

dōTERRA Nutrition

Adaptiv®

Calming Blend Capsules

We live in a world where we want everything to happen instantly. We spend too much time with our smart phones and laptops without ever really giving ourselves a break from work. We lose out on opportunities to connect with friends and family. We feel that working hard and taking fewer breaks makes us successful. The bills won't stop coming, there will never be more hours in the day, and work and family responsibilities will always be demanding. A nagging headache, trouble sleeping, a lack of energy and decreased productivity are all signs of everyday stress. Exercise like Yoga or a few hours at the gym helps. Meditation, eating right, even hobbies or a vacation can be beneficial. Stress management is all about taking charge of lifestyle, thoughts, emotions, and dealing with problems. Let's face it, we can't completely eliminate stressors so we need something to help us adapt. The Adaptiv Calming Blend products are an effective answer to reducing stress and helping to restore mental and physical resiliency.†

PRODUCT DESCRIPTION

Adaptiv Calming Blend Capsules combine the soothing benefits of specifically selected CPTG® essential oils with clinically studied botanicals. A supportive and relaxing formula, this proprietary blend of ingredients helps empower and encourage when adapting to stressful situations or acclimating to new surroundings.† The Adaptiv Calming Blend Capsules are one of the best tools available to help manage the effects of everyday tension, anxious feelings, uneasiness, and worry.†

CONCEPT

The Adaptiv Calming Blend Capsules have mood-boosting and tension-reducing effects of a blend of CPTG® essential oils Lavender, Coriander, Wild Orange, and Fennel along with Scelletium, GABA, and Ahiflower.

Botanical extract Scelletium comes from a succulent plant found in South Africa known as Kanna. Scelletium Extract is responsibly sourced from a sustainable supply with endorsement by the South African indigenous knowledge holders. A unique phytochemical ingredient found in Scelletium Extract, brings a feeling of "alert serenity."† The extract supports healthy emotional responses to everyday stressors and promotes feelings of happiness and well-being.† It balances healthy levels of mood-stabilizing hormones and improves cognitive function while combating occasional nervousness.†

A quieting neurotransmitter, GABA, also helps promote relaxation.† GABA has a natural comforting effect and helps reduce feelings of apprehension and fear by decreasing neuronal excitability.† Sometimes called "the brakes of the brain," because it lowers the activity of neural cells in the brain and central nervous system, it has the effect of moving the brain and the body into lower gear.† By inhibiting neural activity, GABA reduces mental and physical strain.†



Ahiflower is naturally wild and cultivated for its precious seeds, each bloom produces only up to four seeds. These seeds are pressed to produce a superior omega-rich, healthy oil with a higher quality and quantity of omegas than any other seed oil. Clinical data on omega oils have demonstrated a positive effect on the reduction of anxious feelings.†

Use the Adaptiv Calming Blend Capsules to assist the body and mind to stay balanced and adapt to every situation. Try the 15 mL Adaptiv Calming Blend and 10 mL Adaptiv Touch for even more stress support.

DIRECTIONS FOR USE

Take 1 Adaptiv Calming Blend Capsule daily to combat stress, tension, and occasional anxious feelings.†

PRIMARY BENEFITS

- Calms and promotes positive feelings†
- Supports mood and helps improve state of mind†
- Helps when acclimating to new surroundings and adapting to stressful situations†
- Encourages relaxation†
- Supports cognitive function and emotional balance†
- Promotes mental well-being†

CAUTIONS

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

FAQS

Q: Do the Adaptiv capsules contain carrageenan?

A: No, the capsules do not contain carrageenan.

Q: Is this product vegan?

A: Yes, this product is vegan friendly.

Q: Do I need to take this product with food?

A: It is recommended to take Adaptiv capsules with food.

Q: Are the Adaptiv Capsules safe to take every day?

A: Yes, Adaptiv Capsules can be taken daily as long as the suggested use is followed.

Q: What is the difference between the Adaptiv Capsule oil blend and the 15 mL or 10 mL touch oil blend?

A: The capsules contain a different oil blend formulated with oils specifically known for their internal use calming benefits.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

| Amount Per Serving | %DV |
|---|-----------|
| Adaptiv Blend | 80 mg ** |
| Lavender flower/leaf/stem oil, Coriander seed oil, Wild Orange peel oil, Fennel seed oil | |
| Ahiflower®† (<i>Buglossoides arvensis</i>) seed oil | 170 mg ** |
| Gamma aminobutyric acid | 100 mg ** |
| Sceletium (<i>Sceletium tortuosum</i>) aerial parts extract | 15 mg ** |

**Daily Value (DV) not established.

Other ingredients: Sunflower oil, Hypromellose, Candelilla wax, Maltodextrin, Mixed tocopherols.

†Ahiflower® is a registered trademark of Natures Crops International
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