



# 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

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



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**AUST L 332583**

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.

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

### 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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# COPAIBA

*Copaifera essential oil 15mL*

*Spicy, woody*

*Aromatic description*

## PRIMARY BENEFITS

- Unwind and relax by incorporating Copaiba essential oil into a warming and soothing massage, ideal for tired muscles
- Help reduce the appearance of blemishes. Add to your facial moisturiser to promote the appearance of a clear and smooth complexion
- We all need a little calm sometimes. The woody and calming scent of Copaiba essential oil is ideal when feeling overwhelmed

## PRODUCT DESCRIPTION

Copaiba essential oil is derived from the resin of the copaiba tree which can grow upwards of more than 30 metres and can be found in tropical South America.

Copaiba oil is widely used in cosmetic products including soaps, creams, lotions and perfumes. Since the 16th century, Copaiba essential oil has been utilised in traditional health practices by the natives of north and northeastern Brazil.

Similar to Black Pepper essential oil, Copaiba essential oil is soothing and calming to the emotions and can be applied topically when combined with a carrier oil to promote the appearance of a clear, smooth complexion.

## DIRECTIONS FOR USE

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

**FOOD FLAVOUR:** Add one or two drops to food or water.

**TOPICAL USE:** Combine one to two drops with a teaspoon of carrier oil and massage into the desired area.

See additional precautions below.

## 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:

Resin from *Copaifera reticulata*, *officinalis*, *coriacea* and *langsdorffii*

## EXTRACTION METHOD:

Steam distillation

## MAIN CHEMICAL COMPONENTS:

Caryophyllene



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# EASY AIR<sup>®</sup> CLEAR DROPS

## PRIMARY BENEFITS

- Can be used for a refreshing flavour
- Great tasting drops

## PRODUCT DESCRIPTION

dōTERRA's Easy Air<sup>®</sup> drops contain an essential oil blend that has been used to provide a refreshing sensation.

The combination of Lemon, Peppermint, Cardamom, Eucalyptus, Thyme and Melissa essential oils have been used by dōTERRA to assist with refreshing the senses with great-tasting drops.

## DIRECTIONS FOR USE

Dissolve one drop slowly in the mouth. Repeat every two hours as needed.

Not suitable for children.

## INGREDIENTS

Cane Sugar, Brown Rice Syrup, Lemon Oil, Peppermint Oil, Cardamom Oil, Eucalyptus Oil, Thyme Oil, Melissa Oil.

## NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: 30 | SERVING SIZE: 4

	Quantity per 4g serving	Quantity per 100g (or 100mL)
Energy	kJ	kJ
Protein	0g	0g
Fat, total	0g	0g
- saturated	0g	0g
Carbohydrates	4g	
- sugars	2.5g	
Sodium	0mg	0mg



# EASY AIR® VAPOUR STICK

## PRIMARY BENEFITS

- Apply topically to the chest or neck and take a deep breath to enjoy a cooling, invigorating aroma
- Easy to use and convenient format
- Suitable to be enjoyed both topically and aromatically

## PRODUCT DESCRIPTION

Enjoy the convenient and smooth application of dōTERRA's Easy Air® Vapour Stick. This unique delivery method of Easy Air® proprietary blend can be used anytime, anywhere to enjoy a cooling, soothing aroma. Our Vapour Stick is formulated to be non-greasy and allow for easy application on the skin.

Easy Air® essential oil blend can help provide a cooling sensation on

the skin. The small and convenient package is perfect for travelling and only a small amount provides an impactful aroma.

The vapour stick can be enjoyed and is complementary to other Easy Air® products.

## DIRECTIONS FOR USE

Apply to chest or neck area as needed.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. Possible skin sensitivity. Application to skin may increase sensitivity to sunlight. If pregnant or under doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

## INGREDIENTS

Isoamyl Laurate, Octyldodecanol, Eucalyptus globulus (Eucalyptus) Leaf Oil, Laurus nobilis (Laurel) Leaf Oil, Menthol, Mentha piperita (Peppermint) Oil, Melaleuca alternifolia (Melaleuca) Leaf Oil, Citrus limon (Lemon) Peel Oil, Dibutyl Lauroyl Glutamide, Dibutyl Ethylhexanoyl Glutamide, Ravensara aromatica (Ravensara) Leaf Oil, Phytosteryl/Octyldodecyl Lauroyl Glutamate, Cinnamomum camphora (Ravintsara) Leaf Oil, Elettaria cardamomum (Cardamom) Seed Oil.



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# ON GUARD® BEADLETS

## PRIMARY BENEFITS

- Freshens breath
- Provides a convenient consumption method for On Guard® Blend
- Convenient beadlets are perfect for traveling and on-the-go

## PRODUCT DESCRIPTION

dōTERRA's On Guard® Beadlets are an easy and convenient way to obtain the breath freshening benefits of On Guard® Essential Oil Blend.

Providing a flavourful dose of dōTERRA's proprietary blend of wild orange, clove, cinnamon, eucalyptus and rosemary, all contained in tiny vegetable beadlets that dissolve in the mouth to freshen breath.

Perfect for home use and while travelling – anytime, anywhere.

## DIRECTIONS FOR USE

Consume one beadlet as desired.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
If you are pregnant, nursing, or under a doctor's care, consult your physician.

Store in a cool, dry place.

## INGREDIENTS

On Guard® Blend (Wild Orange, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus and Rosemary), Coconut Oil, Palm Oil, Agar, Guar Gum, Glycerin, Sodium Alginate, Carrageenan, Xylitol.



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# ON GUARD<sup>®</sup> SANITISING MIST

27 mL

## PRIMARY BENEFITS

- Infused with moisturising apple extract
- On Guard<sup>®</sup> Protective Blend provides an invigorating citrus spice aroma

## PRODUCT DESCRIPTION

We all know the protecting power of dōTERRA's On Guard<sup>®</sup> essential oil blend and the wonders it does for us in helping our families and homes with environmental threats. Handy, convenient and easy to use On Guard<sup>®</sup> Sanitising Mist is great to have on hand when you are on-the-go.

Our Sanitising Mist cleanses hands by killing bacteria on the skin through an extremely fine, quick drying mist. Infused with a natural apple extract, the moisturising formula will not dry out the skin and leaves hands feeling soft and smooth.

On Guard<sup>®</sup> blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG<sup>®</sup> essential oils provides an uplifting citrus spice aroma and its protective benefits.

## DIRECTIONS FOR USE

Shake well before use. Pump one or two mists directly to hands; rub together until dry.

## CAUTIONS

Flammable. Keep away from flame, spark, or temperatures above 40°C (104° F).

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. For external use only. When using this product, avoid contact with eyes. Stop use and ask a doctor if irritation and redness develop.

## INGREDIENTS

ACTIVE INGREDIENT: Ethyl Alcohol 64%

INACTIVE INGREDIENTS: Water (Aqua), Pyrus malus (Apple), Fruit Extract, Glycerin, Eucalyptus globulus Leaf Oil, Citrus aurantium dulcis (Orange) Peel Oil, Eugenia caryophyllus (Clove) Bud Oil, Cinnamomum zeylanicum Leaf Oil, Cinnamomum zeylanicum Bark Oil, Rosmarinus officinalis (Rosemary) Leaf Oil, Citric Acid



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# dōTERRA® ON GUARD® CLEANSING TOOTHPASTE

125g

## PRIMARY BENEFITS

- A cinnamon-mint flavour with xylitol to help leave your breath fresh and clean
- Proprietary On Guard® essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary with Peppermint, Wintergreen, Myrrh for a flavour powerhouse
- Calcium hydroxyapatite helps to keep teeth looking clean and healthy
- Xylitol tastes great while helping to keep the teeth and gums clean
- Hydrated silica is a gentle abrasive that helps remove plaque, but is gentle enough to not damage tooth enamel

## PRODUCT DESCRIPTION

dōTERRA® On Guard® Cleansing Toothpaste is fluoride-free and, with regular brushing, provides the benefits of On Guard® essential oil, while cleansing teeth with gentle polishing agents. The On Guard® blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary, combined with the additional essential oils of Peppermint, Wintergreen and Myrrh provide a unique cinnamon mint flavour.

## INGREDIENTS:

Glycerin, Water (Aqua), Hydrated Silica, Calcium Carbonate, Xylitol, Hydroxyapatite, Cellulose Gum, Mentha piperita (Peppermint) Oil, Citrus sinensis (Wild Orange) Peel Oil, Eugenia caryophyllus (Clove) Bud Oil, Cinnamomum zeylanicum (Cinnamon) Leaf Oil, Cinnamomum zeylanicum (Cinnamon) Bark Oil, Eucalyptus globulus (Eucalyptus) Leaf Oil, Rosmarinus officinalis (Rosemary) Leaf Oil, Stevia rebaudiana (Stevia) Leaf Extract, Gaultheria procumbens (Wintergreen) Leaf Oil, Commiphora myrrha (Myrrh) Oil, Sodium Lauroyl Sarcosinate, Xanthan Gum

This refreshingly unique flavour and xylitol help to leave your breath fresh and clean.

## DIRECTIONS FOR USE

- After flossing, apply a pea-size amount of paste to moistened toothbrush. Brush gently but thoroughly, preferably after each meal and in the morning and at night, or as directed by a dentist.
- Rinse with 120mL of water or mouthwash.

## CAUTIONS

CAUTION. KEEP OUT OF REACH OF CHILDREN.



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# dōTERRA ON GUARD®

## Dental Floss

### PRIMARY BENEFITS

- Dipped in the On Guard® essential oil blend
- Helps support a complete dental plan
- Helps remove plaque and food particles from teeth and gums
- Leaves mouth feeling fresh and clean

### PRODUCT DESCRIPTION

Enjoy the refreshing flavour of CPTG dōTERRA On Guard® essential oil while removing plaque and food particles from teeth. We all know the importance of regular flossing as part of a complete dental plan. dōTERRA's On Guard® Dental Floss has been dipped in dōTERRA On Guard® essential oil for a burst of flavour. Floss daily to help keep teeth clean and to help maintain healthy teeth and gums.

### DIRECTIONS FOR USE

Cut off 20 – 30 centimetres of floss and wrap around your middle fingers. Gently glide floss back and forth between teeth and down to gum line to remove plaque and food. Use in conjunction with brushing teeth with On Guard® Cleansing Toothpaste.

### CAUTIONS

Use only as directed. KEEP OUT OF REACH OF CHILDREN.



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# dōTERRA TOUCH® ON GUARD®

*Protective Blend 10mL Roll-On*

*Warm, spicy camphoraceous, woody*

*Aromatic description*

## PRIMARY BENEFITS

- Equips for seasonal threats
- Provides an energising, uplifting aroma
- Cleansing to the skin

## PRODUCT DESCRIPTION

A proprietary blend of essential oils dōTERRA Touch® On Guard® provides a gentle and convenient application method for dōTERRA's proprietary On Guard® essential oil blend.

Perfect for the whole family, dōTERRA Touch® On Guard® can be applied topically to the chest and bottoms of feet when seasonal threats are high and to experience its energising, uplifting aroma.

The essential oils of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary in this blend are known for their cleansing properties to the skin.

## USES

- Apply to chest or feet before spending time outdoors.
- Use on palms of hands as it is cleansing to the skin.
- Apply to wrists or pulse points for an energising aroma throughout the day.

## DIRECTIONS FOR USE

TOPICAL USE: Apply to desired area. Dilute with a carrier oil to minimise. See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN. NOT TO BE TAKEN. 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.

FIRST AID: "For advice, contact a Poisons Information Centre (e.g. phone Australia 13 11 26; New Zealand 0800 764 766) or a doctor (at once)".

If swallowed, do NOT induce vomiting.

## INGREDIENTS

Fractionated Coconut Oil, Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf essential oils



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