone, eucalyptol

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dōTERRA THERAPEUTIC