



dōTERRA® | eBooks

Supplements Explained

dōTERRA Supplements Explained

Why Is It Important to Take Supplements?

How you fuel your body is foundational to your health, serving as one of the most controllable pathways to lifelong wellness.

The conventional Western pattern diet (WPD)—or standard American diet (SAD)—is characterized by high intakes of processed meat, highly processed and prepackaged foods, refined grains, corn (and high-fructose corn syrup), and drinks with high sugar content.

Recent reports from the Centers for Disease Control (CDC) present a shocking picture of dietary-related health concerns. The population is well-fed but undernourished. Regardless of your best efforts,

modern foods promote nutrient deficiencies, which research has shown can have significant impact on your health.

While the best solution to boost nutrition is to change dietary habits, that's often easier said than done. Plus, recent studies suggest healthy whole foods are getting less nutritious with modern farming techniques and soil degradation, meaning even the strictest and best-planned diets won't meet all your needs.

Dietary supplementation is a convenient way to meet your nutritional needs, promoting whole-body wellness.





Bringing You the Purest Essential Oil Supplements

A Closer Look at Our Thorough Testing and Clinical Research

At dōTERRA, we believe the foundation of a healthy lifestyle begins with the supplements you can trust to nourish your body. We apply meticulous standards in our supplement creation process, ensuring each product delivers purity, potency, and efficacy.

How Can dōTERRA Promise Pure Supplements?

A Standard Beyond

In an industry where US regulations are often minimal, our standard for supplements signifies more than just meeting the required benchmarks. It represents our dedication to providing supplements that you can trust to be safe, pure, and effective.

Educated Empowerment

We believe in empowering our customers with knowledge. By communicating about our sourcing, testing, and production practices, we aim to educate and inspire confidence in the choices you make for your health and wellness.

A Promise of Purity and Potency

Our commitment to creating the highest-quality products is unwavering. We meticulously test and retest our oils, ensuring they meet our stringent standards. This relentless pursuit of purity and potency means you can be confident in the supplements you choose for yourself and your loved ones.

Our supplement creation is driven by science, grounded in nature, and validated by rigorous testing. We're dedicated to delivering products that support your wellness journey every step of the way.

What solution are you looking for?

Foundational Wellness	5
Lifelong Vitality.....	8
Metabolic Health.....	13
Digestive Health	18
Muscle, Joints, and Bones	25
Cellular Health	28
Healthy Sleep	31
Informed Self-Care	33



The wonderful thing about supplements is that a single product can have dozens of uses and benefits. Throughout this ebook, you'll see that the same supplement may be listed in several sections. That's because it has benefits in multiple areas.

Please note that this list is not exhaustive. You'll find that dōTERRA supplements have even more uses than just the categories we've put them in. We hope you'll take full advantage of your supplements and all of their powerful uses!

Solutions: Foundational Wellness

At dōTERRA, we believe in Foundational Wellness. Foundational Wellness is the idea that by establishing a solid base of simple, healthy habits, every additional wellness choice you make will be more impactful.

Think of it like building a house—you need a strong foundation before adding the walls, roof, and furnishings. The same principle applies to your health. By focusing on the basics—like eating nutritious foods, staying active, and making mindful lifestyle choices—you set the stage for your body to function at its best. Once these core habits are in place, introducing other healthy practices, such as taking supplements or using essential oils, will be far more effective. When your body is well-nourished and supported by a healthy lifestyle, it can fully benefit from the additional wellness tools you incorporate.

Foundational wellness ensures that every step you take towards better health builds on a strong, resilient base, leading to a more vibrant, balanced life.

For more than a decade, the dōTERRA Lifelong Vitality Pack® has been the dōTERRA solution for foundational wellness. Building on the legacy of the dōTERRA Lifelong Vitality Pack, VMG+™ and EO Mega®+ are the next-generation solution designed to meet the evolving demands of modern wellness.

No matter which option you choose, you can be confident that you are getting the optimal amount of essential vitamins and minerals delivered to your body.



VMG+

In today's world, even the healthiest diets can't keep up with what your body really needs. Did you know a 2010 study estimated the US vegetable supply would need to increase by 70%—almost entirely in dark leafy greens, orange vegetables, and legumes—in order for Americans to meet recommended daily allowances at the time.

If you're like most Americans, you aren't eating enough fruits and vegetables, according to the CDC. A study published on November 17, 2017, shows only about one in 10 adults meets federal recommendations.

Traditional multivitamins? They're outdated, with up to 80% of their nutrients wasted. So what is the solution?

VMG+™ Whole-Food Nutrient Complex redefines the daily multivitamin, combining over 90 science-backed ingredients, including whole-food vitamins and minerals, CPTG Certified Pure Tested Grade® essential oils, and advanced absorption technology.

This clean, vegan formula delivers macro- and micronutrients daily to support energy levels, immune system, gut health and digestion, liver function, hormone function, and brain function.* VMG+ combines the benefits of three products in one, integrating Alpha CRS+®, Microplex VMz® (Vegan), and a greens superfood blend.

Primary Benefits

- Supports overall health and wellness, especially when taken with EO Mega®+.*
- Provides essential vitamins and minerals to help fill the gap between diet and recommendations in order to help meet nutritional goals.*
- May increase energy levels with a multivitamin and minerals supplement, as supported by clinical research.*
- Helps maintain important bodily processes for overall health and well-being with vitamins and minerals.*
- May support bodily system health, including the cardiovascular and circulatory, digestive, endocrine, immune (healthy inflammatory response), nervous, musculoskeletal, reproductive, respiratory, and urinary systems.*
- Promotes healthy skin and nails with vitamins A and C and biotin.*

Suggested Uses

Take one sachet per day. Add contents of sachet to five to eight ounces of cold water or the liquid of your choice. Avoid adding to hot drinks. Stir or shake before drinking.

Safety

Keep out of the reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if safety seal is broken or missing. Store in a dark, cool, dry place.



Tip

Take with EO Mega+ for optimal foundational wellness.



EO Mega+

Essential fatty acids are crucial nutrients for maintaining overall health and vitality. They play a vital role in heart health; cell growth; brain development; skin, eye, and metabolic health; muscle activity; immune function; and joint health.* Because the body can't produce these essential nutrients on its own, they must be obtained through diet.

That's where EO Mega+ comes in, filling this nutritional gap by providing a convenient source of essential fatty acids to support optimal bodily functions.*

EO Mega+ Essential Oil Omega Complex is a blend of omega fatty acids derived from wild-caught fish off the coast of Norway, providing clean, pure, and traceable fish oil, and CPTG Certified Pure Tested Grade® Wild Orange essential oil to help mask the fish flavor and contribute various health benefits because of its limonene content.

Each serving delivers 900 milligrams of essential fatty acids, including 800 milligrams of omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), which are known for their exceptional health benefits.*

Primary Benefits

- Supportive but inconclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.
- Helps maintain a healthy lipid profile already in a normal range.*
- DHA, an omega-3 fatty acid in EO Mega+, is a critical component for brain health and may support a healthy nervous system and healthy cognitive function.*
- Supports a healthy respiratory system.*
- Promotes healthy vascular endothelial function.*
- Helps to balance omega-3 and omega-6 fatty acids in the blood.*
- Helps maintain visual acuity throughout life.*
- May help you feel fuller between meals.*
- Promotes a healthy metabolism and gastrointestinal system because of the limonene content in EO Mega+, according to preclinical research.*
- Promotes a healthy gastrointestinal system when the limonene EO Mega+ contains is taken internally, according to preclinical research.*

Suggested Uses

Take three softgels per day with food.

Safety

Keep out of the reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if safety seal is broken or missing. Store in a dark, cool, dry place. Contains fish (cod, cusk, haddock, herring, ling, mackerel, pollock, deepwater redfish, whiting, blue whiting).

Solutions: Lifelong Vitality

dōTERRA Lifelong Vitality Pack

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.*

Featuring Alpha CRS+®, Microplex VMz®, and xEO Mega®, LLV is one of our most popular products. You can take any of these supplements separately, but we recommend using them together. Taken together, all three supplements provide the antioxidant capacity of 12 or more servings of fruit and vegetables.*



Alpha CRS+

Alpha CRS+® combats free radicals and stimulates overall cellular health.* It's also known as the cellular energy and longevity blend.* Alpha means "first," CRS is an acronym for "cellular renewal system," and the plus sign emphasizes improvements made to the original product.

Some of the nutrients included in the formula are coenzyme Q10 and Acetyl-L-carnitine, which help cellular metabolic processes to give you more energy.* Antioxidants like quercetin and alpha-lipoic acid help combat oxidative stress and premature aging.* And a botanical extract of Ginkgo biloba helps support mental clarity and energy.*

Primary Benefits

- Supports healthy cell function by reducing oxidative stress to DNA and other critical cell structures.*
- Supports a healthy response to oxidative stress in cells.*
- Supports cellular energy by assisting healthy mitochondria and supplying metabolic factors for energy production.*
- Supports healthy cellular immune function.*
- Supports mental clarity and brain function.*

Suggested Uses

Adults, take four capsules daily with food.

Safety

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a dark, cool, dry place.

xEO Mega

xEO Mega® takes care of your remaining nutritional needs with omega-3s (known as essential fatty acids); essential oils; and fat-soluble vitamins A, D, and E. The x stands for "astaxanthin" (a standardized extract of microalgae), EO stands for "essential oil," and Mega represents the omega benefits provided by this complex.

Fatty acids support your joint, skin, cardiovascular, and brain health.* The best sources of omega-3s are fatty fish and marine algae, which aren't common in most diets and can be expensive.

The molecularly filtered fish oil in xEO Mega supplies 300 milligrams of EPA and 300 milligrams of DHA per daily serving, as well as 65 milligrams of other omega-3s. Ahiflower®† and pomegranate provide other unique fatty acids.

xEO Mega is also formulated with Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and Blue (German) Chamomile essential oils.

†Ahiflower is a registered trademark of Natures Crops International.

Primary Benefits

- Promotes heart and circulatory health.*
- Supports healthy joint function and comfort.*
- Provides immune-supportive nutrients.*
- Protects against lipid oxidation and supports healthy brain, eye, and nervous system function.*
- Promotes healthy skin.*

Suggested Uses

Adults, take four capsules daily with food.

Safety

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a dark, cool, and dry place. Sunlight and other light sources can oxidize carotenoids if not stored properly.



vEO Mega

vEO Mega® Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Tested Grade® essential oils and a proprietary blend of plant- and algae-sourced omega fatty acids. Omega fatty acids help support joint, cardiovascular, and brain health, as well as healthy immune function.*

A single daily dose of vEO Mega provides 1,200 milligrams of botanical omegas, with 450 milligrams of ALA from flaxseed oil, 105 milligrams of 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. vEO Mega also includes 20 micrograms of natural vitamin D, 40 milligrams of natural vitamin E, and a milligram of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae.*

Primary Benefits

- Promotes heart and circulatory health.*
- Supports healthy joint function and comfort.*
- Provides important modulating nutrients for healthy immune function.*
- Protects against lipid oxidation and supports healthy function of the brain.*
- Promotes healthy skin.*
- Delivers 1,200 milligrams of botanical omegas, with 555 milligrams of ALA from flaxseed oil and Incha Inchi oil, 20 milligrams of GLA from borage oil, and 100 milligrams of DHA from algae oil per daily serving.
- Provides a wide range of essential fatty acids—including ALA, DHA, and GLA—from plant sources to help maintain a healthy balance of omega fatty acids.*
- Includes one milligram pure astaxanthin, a microalgae carotenoid extract, and other carotenoids.
- Contains a proprietary blend of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and Blue (German) Chamomile essential oils.
- Includes 20 micrograms of vitamin D and 40 milligrams of vitamin E.
- Doesn't contain milk or wheat products.
- Is formulated to be used alongside Alpha CRS+® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.*

Suggested Uses

Adults, take four capsules per day with food. vEO Mega is formulated to be used daily with Alpha CRS+.

Safety

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a dark, cool, and dry place.





Microplex VMz

Microplex VMz® supports healthy metabolism, digestion, immune function, and cellular energy.* It contains natural bioavailable vitamins, minerals, and trace elements that complement your diet, including vitamins A, C, E, B, and D, as well as calcium, magnesium, and zinc.

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

Supplemental vitamins and minerals can be difficult for your body to absorb. Microplex VMz uses a glycoprotein matrix to help the body absorb vitamins and chelated minerals (meaning the mineral is bound to an amino acid), making the supplement recognizable as food nutrients to your digestive system.*

Primary Benefits

- Provides 22 essential vitamins and minerals to support normal cell growth, function, and maintenance.*
- Fights free radicals with antioxidant vitamins A, C, and E.*
- Supports healthy metabolism and cellular energy.*
- Supports bone health with calcium, magnesium, zinc, and vitamin D.*
- Supports healthy immune function.*
- Supports healthy digestion.*

Suggested Uses

Adults, take four capsules daily with food.

Safety

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a dark, cool, and dry place.

dōTERRA Vegan Lifelong Vitality Pack

dōTERRA Lifelong Vitality Pack® (Vegan) was designed to promote lifelong health and vitality without the use of animal products.*

Alpha CRS+® is already vegan, and we've formulated vEO Mega® (vegan xEO Mega) and Microplex VMz® (Vegan) to provide all the same benefits as the regular LLV supplements.



a2z Chewable Tablets

a2z Chewable™ Tablets combine bioavailable minerals—like calcium, magnesium, zinc, copper, and manganese—with Alpha CRS+®; antioxidant vitamins A, C, and E; a cellular energy complex of B vitamins, and a superfood blend.* They're perfect for kids (and adults) who can't easily swallow pills.

Primary Benefits

- Provide choline, phosphatidylserine, and inositol to help support cognitive function.*
- Contain no high fructose corn syrup or artificial colors, sweeteners, or flavors.
- Contain a superfood blend that helps support overall health and wellness.*
- Features the Alpha CRS+ blend.
- Provide a balanced blend of essential vitamins, including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins.*
- Include bioavailable calcium, magnesium, zinc, copper, and manganese.*

Suggested Uses

Children age four and older, take two tablets daily with meals. Adults, take up to three tablets daily with meals.

Safety

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Doesn't contain gluten, dairy, wheat, soy, eggs, or nut products. Consult a physician before using this product with children under age four.

Solutions: Metabolic Health

MetaPWR System

The MetaPWR® system synergistically supports a healthy metabolism, curbing cravings, sustaining normal-range glycemic and insulin response throughout the day, and naturally promoting cellular energy.* When combined with healthy lifestyle choices, MetaPWR system products can help you feel great and look younger.*

MetaPWR Metabolic Blend

Developed with dōTERRA clinical researchers, MetaPWR® Metabolic Blend is a proprietary balanced ratio of CPTG Certified Pure Tested Grade® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils.

MetaPWR essential oil blend can serve as an important part of a daily healthy metabolic regimen when used internally.* MetaPWR supports healthy wellness regimens focused on increased energy and vitality, metabolic health, and weight management to add health to your lifespan.*

Primary Benefits

- May support healthy metabolic function when ingested.*
- May reduce adipose fat cells when ingested.*
- Helps curb hunger cravings and promotes mindful eating.*
- May improve exercise performance.*

Suggested Uses

- **Aromatic use:** Place four drops in the diffuser of your choice.
- **Internal use:** Adults, take four drops in eight fluid ounces of water to help reduce hunger cravings.*
- **Topical use:** Apply one to two drops to the desired area. Combine with a carrier oil or lotion to reduce skin sensitivity.

Safety

Possible skin sensitivity. Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying the product.





MetaPWR Assist

MetaPWR® Assist can be a powerful addition to a daily metabolic health regimen when taken before the largest meal of the day.* Each capsule contains standardized mulberry leaf extract, berberine, cinnamon bark powder, and the MetaPWR Metabolic Blend.

MetaPWR Assist maximizes the active component in mulberry leaf extract, 1-deoxynojirimycin (DNJ), helping regulate and stabilize postprandial (after-meal) blood glucose levels, reduce carbohydrate and sugar absorption, and support healthy fat metabolism, according to preclinical studies.* More confirming research is needed.

Primary Benefits

- May release glucose more slowly and steadily which can lead to lower postprandial (after-meal) blood glucose levels.*
- May reduce simple carbohydrate and sugar absorption.*
- May support a healthy metabolic profile.*
- May contribute to healthy fat metabolism.*

Suggested Uses

Adults, take one capsule daily 15–30 minutes before your largest meal with at least eight ounces of water.

Safety

Keep out of reach of children. If pregnant, nursing, diabetic, or under a doctor's care, consult your physician. Store in a cool, dry place.

Tip

Did you know that MetaPWR Assist pairs well with dōTERRA PB Restore®? Nondigestible carbohydrates are also known as dietary fiber. MetaPWR Assist works to inhibit the enzymes responsible for carbohydrate digestion, thereby making the digestible carbohydrates of our diet more like non-digestible dietary fiber.*

In this manner, the benefits of MetaPWR Assist contribute to feeding the probiotics of dōTERRA PB Restore, helping these beneficial bacteria to colonize the intestinal tract and continue to proliferate, performing their important symbiotic role with us, their host.*



MetaPWR Advantage

MetaPWR® Advantage contains nine types of collagen tripeptides, which clinical research has shown to boost skin appearance by promoting skin density, increasing firmness, decreasing wrinkles, and improving hydration.*

Primary Benefits

- May sustain vigorous metabolic activity to promote youthful cells and organ system function.*
- Contains nine types of collagen tripeptides that clinical research has shown to boost skin appearance by promoting skin density, increasing firmness, decreasing wrinkles, and improving hydration.*
- Includes vitamin C, which promotes collagen biosynthesis.*
- Contains ingredients that promote a healthy circulatory system, nervous system, and mitochondria.*
- Supports healthy bone function.*

Suggested Uses

Adults, take one sachet per day. Add the contents of one sachet to five to eight ounces of cold or room temperature water. Stir or shake before drinking.



Safety

This product should only be used as a food supplement. Don't use for weight reduction. Consult your physician before use if you're pregnant or nursing, have a medical condition, or take any medication. Keep out of reach of children.

MetaPWR Recharge

MetaPWR Recharge® provides an exclusive, balanced blend of electrolytes—including potassium, sodium, and magnesium—that's perfect for everyone, not just high-performance athletes.

It also includes baobab extract and deep-ocean minerals like molybdenum, magnesium, and vanadium from the Kuroshio Current in the Pacific Ocean, helping water work more cooperatively with your cells so you don't have to work hard to stay hydrated.*

Primary Benefits

- Improves cellular hydration.*
- Facilitates water transport between cells.*
- Provides balanced ratios of six key electrolytes: potassium, sodium, magnesium, calcium, chloride, and phosphate.*

Suggested Uses

Shake a sachet to activate, pour into 16 ounces of cold water, and enjoy.

Safety

Consult your physician before use if you're pregnant or nursing, have a medical condition, or take any medication. Keep out of reach of children.

MetaPWR Metabolic Softgels

MetaPWR® Metabolic Blend Softgels contain the MetaPWR Metabolic Blend in easy-to-swallow tapioca capsules.

Primary Benefits

- May decrease appetite, support mindful eating, and improve exercise performance.*
- May support healthy fat metabolism, according to preclinical research.*
- May protect cells and tissue, preclinical research suggests.*

Suggested Uses

Adults, take up to five softgels as needed throughout the day.

Safety

Keep out of reach of children. If you're pregnant, nursing, diabetic, or under a doctor's care, consult your physician. Store in a cool, dry place.

MetaPWR Beadlets

MetaPWR® Beadlets are an easy, convenient way to incorporate MetaPWR Metabolic Blend into your daily weight and exercise regimen. The beadlets fit perfectly in a purse, briefcase, backpack, or desk so you can support mindful eating and appetite control anytime, anywhere.*



Primary Benefits

- Provide MetaPWR Metabolic Blend in convenient beadlets.
- Help support metabolic health and function.*
- Help curb hunger cravings.*
- Promote mindful eating and appetite control.*

Suggested Uses

Adults, chew a beadlet as needed up to four times a day.

Safety

If you're under age 18, pregnant, nursing, under a doctor's care, or about to start an exercise or metabolic health program, consult your physician before use.





MetaPWR Metabolic Blend Satiety Gum

Flavorful with a long-lasting sweet, minty, and spicy taste, MetaPWR® Metabolic Blend Satiety Gum helps curb hunger cravings, promotes mindful eating, and supports healthy metabolism.*

Without sugar or artificial sweeteners, this gum is an enjoyable way to optimize MetaPWR Metabolic Blend as part of a daily weight and exercise regimen.*

Primary Benefits

- Provides MetaPWR Metabolic Blend in a chewing gum.
- Helps support metabolic health and function when chewing.*
- Promotes mindful eating and appetite control.*
- Helps curb hunger cravings.*

Suggested Uses

Adults, chew a piece of gum when hunger cravings come.*

Safety

Store in a cool, dry place. If you're under age 18, pregnant, nursing, under a doctor's care or about to start an exercise or metabolic health program, consult your physician before use.

Solutions: Digestive Health

You may have noticed dōTERRA has several supplements that benefit your digestive system.* Digestive health is a prime concern for people, and many struggle with digestive issues. dōTERRA supplements help keep various digestive system components functioning at their best.*

DigestZen Softgels

DigestZen® Softgels naturally soothe mild stomach discomfort and aid with digestion.* These easily dissolvable softgels provide Ginger, Peppermint, Caraway, Coriander, Anise, and Fennel essential oils.

Primary Benefits

- Peppermint supports a healthy gastrointestinal tract.*
- Coriander may aid healthy colon function.*
- Ginger helps soothe mild or occasional stomach upset and ease indigestion.*

- Caraway is often combined with Peppermint to relieve occasional indigestion.*
- Cardamom is a traditional solution for supporting a healthy stomach.*
- Fennel helps manage gastrointestinal disturbance.*
- Anise supports dyspepsia and healthy bile flow.*

Suggested Uses

Adults, take one softgel one or more times daily as needed. Take after a meal, while traveling, or when trying new foods to promote digestion and soothe occasional stomach discomfort.*

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.





DigestZen DigestTab

The chewable DigestZen® DigestTab® uses calcium carbonate to neutralize and reduce acid.* It also features Ginger, Peppermint, Caraway, Coriander, Anise, and Fennel essential oils to soothe and support the digestive system.*

Primary Benefits

- Provides a gentle formula specifically designed for individuals with sensitive stomachs.*
- Combines the unique digestive benefits of calcium carbonate with pure essential oils known for soothing the gastrointestinal tract.*
- Relieves occasional heartburn and indigestion, while promoting the overall GI tract health.*
- Provides relief for occasional stomach upset.*

Suggested Uses

Adults, take one tablet as needed for relief from occasional stomach upset and heartburn.* Take up to six tablets per day.

Safety

Keep out of reach of children. Don't use with other acid reducers. Ask a doctor or pharmacist before use if you're taking a prescription drug.



dōTERRA TerraZyme

dōTERRA TerraZyme™ contains a blend of active enzymes and supporting cofactors that promote digestion.* Your body produces metabolic enzymes from the food you eat, using them to help cells convert nutrients into energy.

Processed, cooked, and preservative-laden foods are often enzyme deficient, making dōTERRA TerraZyme an excellent addition to a healthy routine.

Primary Benefits

- Supports healthy digestion and metabolism of enzyme-deficient, processed foods.*
- Supports the conversion of food nutrients into cellular energy.*
- Promotes safe, effective gastrointestinal comfort and food tolerance.*

Suggested Uses

Adults, take one to three capsules with meals throughout the day. If a meal includes lots of fresh, raw foods, take one capsule. If a meal includes highly processed foods or food products known to cause specific GI discomfort, take two to three capsules.

Safety

Some people may experience an initial change in digestive schedule and function when they begin using enzyme supplements. For most, these symptoms are mild and should disappear after a few days.

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Contains no milk products. Contains no ingredients made from animal products.

GX Assist

GX Assist® is the natural way to cleanse with both caprylic acid and essential oils.* These ingredients create an unfriendly environment for potential threats that cause digestive issues.*

Primary Benefits

- Serves as the first step in an essential oil digestive maintenance program.*
- Supports a healthy digestive environment.*
- Contains CPTG Certified Pure Tested Grade® essential oils and caprylic acid to naturally cleanse the digestive system.*

Suggested Uses

Adults, take one to three softgels with meals for 10 days. Repeat quarterly. Use for 10 days before taking PB Assist+® and dōTERRA PB Restore®. Don't take at the same time as PB Assist+ or dōTERRA PB Restore.

Safety

Pregnant or nursing women and people with known medical conditions should consult a physician before using.

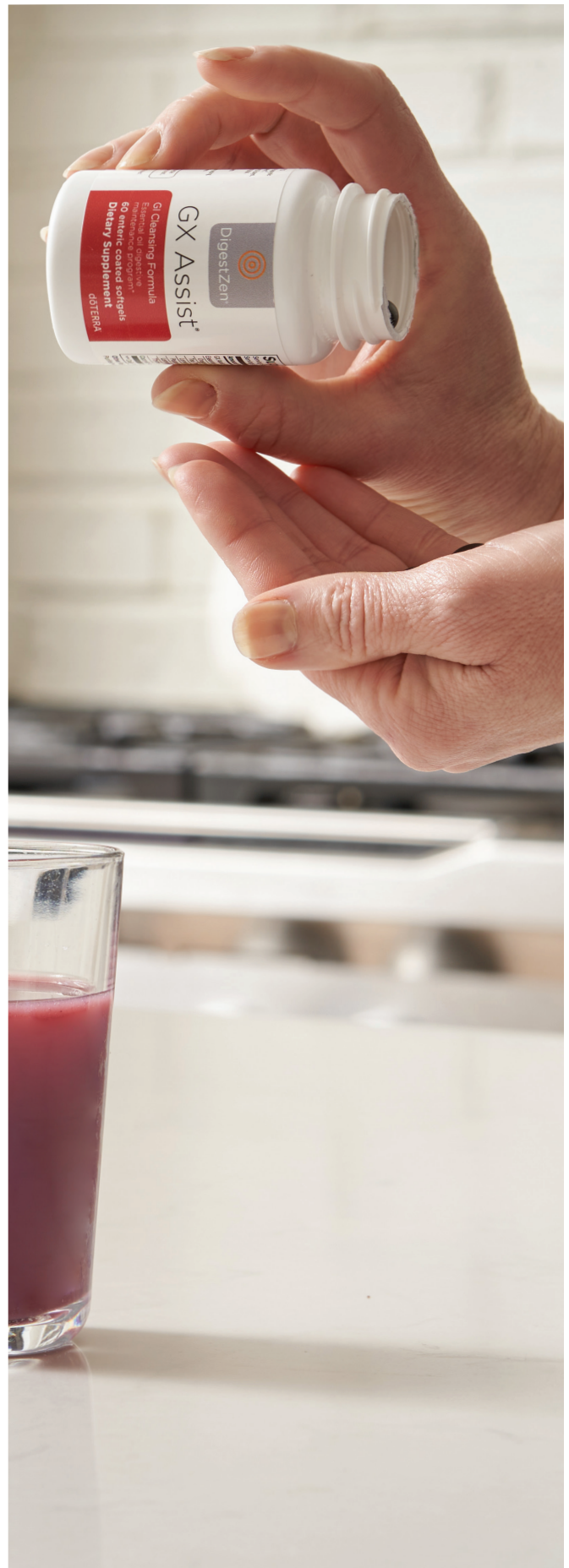
dōTERRA PB Restore ProBiome Complex

dōTERRA PB Restore® is designed with your whole-body biome in mind. In one little dual chamber capsule, we deliver 30 bioactive components of pre-, pro, and postbiotics and bacteriophages (or 'phages). These represent the four Ps in one ProBiome complex.



Primary Benefits

- Supports digestive health and gut barrier integrity.*
- Helps in micronutrient synthesis.*
- May support skin health, the respiratory and immune systems, and a healthy inflammatory response.*
- Provides a unique formulation of 30 pre-, pro-, and postbiotics and bacteriophages that help restore microbial diversity and balance for optimal microbiome health.*



Suggested Uses

Adults, take one capsule daily with water before a meal. Avoid taking with high-temperature foods or beverages (above body temperature). It's completely normal to experience temporary changes in your digestive system or your stool when taking this product.

These reactions show dōTERRA PB Restore is active and your body is adapting to it. Most discomfort you may feel will resolve within the first couple weeks.

Tip

Consider taking dōTERRA PB Restore with MetaPWR® Assist. These two work in tandem to help you get the most out of your product. MetaPWR Assist works to inhibit the enzymes responsible for carbohydrate digestion, thereby making the digestible carbohydrates of our diet more like non-digestible dietary fiber.*

In this manner, the benefits of MetaPWR Assist contribute to feeding the probiotics of dōTERRA PB Restore, helping these beneficial bacteria to colonize the intestinal tract and continue to proliferate, performing their important symbiotic role with us, their host* (page 14).

Safety

Store in the refrigerator after opening. Keep out of reach of children. If you're pregnant, nursing, diabetic, or under a doctor's care, consult your physician.



PB Assist+ ProBiome Gut Complex

PB Assist+® delivers seven billion AFUs (live cells) in active probiotic cultures, as well as soluble prebiotic FOS to encourage friendly bacterial growth, providing important microbiome support.*

The live cultures are microencapsulated, meaning they have a protective covering that ensures they survive the harsh, acidic stomach environment so they can reach the gut alive.

Primary Benefits

- Supports healthy digestive and immune system function at any age.*
- Helps support optimal metabolism and nutrient absorption.*
- Combines 13 probiotic strains and one prebiotic fiber—fructooligosaccharides (FOS)—for healthy gut colonization.*
- Provides microencapsulated probiotic strains to support efficient delivery to the lower GI tract.*

Suggested Uses

Take one sachet a day. Don't mix with hot beverages. Pour the powder directly into your mouth or mix with four ounces of water, juice, or your preferred cool beverage and drink immediately. The contents can also be mixed with cold foods such as yogurt, smoothies, or breakfast cereal. Store in a cool, dry place.

Tip

Take with dōTERRA PB Restore® to support your whole-body microbiome.*

Safety

Observe children when using this product. If you're pregnant, nursing, diabetic, or under a doctor's care, consult your physician.



Zendocrine Softgels

Zendocrine® Softgels support the liver and natural detoxification of bodily systems.* They provide Rosemary, Tangerine, Geranium, Juniper Berry, and Cilantro essential oils.

Primary Benefits

- Tangerine provides a concentrated source of limonene, shown in preclinical studies to have purifying benefits.*†
- Rosemary supports healthy liver function, according to preclinical research.*†
- Geranium supports the body's natural ability to rid itself of unwanted substances.*†
- Juniper Berry supports healthy kidney function.*†
- Cilantro Leaf supports the body's natural toxin elimination process, according to preclinical studies.*†

Suggested Uses

Adults, take one to two softgel per day as needed.

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

†More confirming research is needed.



Zendocrine Detoxification Complex

Instead of essential oils, Zendocrine® Detoxification Complex contains extracts that traditionally used to support normal self-detoxification functions of the cleansing organs.* It affects the body differently than Zendocrine Softgels, meaning you experience new benefits. We recommend trying both to see which works best for you.

Primary Benefits

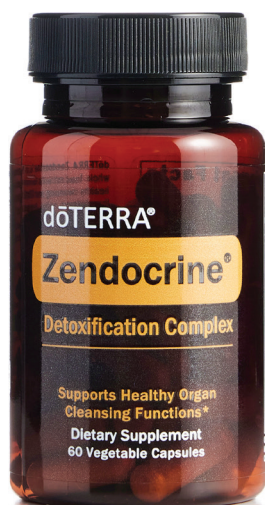
Provides extracts traditionally used to aid the healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.*

Suggested Uses

Adults, take two capsules daily (one in the morning and one in the evening) with food to support cleansing organs.*

Safety

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Contains no milk products. Contains no animal products. Store in a cool, dry place.



Peppermint Softgels

Peppermint Softgels encapsulate CPTG Certified Pure Tested Grade® Peppermint essential oil in an enteric-coated softgel to provide digestive relief to the small intestines, improving overall digestive health and ultimately whole-body wellness.*

When taken internally, Peppermint essential oil has clinically demonstrated its ability to help ease and relax the gastrointestinal muscles and calm the stomach and intestinal tract.*

The softgels support healthy digestive function and help reduce occasional gas, bloating, and other digestive difficulties.* The enteric coating allows the active ingredients to pass through the stomach and reach the small intestines where they're most effective.*

Primary Benefits

- Support gastrointestinal comfort.*
- Support healthy digestive function and help reduce occasional gas, bloating, and other digestive difficulties.*
- Provide digestive relief to the small intestines.*

Suggested Uses

Adults, take up to two softgels before meals to reduce occasional digestive discomfort.* Children eight years and older, take one softgel before meals. For best results, take 30–60 minutes before meals.

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Don't use if safety seal is missing or broken. Store in a cool, dry place.



Copaiba Softgels

Copaiba Softgels provide Copaiba essential oil in convenient, easy-to-swallow capsules.

When taken internally, Copaiba essential oil may support the nervous system.* Emerging research suggests that β -Caryophyllene in Copaiba may aid in the protection of cells and support healthy function of the body's cardiovascular and immune systems.*

Primary Benefits

- Provide the internal benefits of β -Caryophyllene from Copaiba in convenient, easy-to-swallow softgels.*
- May support the cardiovascular, immune, and digestive systems function because of their β -Caryophyllene content.*

Suggested Uses

Adults, take one softgel as needed.

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.



Solutions: Muscle, Joints, and Bones

Your bones, muscles, and joints together form the musculoskeletal system—along with your tendons, ligaments, and cartilage. The bones provide the structural component that protects your internal organs. Your muscles and joints then make movement possible.

The following dōTERRA supplements help support your muscles, joints, or bones.*

Deep Blue Polyphenol Complex

Deep Blue Polyphenol Complex® combines polyphenol extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grapeseed. It's designed to provide soothing support to occasional aching muscles and other discomforts.*

Polyphenols are natural water-soluble antioxidants and can come from a variety of sources. The polyphenols in this complex are from green tea, red wine, and grape and pomegranate juice.

Primary Benefits

- Includes frankincense extract, which has been shown to help support muscle and joint comfort and function.*
- Helps soothe occasional aches and discomfort.*
- Contains the dōTERRA tummy tamer blend of peppermint, ginger, and caraway seed extracts.

Suggested Uses

Adults, take one capsule twice daily with food or as needed when experiencing discomfort.*

Safety

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if safety seal is broken or missing.





Bone Nutrient Essential Complex

Bone Nutrient Essential Complex provides a blend of vitamins and minerals women need to support bone health from adolescence through menopause.* Though the complex is formulated to meet the specific bone health needs of women, men can also take it to meet calcium and magnesium needs.*

Primary Benefits

- Provides optimal levels of vitamins and minerals essential for developing and maintaining healthy bone mass and density.*
- Serves as an excellent source of calcium and magnesium.
- Supports healthy bones and overall health throughout a woman's life.*

- Contains the highest-quality bone nutrients in bioavailable forms.*
- Contains vitamins D2 and D3 to help bones absorb calcium.*
- Is delivered in sodium lauryl sulfate-free HPMC vegetable capsules.

Suggested Uses

Teens through adults, take four capsules daily with food.

Safety

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Store in a cool, dry place.

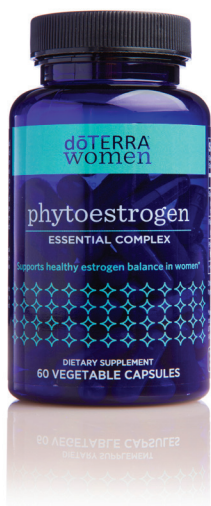
Phytoestrogen Essential Complex

Phytoestrogen provides more support for healthy bones.* Maintaining a healthy ratio of estrogen metabolites is vital for women. Current research shows an imbalance of certain metabolites can have a negative impact on a woman's health (including bone health) as she ages.

The phytoestrogens in this supplement (plant compounds with similar properties to estrogen) help with estrogenic effects in the body and help balance hormones.*

Primary Benefits

- Provides supplemental dietary phytoestrogens that help balance and support normal hormone levels.*
- Provides nutritional support for managing estrogen metabolism.*
- Complements a healthy diet, exercise, and hormone therapy to help minimize the uncomfortable symptoms of PMS and transition through menopause.*
- Supports healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.*
- Includes a potent soy extract standardized to 64% isoflavone content with a minimum of 50% genistein, scientifically substantiated to provide health benefits in women.*
- Contains a flaxseed extract standardized to 40% lignans, which helps manage estrogen metabolism.*
- Contains a standardized pomegranate extract providing powerful antioxidant support.*
- Is delivered in sodium lauryl sulfate-free HPMC vegetable capsules.



Suggested Uses

Adults, take one to two capsules daily with food or as needed.

Tip

Women going through menopause can take the complex with VMG+™, EO Mega®+, and Bone Nutrient Essential Complex (page 26) for added benefits.*

Safety

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Contains no wheat or milk products. This product is complementary to but not a replacement for hormone replacement therapies.*

EO Mega+, vEO Mega, and Microplex VMz

Among other benefits, the omega fatty acids in EO Mega®+ and vEO Mega® support the joints.* Microplex VMz® contains calcium, magnesium, zinc, and vitamin D to give your bones the best support possible.*

See page 11 for benefits, suggested uses, and safety.



Solutions: Cellular Health

dōTERRA has several specialized supplements designed to support your cells.* From promoting a healthy response to free radicals to boosting cell energy, DDR Prime® Cellular Complex, MetaPWR® Mito2Max®, and Deep Blue Polyphenol Complex® are perfect additions to your daily regimen when you need a boost.*

DDR Prime Cellular Complex

DDR Prime® provides optimal support to your cells, countering free radicals with antioxidant protection.* It features a blend of Frankincense, Wild Orange, Lemongrass, Thyme, Summer Savory, Clove, and Niaouli essential oils.

Primary Benefits

- Frankincense promotes a healthy response to free radicals.*
- Wild Orange supports a healthy cellular response.*
- Litsea may promote healthy cognitive function.*
- Thyme may provide immunity and cellular support with broad-spectrum activity.*
- Clove provides powerful antioxidant properties.*
- Summer Savory supports healthy response to oxidative stress.*
- Niaouli supports cellular immunity.*
- Lemongrass helps protect against environmental threats.*

Suggested Uses

Adults, take two softgels daily: one with a morning meal and with an evening meal.

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.





MetaPWR Mito2Max

MetaPWR® Mito2Max® Energy & Stamina Complex is a proprietary formula of standardized plant extracts and metabolic cofactors that support healthy cellular energy production.* Research suggests the ingredients in MetaPWR Mito2Max may help improve stamina and decrease fatigue.*

Studies show the chemical component pyrroloquinoline quinone (PQQ) in MetaPWR Mito2Max may support mental cognition and memory.* It can also promote mitochondrial biogenesis to support energy production at the cellular level.*

According to emerging clinical research, the acetyl-L-carnitine (ALC) and coenzyme Q10 in MetaPWR Mito2Max may support energy production and mitochondrial and cardiovascular health.*

Delivered in sodium lauryl sulfate-free vegetable capsules, MetaPWR Mito2Max Energy & Stamina Complex has no harmful stimulants and doesn't contain milk or wheat products or any ingredients made from animal products.

Primary Benefits

- Supplies a proprietary blend that promotes energy through healthy mitochondrial function and metabolism.*
- Reduces fatigue and improves physical energy and performance.*
- Supports cognitive abilities, including memory.*
- May act as an antioxidant and support cardiovascular and circulatory health.*
- May assist metabolic adaptation in diverse activities.*

Suggested Uses

Take two capsules daily with food. Refrain from using before going to sleep.

Safety

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a cool, dry place.

Deep Blue Polyphenol Complex

The ingredients in Deep Blue Polyphenol Complex® provide comprehensive protection through antioxidants.*

See page 25 for benefits, suggested uses, and safety.



Turmeric Dual Chamber Capsules

Turmeric Dual Chamber Capsules provide the most beneficial components of turmeric in a convenient oral delivery system that improves bioavailability.*

The outer layer of the capsule contains Turmeric essential oil, standardized up to 70% turmerones. The inner chamber contains turmeric extract with a 95% concentration of curcuminoids.

Turmerones support healthy glucose and lipid metabolism and may promote healthy weight management.* Curcumin may support a healthy inflammatory response and manage oxidative stress, as well as promote healthy glucose and lipid metabolism.*

Primary Benefits

- Combines the complementary benefits of Turmeric essential oil and turmeric extract in a convenient capsule delivery system.*
- Supports a healthy inflammatory response in the body.*
- May help fight free radicals and protect from oxidative damage.*

Suggested Uses

Adults, take two capsules per day as needed to support an active lifestyle

Tip

Take with MetaPWR® system products (page 13) to support your metabolic health.*

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Don't use if the safety seal is broken or missing. Store in a cool, dry place.

Copaiba Softgels

Copaiba Softgels provide Copaiba essential oil in convenient, easy-to-swallow capsules.

When taken internally, Copaiba essential oil may support the nervous system.* Emerging research suggests that β -Caryophyllene in Copaiba may aid in the protection of cells and support healthy function of the body's cardiovascular and immune systems.*

See page 24 for benefits, suggested uses, and safety.



Solutions: Sleep Health

Good sleep is one of the most essential elements of a healthy life, giving you more energy during the day, assisting your brain and body through important processes, and helping you avoid more serious health concerns.

Lack of quality sleep can leave you feeling tired, make it difficult to concentrate, make it harder to lose or maintain weight, and weaken the immune system. Changing your sleeping habits can change nearly every significant part of your day.

dōTERRA Serenity Restful Complex Softgels

dōTERRA Serenity® Restful Complex Softgels serve as a natural solution for occasional sleeplessness when taken internally.* While dōTERRA Serenity isn't designed for internal use, these softgels contain an adapted version of the essential oil blend, with Lavender essential oil, lemon balm, passionflower, chamomile, L-Theanine, and tart cherry.

All these ingredients work together to create a natural formula that can encourage restful sleep without leaving you feeling groggy the next day.*

Inadequate sleep over time raises your risk for health problems. It affects your hormones and reproductive system, heart and circulatory system, metabolism, emotional response, respiratory system, and immune system. Research suggests one night of four hours of sleep results in a 70% reduction in natural killer cells—an important cell line in your immune system.

Primary Benefits

- May support healthy sleep patterns and improve sleep quality.*
- Help relieve occasional sleeplessness.*
- Support healthy relaxation, making it easier to fall asleep and stay asleep.*
- Provide refreshing sleep without aftereffects the next day.*
- Calm the nervous system.*

Suggested Uses

Adults, take one to two softgels before going to sleep.

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.





Adaptiv Calming Blend Capsules

Adaptiv® Calming Blend Capsules can help reduce feelings of stress and restore mental and physical resiliency.* Adaptiv Capsules combine the soothing benefits of CPTG Certified Pure Tested Grade® essential oils with clinically studied botanicals.*

This supportive, relaxing formula helps empower and encourage when adapting to stressful situations or acclimating to new surroundings.* Adaptiv Capsules are among the best natural tools available to manage effects from everyday tension, uneasiness, and worry.*

Primary Benefits

- Help calm and promote positive feelings.*
- Support mood and help improve state of mind.*
- Help when acclimating to new surroundings and adapting to stressful situations.*
- Encourage relaxation.*
- Support cognitive function and emotional balance.*
- Promote mental well-being.*

Suggested Uses

Adults, take one capsule in the morning and one in the evening with food.

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Don't use if the safety seal is broken or missing. Store in a cool, dry place.

Solutions: Informed Self-Care

As you take greater responsibility for your health, it's paramount to understand the issues that may not require the immediate attention of a medical professional. While it's important to see a doctor when the situation calls for it, some minor issues can be solved at home, especially if you're proactive (instead of reactive) about taking care of your body.

Taking care of yourself, supplementing to promote the health of your body's systems, staying on top of issues—all of these can be addressed with proper use of natural products.

dōTERRA On Guard+ Protective Blend Softgels

You can feel when your immune system needs more support. dōTERRA On Guard+™ Softgels can give your immune system assistance as it may protect against immune threats.* The softgels feature Wild Orange, Clove, Black Pepper, Cinnamon Bark, Eucalyptus, Oregano, Rosemary, and Melissa essential oils.

Primary Benefits

- May support healthy immune system function, according to preclinical data.*
- May protect against threats to the immune system, according to preclinical research.*

Suggested Uses

Adults, take one or more softgels as needed. Not recommended for regular daily use.

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

TriEase Softgels

TriEase® Softgels help your body deal with seasonal shifts by supporting the respiratory system.* They feature an equal ratio of Lavender, Lemon, and Peppermint essential oils.

Primary Benefits

- Lemon may support a healthy inflammatory response, due to limonene content.*
- Lavender is known for its calming, balancing effects when consumed.*
- Peppermint supports clear breathing and healthy respiratory function when used internally.*

Suggested Uses

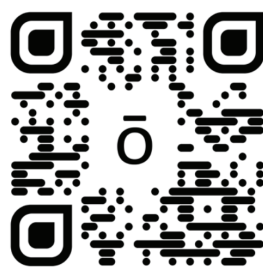
Adults, take one to two softgels daily as needed. Safe to consume regularly.

Safety

Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.



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about dōTERRA
supplements?



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QR code to
continue
your journey.