

dōTERRA® On Guard®



Protecting the fortress of your home with dōTERRA On Guard®

Think of your home as a fortress. Every day, outside forces rage against you and your family, and it's your job to keep your loved ones safe. Toxins, chemical-ridden products, pollutants, and other concerns are constantly trying to bring the walls of your fortress crumbling down. But what's the solution? How do you keep everyone safe? When you're armed with powerful, natural, and effective safeguards, you have protective shields and safety gates that can help to keep your family healthy. Feel confident and peace of mind, knowing you've taken important precautions. What's the best way to create a strong fortress of good health around your family? Think seriously about the products you use every day. Could your family make healthier choices? Do you need a little help keeping your house clean and sanitized? Could you use support when you or your kids aren't feeling the best?

No matter what your household looks like, with the help of pure and powerful essential oils, you can create a fortress that will help protect your family from external threats.

On Guard® Essential Oil Blend

A Powerhouse Protector

The first step in protecting your family from anything that might come knocking at your door is to strengthen the body. When you take care of your immune system, you typically spend less time dragging to get out of bed, taking unwanted days off work, or feeling crummy overall. With a strong immune system, you can enjoy life and make the most of your time with your loved ones. When you feel your best, you get the best out of life. This is where On Guard® Essential Oil Blend comes in. This unique blend of powerful essential oils does just as the name suggests: protects you from everyday threats that could leave you vulnerable.

How does it do this? On Guard® Essential Oil Blend combines the power of cleansing, energizing, purifying, and uplifting essential oils to give you and your family the best chance of staying well.



What's in

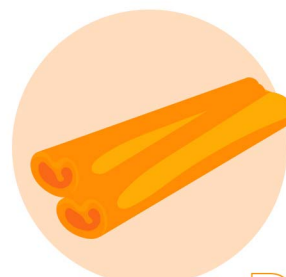
On Guard® Essential Oil Blend?

So, what exactly is in On Guard® Essential Oil Blend? It is made up of five key essential oils: Cinnamon Bark, Wild Orange, Eucalyptus, Clove, and Rosemary contains powerful properties that can help to create a warming sensation while also emitting its woody and spicy aroma.



Wild Orange

Wild Orange contains powerful antioxidants that help to maintain overall health. It can be used on surfaces as a natural cleaner. The fresh citrus kick of Wild Orange is emotionally uplifting and adds to the appeal of the On Guard® Essential Oil Blend.



Cinnamon Bark

Cinnamon Bark essential oil contains powerful properties that can help create a warming sensation while also emitting its sweet and spicy aroma. Cinnamon is frequently used in mouth rinses, as it can help to maintain clean, healthy looking teeth.



Rosemary

Rosemary helps to reduce nervous tension and occasional fatigue.



Eucalyptus

Eucalyptus has purifying properties that can be beneficial for cleaning surfaces. Aromatically, it cleanses the air and has an uplifting aroma.



Clove

Clove freshens the breath and may help to support the immune system, thanks to its powerful antioxidant properties.

On Guard®

Blended Edible Orange & Clove Oil

dōTERRA On Guard®, a proprietary essential oil blend, is one of dōTERRA's best-selling blends. On Guard® protects against environmental and seasonal threats with essential oils known for their positive effects when ingested. On Guard® can be taken internally on a daily basis.



What's in On Guard® Blended Edible Orange & Clove Oil?



Wild Orange

Contributes to a positive, calming environment and may support a healthy inflammatory response with its limonene content when ingested, according to preclinical and clinical research.*



Eucalyptus

Contributes a camphoraceous, herbaceous aroma that can be revitalizing; offers cleansing properties because of its main chemical constituent, 1,8-Cineole; and promotes feelings of clear breathing and open airways when used aromatically or topically.



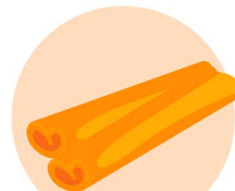
Rosemary

Renews and rejuvenates when taken internally.* Provides antioxidant properties.*



Clove

Provides powerful antioxidant properties and may support a healthy inflammatory and oxidative stress response with its eugenol and B-Caryophyllene (sample of β -Caryophyllen) content when ingested, according to preclinical testing.*



Cinnamon Bark

Effectively cleanses and was once more valuable than gold!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

How to Use On Guard®

Each essential oil in On Guard® offers impressive benefits. Combine all those together, and you have a protective powerhouse you can use a dozen different ways to safeguard your family.

Here are just a few uses of On Guard® to keep your family safe and strong.



Place one to two drops in the corners of your shower before cleaning yourself in the morning.



Add to a DIY all-purpose cleaner and use it to clean surfaces throughout your home.



End your day by diffusing three to four drops for a clean and fresh aroma.



Rub three to four drops with Fractionated Coconut Oil on your feet as part of a bedtime routine.



Take two to three drops in a Veggie Cap.*



Soak sliced apples in water with a few drops for a healthy snack.*



Add one to two drops to favorite drinks or water to enhance flavor.*



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5 // dōTERRA® On Guard®

On Guard® Touch

Protective Blend

Support You Can Feel

On Guard® Touch, you can simply roll on the supportive benefit of this powerhouse oil blend. The powerful cleansing properties of the essential oils included in On Guard® were mentioned earlier. When applied topically, this essential oil blend provides the purifying benefit that you can trust when air pollution is high. When formulating On Guard® Touch, scientists combined On Guard® with the optimal amount of Fractionated Coconut Oil to provide ideal dilution for sensitive skin and maximize absorption. And since On Guard® Touch comes in a roller bottle, topical application—for yourself or your kids—is convenient and mess-free.



How to Use

On Guard® Touch Protective Blend

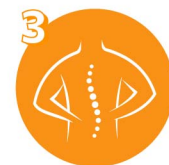
See the benefits for yourself and your entire family by using these tips and coming up with some of your own!



Apply to cleanse your skin or minimize the effect of air pollutants and toxins around you.



Roll on the bottoms of your feet before bed.



Roll on the spine and back of the neck.

dōTERRA On Guard[®] Scented Mist

Your On-the-Go Go-To

When you leave the house in the morning, wouldn't it be nice if you could take the protective benefits of On Guard[®] with you? Well, with dōTERRA On Guard[®] Scented Mist, you can! This convenient hand-sanitizing spray eliminates bacteria and other germs on the skin. Keep your hands clean, no matter where you are.



How to Use dōTERRA On Guard[®] Scented Mist

There are so many ways to use dōTERRA On Guard[®] Scented Mist, but here are a few to get you started.



Use to clean your hands after taking public transportation.



Place in your gym bag, purse, or backpack to have on hand.



At the grocery store, spray on your hands after you touch the handle of your cart or basket.



Place in your children's backpacks or lunch boxes so they can clean their hands at school.

On Guard® Foaming Hand Wash

Gentle • Cleansing • Refreshing

Ask anyone, and you'll get the same answer—one of the best ways to stay strong all the time is to wash your hands with soap and water. But not all soaps are created equal. Many contain harsh, unnatural chemicals and substances. Fortunately, On Guard® Foaming Hand Wash gives all the powerful benefits of handwashing without any of the scary ingredients.

This cozy hand wash is a gentle, healthy alternative to harsh soaps that may dry and irritate sensitive skin. Plus, you get all the wonderful benefits of the On Guard® Essential Oil Blend.



How to Use

On Guard® Foaming Hand Wash

You can use On Guard® Foaming Hand Wash in the kitchen and bathroom for an easy way to thoroughly cleanse your hands.



Use to wash your hands for at least 20 seconds with water.

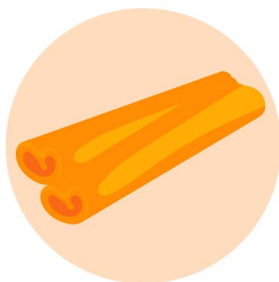


Keep in your bathroom and kitchen for an effective hand wash that doesn't dry out your skin.

On Guard® Natural Whitening Toothpaste

Bright & Healthy Smiles

dōTERRA's fluoride-free Natural Whitening Toothpaste combines the protective benefits of the proprietary On Guard® blend of CPTG® essential oils with other natural ingredients that help clean teeth, reduces plaque, and whitens teeth with gentle polishing agents. The On Guard® blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils provides an extra cleaning boost. Additional essential oils of Peppermint and Wintergreen, and the natural sweetener xylitol, gives On Guard® Natural Whitening Toothpaste a refreshingly unique cinnamon-mint flavor that leaves your breath—fresh and clean throughout the day.



What's in **On Guard® Natural Whitening Toothpaste?**

On Guard® Natural Whitening Toothpaste was recently reformulated to be better than ever. Fluoride-free and infused with CPTG® essential oils, this toothpaste is made with all-natural, effective ingredients.

Hydroxyapatite is a naturally occurring substance and serves as a central ingredient in On Guard® Natural Whitening Toothpaste. Experimental research indicates that hydroxyapatite helps remineralize and restore tooth enamel, which is important for keeping your teeth healthy and free from cavities and enamel erosion. Hydroxyapatite makes your teeth feel stronger and less sensitive to hot and cold.

Another central ingredient is hydrated silica. This gentle, natural abrasive polishes and whitens teeth, and it removes stains. Infusing our toothpaste with On Guard® —a blend of Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary provides extra cleansing boosts.

The natural sweetener xylitol is blended with Peppermint and Wintergreen essential oils to keep teeth, gums, and breath fresh. The addition of this essential oil is part of the recent reformulation and provides a refreshing minty twist to the subtle cinnamon flavor of On Guard® Natural Whitening Toothpaste.



dōTERRA On Guard® Mouthwash

Swish • Rinse • Shine

What's in dōTERRA On Guard® Mouthwash?

Naturally, our mouthwash includes five powerhouse essential oils in On Guard® of Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary. Each of these gently cleanses and soothes the mouth.

The mouthwash also contains miswak extract. From the *Salvadora persica* tree, miswak is a tooth cleaning twig traditionally used before the advent of the modern toothbrush. It helps control the formation of plaque.

Additionally, dōTERRA On Guard® Mouthwash has xylitol, which is a naturally occurring alcohol found in plant material that's widely used as a sugar substitute and in oral hygiene products to maintain healthy and strong teeth.



How to Use

dōTERRA On Guard® Mouthwash

Here are a couple of tips for how to use the dōTERRA On Guard® Mouthwash each day!



Use after meals to help freshen your breath.



Include as part of your morning and night routine after brushing with On Guard® Natural Whitening Toothpaste.

On Guard® Cleaner Concentrate

Ultimate Natural Cleaner

On Guard® Cleaner Concentrate is designed to be the ideal natural cleaner. It is fortified with the proprietary On Guard® of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils, which provide natural protection against certain environmental factors while elevating the overall cleaning capability. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors, so it is safe for loved ones as well as the environment. The multi-purpose capabilities of On Guard® Cleaner Concentrate make it perfect to expertly clean hard surfaces in the kitchen, bathroom, or any room, leaving behind a clean and invigorating scent.



6 Homemade Cleaning Products Using On Guard® Cleaner Concentrate



Multi-purpose cleaner

2 tablespoons On Guard® Cleaner Concentrate with 710 mL/ 24oz water



Bathroom cleaner

3 tablespoons On Guard® Cleaner Concentrate with 710 mL/ 24oz water



Dish soap

3 tablespoons On Guard® Cleaner Concentrate with 1 gallon water



Makeup brush cleaner

1 tablespoon On Guard® Cleaner Concentrate with 1½ tablespoons Fractionated Coconut Oil



Cleaning wipes

1 roll premium paper towels + 2 cups of warm water + 2 tablespoons Fractionated Coconut Oil + 2 tablespoons On Guard® Cleaner Concentrate
(pour mixture over a one-half roll of paper towels and let sit 10 minutes per side)



Garbage disposal tablets

1 cup baking soda + ½ cup salt + ¼ cup water + 3 tablespoons On Guard® Cleaner Concentrate

On Guard[®] Laundry Detergent

Safe • Natural Ingredients • Powerful

On Guard[®] Laundry Detergent is an ultra-concentrated 6X laundry detergent that utilizes the power of On Guard[®] Essential Oil Blend and bio-originated enzymes to target and lift stains for amazingly clean clothes. This small bottle packs a punch with 10 mL of On Guard[®] essential oil and the ability to do up to 64 loads of laundry! It is color safe for washable fabrics at all temperatures and is free of synthetic fragrances, dyes, and toxins, which makes it a safe choice for your family as well as the environment.



How to Use

On Guard[®] Laundry Detergent



High-efficiency (HE) washers

¼ cap (1 tablespoon)



Conventional washers

½ cap (2 tablespoons) use more as needed for heavily soiled loads.



Stains

When trying to lift a stain from clothing, place a small amount of On Guard[®] Laundry Detergent directly on the stained area. Let the detergent sit on the clothing for 3 - 10 minutes, then, wash the garment as directed.

With particularly stubborn stains, you can re-apply the detergent before the clothing is dry, and then repeat the wash cycle. After you repeat the wash cycle, let the piece of clothing dry before applying additional stain treatment. Like with any stain remover, it is wise to test the detergent for colorfastness in a small area before treating.

On Guard® Hard Candy

Natural Throat Drops

On Guard® Hard Candy provides the great taste of the On Guard® proprietary essential oil blend in the convenience of a natural throat drop. Blended in a base of organic cane sugar and brown rice syrup, On Guard® Hard Candy includes CPTG® Wild Orange, Clove, Cinnamon, Cassia, Eucalyptus, Rosemary, and Myrrh essential oils.



On Guard® Hard Candy *Uses and Benefits*

1. With high quality, CPTG® essential oils, the On Guard® Hard Candy are a unique, natural solution for promoting overall health. Essential oils like Myrrh, Wild Orange, Cinnamon, and Rosemary hold many benefits for the body and can be used to improve overall health, strengthen the body's defenses, soothe a scratchy throat, and more. Many of these essential oils hold soothing and support immune-boosting properties—making the On Guard® Hard Candy a smart, natural choice for boosting health.
2. One of the greatest benefits of the On Guard® Hard Candy is its ability to soothe and calm a dry or scratchy throat. An irritated throat can occur during any time of the year. Whether you are experiencing a dry, scratchy throat, or just want to experience the soothing benefits of the On Guard® Hard Candy, this product provides the soothing, calming powers of essential oils in a convenient candy.
3. In addition to pure essential oils, the On Guard® Hard Candy formula uses other safe, natural ingredients to provide users with the best product possible. The formula uses an organic cane sugar base, organic brown rice syrup, and doesn't include any artificial flavors or colors—making the On Guard® Hard Candy the perfect solution for everyone in the family.
4. Adults and children 5 years and over: Dissolve one On Guard® Hard Candy in the mouth as needed.
5. Children under 5 years: Consult a physician.

Protect Your Home with Confidence

With your On Guard® series, you have everything you need to be the protector of your home and create a true fortress with natural products. All of the products have been carefully curated by doctors, scientists, and researchers, who chose the most powerfully cleansing, purifying, and immune-supporting products.

With the help of the On Guard® series, you do not have to carry the burden of finding solutions on your own. You can go from feeling defenseless and overwhelmed in the face of toxins to feel assured you are protecting your loved ones in a pure, natural way. Immune support you trust will be delivered straight to your door, and you can start fortifying your home fortress right away.

Go forward with confidence, knowing you are taking care of your family with the best products available. Be the ultimate protector for those you love.

