



# LIVE

The dōTERRA Lifestyle



# Transform Your Health

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Welcome to the dōTERRA difference, where changing lives is the norm, and improving your health is our top priority. Use this guide to discover the powerful benefits of essential oils and create a wellness plan that sticks.



## Live a Wellness Lifestyle

The dōTERRA Wellness Lifestyle Pyramid illustrates the partnership between lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. As you use these powerful products and live healthy daily habits, you'll experience new levels of wholeness.

Envision a life where finding solutions is simple. With an essential oil reference guide and a box of dōTERRA CPTG® essential oils at your fingertips, you'll be prepared to address 80% of your health priorities. For those times when you need additional care, partner with practitioners who support you in finding the best proven natural solutions.

# Reclaim Your Health



<sup>1</sup>See individual labels for ingredients, cautions, and instruction for use.  
<sup>2</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Much of the evidence supporting these claims is based on pre-clinical studies. More confirming research is needed, and dōTERRA is committed to the science and research of essential oils.

# Nutrition & Digestion

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**Give your body what it needs to thrive.** It all starts with optimal daily nutrition and digestive support. dōTERRA whole-food supplements are an ideal companion for your essential oils.

## DAILY WELLNESS HABITS

- Eat whole, fresh foods.
- Decrease consumption of sugar, caffeine, dairy, and processed foods.

## Nutrition



### dōTERRA TerraMix™ Plant Protein

A perfect, well-rounded plant-based formula encompasses 7 types of Plant-based Proteins, a rich assortment essential Vitamins and Minerals, a Dual Fiber Blend, and a French Botanical Blend that work synergistically to meet your daily well-being needs.

*Blend with a preferred beverage or add to your daily smoothie.*



### dōTERRA TerraMix™ Fiber & Greens

Enjoy this tasty, nourishing mix of 39 types of botanical ingredients, including MetaPWR Essential Oil Blend Powder and Quad Fiber Blend to support your well-being.

### TerraMix™ Plant Protein + Fiber & Green

300 ml Water  
2 scoops TerraMix Plant Protein  
1 sachet TerraMix Fiber & Greens  
Combine all ingredients in a shaker.

### PB Assis<sup>t</sup>

1 sachet before or after meal.  
*\* take 1 sachet daily. May consume directly or mix with your favourite beverages.*



### PB Assis<sup>t</sup>®

A delicious apple powder enhanced with Bifidobacterium longum BB536, Bifidobacterium breve M-16V, Lactobacillus rhamnosus GG, inulin, mastic powder and Red Berries that complement well with your daily diet.



### Cleanse

Add a citrus oil of your choice to your water to support you in detoxifying.\*



### Detoxify

Helps to ease feelings of queasiness.

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# Movement

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**Your body is meant for movement.** Regular exercise strengthens the muscles and supports the cardiovascular, circulatory, and lymphatic systems. Essential oils and supplements support greater flexibility and ease feelings of tension in the body. Together, both can enhance your ability to stay active and strong.

## DAILY WELLNESS HABITS

- Make time for 30+ minutes of daily movement.
- Stretch or practice yoga to increase flexibility.



#### **Deep Blue® Rub**

Provides a soothing effect to the back, shoulders, neck, knees, feet, and other areas of concern.

*Apply before and after exercise or activity to support ease of movement and recovery.*



#### **Deep Blue® Skin Care Stick + Copaiba**

Topical analgesic that offers temporary relief from minor aches and pains associated with arthritis, sprains, strains, and bruises.

*Apply to any area of concern as needed.*



#### **Deep Blue® Essential Oil Blend**

A powerful & effective natural soothing blend designed to help soothe tired muscle & joint.



#### **Copaiba**

Copaiba essential oil also supports cardiovascular, immune, digestive, and nervous system health.\* It helps support a healthy inflammatory response.\*



#### **Turmeric Oil**

Turmeric may have soothing benefits that promote a positive immune response and healthy circulation.\*

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# Metabolism

**Your metabolic health and biological age are inseparable.** As you age, so does your metabolic function. Your metabolism influences your energy, weight, body composition, quality of sleep, and cognition. The stronger and healthier your metabolic function, the better you feel from the inside out. Use the complete MetaPWR® system to optimize your metabolic health and live your most powerful life.

## DAILY METABOLIC ROUTINE

Combine the MetaPWR® products with a well-balanced, whole-food diet to optimize results.

### BREAKFAST

- 1 PB Assist+ with nutritious, healthy breakfast

### LUNCH

- TerraMix™ Plant Protein smoothie with Fiber & Greens

### DINNER

- 1 MetaPWR® Assist with largest whole-food meal

## DAILY WELLNESS HABITS

- Eat a whole-food diet, move more often, and focus on quality sleep.
- Use smart supplementation to complement targeted metabolic health efforts.





# dōTERRA® MetaPWR®



## STEP 1: CURB CRAVINGS, REDUCE FAT CELLS<sup>†</sup>

### MetaPWR® Essential Oil—15mL, Beadlets

Helps support healthy metabolic function, curb cravings, promote mindful eating and appetite control, and inhibit adipose fat cell maturation or growth.\*<sup>†</sup>



#### Beadlets:

*Dissolve 1-2 in mouth.  
(Coming Soon)*

#### Essential Oil Blend

*Add 2-4 drops to water one or more times daily.†*

## STEP 2: SMOOTH THE SPIKES & DIPS



### dōTERRA MetaPWR™ Assist

Helps maintain optimum energy levels throughout the day, reduce carbohydrate digestion, and support blood sugar regulation already in the normal range.\*<sup>†</sup>

*Take 1 sachet daily with largest meal.*

## STEP 3: LOOK BETTER, FEEL YOUNGER



### MetaPWR® Advantage (Coming Soon)

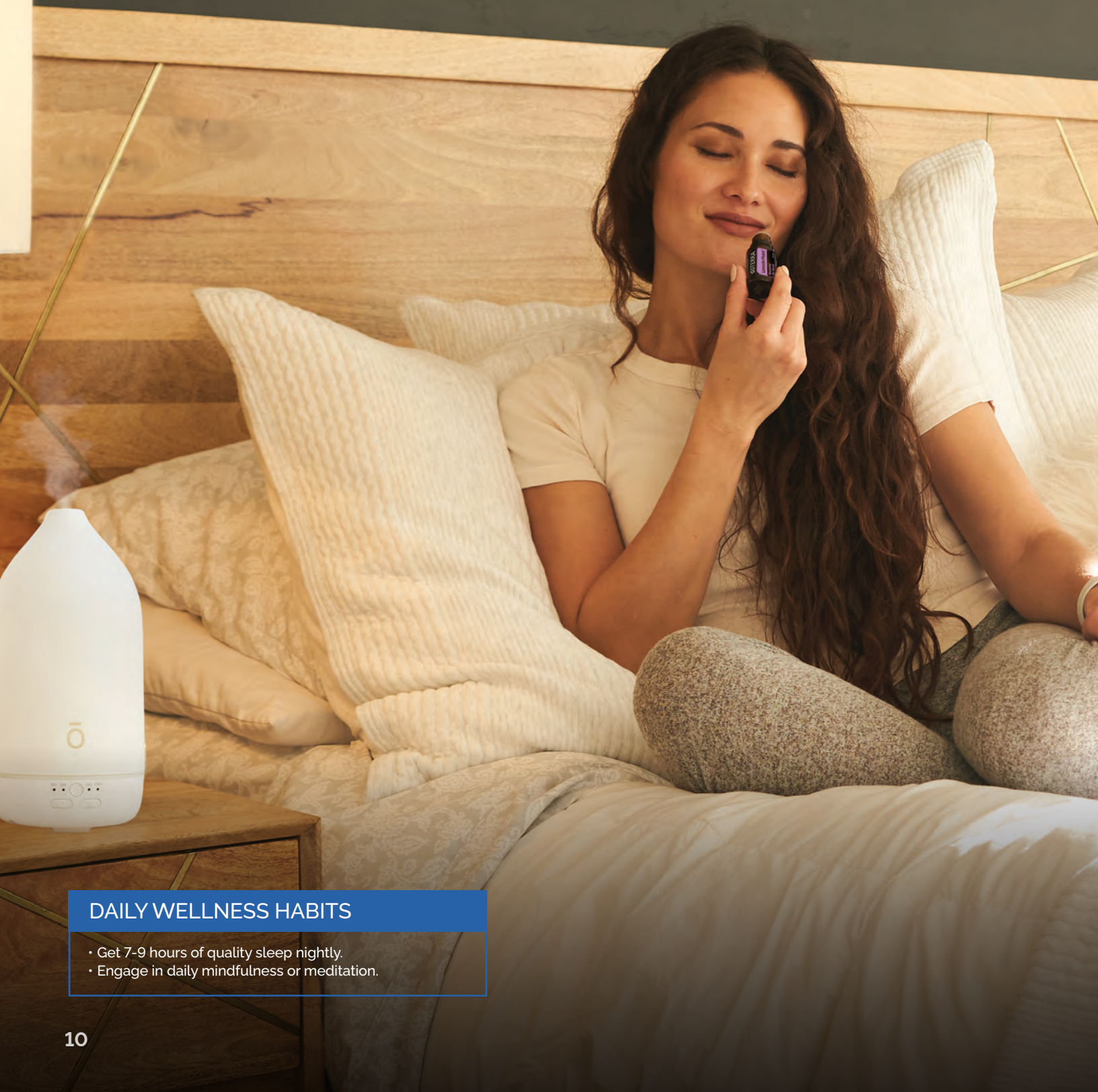
Helps support a healthy metabolism, slow signs of metabolic aging,<sup>†</sup> extend your health-span, and improve skin elasticity, density, and firmness.\*

<sup>†</sup>See individual labels for ingredients, cautions, and instruction for use.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. †More confirming clinical research is needed.

# Rest & Manage Stress

Essential oils provide dynamic support for getting consistent quality sleep and managing stress. Create an environment where your sleep gives your body the opportunity to repair and renew. Choose solutions to keep feeling great and stay centered no matter what life throws at you.



## DAILY WELLNESS HABITS

- Get 7-9 hours of quality sleep nightly.
- Engage in daily mindfulness or meditation.



## Prioritize Rest



**dōTERRA  
Lavender and Lavender Peace®**  
*Place 1-2 drops on your pillow for peaceful dreams.*



**dōTERRA  
Peace® and Cedarwood**  
*Massage 1-3 drops on feet and forehead at the end of a long day for a calming, relaxing aroma in a flash.*

## Manage Stress



**Citrus Bliss®**  
*Put a drop in your palm and inhale for a quick pick-me-up. Diffuse for an uplifting environment.*



**Petitgrain**  
*Diffuse for a calming and relaxing aroma.*



**dōTERRA  
Balance®**  
*Apply to bottoms of feet to start your day. Diffuse to create a calming, grounding space during demanding or difficult times.*



**dōTERRA  
Cheer®**  
*Apply to the wrists or pulse points for a cheerful boost of happiness and positivity to your environment throughout the day.*

Consider using other blends in the dōTERRA Emotional Aromatherapy® system as desired.

## RELAXING BATH SALTS

1 cup Epsom salts  
10 drops dōTERRA Balance®, Lavender Peace®, or Lavender  
Mix and pour into your bath.



## Extra Emotional Support



### The Adaptive System

Adaptiv Essential Oil Blend is the answer during life's most demanding moments. Diffuse or roll on to create a calming atmosphere.

### Emotional Aromatherapy Set

Each delicate blend contains pure, therapeutic-grade essential oils that can be used aromatically or topically to help balance and brighten your changing moods.



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# Reduce Toxicity

## Natural Self Care

**You don't have to settle for questionable ingredients in your self-care routine.** Avoid adding to your body's toxic load. Instead, choose safe and natural products that provide a cleaner lifestyle. Replace more synthetic personal care products with dōTERRA® naturally formulated essential oil-based options.



### DAILY WELLNESS HABITS

- Eliminate chemical-based self-care products.
- Use safe and natural products in your self-care routine.



### Essential Skin Care

Designed to meet all your anti-aging and skincare needs. Use twice daily to keep the skin feeling healthy and looking young.



### Yarrow | Pom

A powerful botanical approach to beauty, inside and out. Use daily for a youthful glow.



### dōTERRA® Hair Care

Use essential-oil infused premium hair products: Protecting Shampoo, Daily Conditioner, Leave-in Conditioner and Root to Tip Serum.



### dōTERRA Salon Essentials® Root to Tip Serum

Contains protective lipids to nourish and moisturize hair and scalp. Deeply conditions and promotes hair surface maintenance, leaving hair soft, shiny, and silky.



### Oral Health

Use dōTERRA On Guard® Natural Whitening Toothpaste and Mouthwash morning and night to naturally brighten your smile.



### dōTERRA® sun

Protect your body and skin with moisturizing and effective products free of harsh ingredients.

# Reduce Toxicity

## Natural Cleaning

**A clean home doesn't need to come at the cost of your health.** Go greener by replacing synthetic products with safe, plant-based, nontoxic, and natural cleaners that contain pure CPTG® essential oils.

### DAILY WELLNESS HABITS

- Eliminate chemical-based cleaning products.
- Use safe and natural cleansers and detergents.



## Refresh & Purify

Time and time again, essential oils perform beautifully when it comes to purifying any surface or space and are a refreshing alternative to synthetic counterparts. Free of phosphates, phthalates, dyes, sulfates, and chlorine, these plant-based products, use natural enzymes, and feature the aböde Refreshing Blend to provide a natural, fresh aroma and deliver effective results.



### Purify® Oil

A high-powered essential oil blend, perfect for making nontoxic DIY cleaners and refreshing the air in any space.



### On Guard®

This essential oil blend has an energizing aroma that is warm and spicy. When diffused, dōTERRA On Guard helps purify the air, and can be very energizing and uplifting.

## NATURAL HOME CARE

Reduce toxicity in your environment by using safe, plant-based, non-toxic, natural cleaners.



### On Guard® Cleaner Concentrate

Is designed to be the ideal natural cleaner which provide natural protection against certain environmental factors while elevating the overall cleaning capability.



### On Guard® Laundry Detergent

An ultra-concentrated 6X laundry detergent that utilizes the power of On Guard Protective Blend and bio-originated enzymes to target and lift stains for amazingly clean clothes.



### On Guard® Foaming Hand Wash

Cleans and softens hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean

# Informed Self-Care

**Make it a habit to use dōTERRA® natural solutions as your first line of defense.** When life's challenges arise, use a trusted essential oil reference book to search the possibilities of solutions at your fingertips.



## 8-VIAL KEYCHAIN

Pack your eight most frequently used oils to be ready for anything!

### KEYCHAIN FAVORITES

Lavender  
ZenGest™  
Peppermint  
dōTERRA Easy Air®  
On Guard®  
Frankincense  
Deep Blue®  
Tea Tree

## DAILY WELLNESS HABITS

- Turn to natural solutions as your first line of defense.
- Refer to an essential oil reference book for possibilities.





**dōTERRA  
On Guard® Scented Mist**

*Infused with a natural apple extract, the moisturizing formula doesn't dry out the skin and leaves the hands feeling soft and smooth.*



**dōTERRA  
On Guard® Hard Candy**

*On Guard Hard Candy provides the great taste of the On Guard proprietary essential oil blend in the convenience of a natural throat drop.*



**dōTERRA  
Easy Air**

*Diffuse, apply, or enjoy a drop to create feelings of easy breathing and open airways.*



**Correct-X®**

*Use this natural ointment for any minor skin irritations.*



**Lavender**

*Apply topically to soothe occasional skin irritations.*



**Peppermint**

*Apply for a cooling sensation. Dilute as needed.*



**Tea Tree**

*For occasional skin irritations, apply 1-2 drops onto the affected area.*



**ClaryCalm®**

*Roll this women's monthly blend on lower abdomen and use with a heating pad.*

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# Customize Your Wellness Plan

## NUTRITION & DIGESTION

### Fuel, Support, and Fortify



TerraMix™ Plant Protein



TerraMix™ Fiber & Greens

## MOVEMENT & METABOLISM

### Soothe and Energize



Deep Blue® Rub



Deep Blue® Skin Care Stick + Copaiba



Deep Blue®



Copaiba



Turmeric

## REST & MANAGE STRESS

### Support Sleep and Rest



Lavender



Lavender Peace®



Peace®



Cedarwood



Laluz Diffuser

## REDUCE TOXICITY

### Natural Self-Care



Essential Skin Care



Yarrow | Pom



Hair Care



On Guard® Natural Whitening Toothpaste



On Guard Mouthwash

## INFORMED SELF-CARE

### Protect and Restore



On Guard® Scented Mist



On Guard® Hard Candy



Easy Air



Correct-X®



Check the products that will help you achieve your health goals and experience remarkable changes in how you feel.

On the next page, create your 90-day wellness plan and record each future month's product wish list in the spaces provided.

Support Digestion



Lemon



ZenGest®



PB Assist+®

Strengthen Metabolism



MetaPWR™



MetaPWR™ Assist



MetaPWR® Advantage  
(Coming Soon)

Manage Stress and Mood



Citrus Bliss®



Petitgrain



Balance®



Cheer®



Adaptiv®



Emotional Aromatherapy Kit

Natural Home Care



Purify®



On Guard®



On Guard® Cleaner  
Concentrate



On Guard® Laundry  
Detergent



On Guard® Foaming  
Hand Wash

Protect and Restore



Lavender



Peppermint



Tea Tree



Frankincense



ClaryCalm®

# Wellness Consult

1 Write down your health priorities and find solutions.

| LIST YOUR TOP 3 HEALTH GOALS | HOW LONG HAVE YOU HAD THESE GOALS? | WHAT CAN HELP YOU IN REACHING YOUR GOALS? | HOW DO I USE dōTERRA PRODUCT? |
|------------------------------|------------------------------------|---|-------------------------------|
|                              |                                    |   |                               |
|                              |                                    |   |                               |
|                              |                                    |   |                               |

2 Write down your family health priorities and find solutions.

NAME:

AGE:

GENDER:

| LIST YOUR TOP 3 HEALTH GOALS | HOW LONG HAVE YOU HAD THESE GOALS? | WHAT CAN HELP YOU IN REACHING YOUR GOALS? | HOW DO I USE dōTERRA PRODUCT? |
|------------------------------|------------------------------------|---|-------------------------------|
|                              |                                    |   |                               |
|                              |                                    |   |                               |
|                              |                                    |   |                               |

# Wellness Consult

### 3 Live empowered with natural solutions.

Create a 90-day wellness plan by adding the product you need to your loyalty orders (recommended to run between the 5th–15th).

|             |       |                                |
|-------------|-------|--------------------------------|
| MONTH 1 LRP | Date: | <input type="text" value="/"/> |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| TOTAL PV    | _____ | _____                          |

|             |       |                                |
|-------------|-------|--------------------------------|
| MONTH 2 LRP | Date: | <input type="text" value="/"/> |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| TOTAL PV    | _____ | _____                          |

|             |       |                                |
|-------------|-------|--------------------------------|
| MONTH 3 LRP | Date: | <input type="text" value="/"/> |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| TOTAL PV    | _____ | _____                          |

|             |       |                                |
|-------------|-------|--------------------------------|
| MONTH 4 LRP | Date: | <input type="text" value="/"/> |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| TOTAL PV    | _____ | _____                          |

|             |       |                                |
|-------------|-------|--------------------------------|
| MONTH 5 LRP | Date: | <input type="text" value="/"/> |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| TOTAL PV    | _____ | _____                          |

|             |       |                                |
|-------------|-------|--------------------------------|
| MONTH 6 LRP | Date: | <input type="text" value="/"/> |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| _____       | _____ | _____                          |
| TOTAL PV    | _____ | _____                          |

# Make Wellness Complete



**TerraMix™ Plant Protein** is an important macronutrient and crucial for building muscle, managing appetite, and helping the body recover after workouts.



**TerraMix™ Fiber & Greens** is a wholesome fibers botanical complex that take helm of your digestive health. Fiber is a fantastic macronutrient that supports many different health functions within the body.



**MetaPWR™ Assist** is a citrusy beverage with botanical ingredients like Mulberry Leaf Extract and Lemon Bioflavonoids, designed to support daily wellness and a healthy lifestyle as part of the MetaPWR System.

## The Smartest Way to Buy

For greater savings and opportunities to receive free products, create a loyalty order.



Choose LRP Kit to save more.

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# Loyalty Rewards Program

## Earn Free Products of Your Choice

The dōTERRA Loyalty Rewards Program (LRP) provides an automatic monthly shipment of products you use on a regular basis. If your loyalty order contains at least 50 PV (Personal Volume),\* you immediately begin to earn product points that can be used as cash to receive free dōTERRA products. The longer you participate, the more points you can earn—up to 30% of your total monthly LRP purchases!

## Loyalty Rewards Program FAQs

### How do I get free products?

#### EARN FREE PRODUCT POINTS IN ADDITION TO YOUR 25% DISCOUNT

LRP BENEFITS: PERCENTAGE BACK IN PRODUCT POINTS FOR FREE PRODUCTS



TOTAL SAVINGS AND PRODUCT POINTS:



### How do I get 30% back in free product points?

Your Loyalty Rewards percentage grows over time and can begin on your first order when you sign up for a qualifying LRP order with your enrollment. Your percentage grows by 5% every three months when your orders are over 50 PV until you reach the maximum of 30%.

### How do I maximize dōTERRA specials?

Place a loyalty order of at least 125 PV between the 1st and the 15th. This sets you up to receive the Product of the Month for free and take advantage of additional promotions. Pay attention to the PV versus price, as many specials are PV-related and start on the first of the month.

| PV MUST EXCEED   | 1 | 50 | 100 | 125 |
|--|---|----|-----|-----|
| Maintain LRP points previously earned  | ● | ●  | ●   | ●   |
| Earn LRP product points (to use for free products) and increase percentage from 10% to 30% |   | ●  | ●   | ●   |
| Qualify to earn commissions  |   |    | ●   | ●   |
| Receive the free Product of the Month (orders placed between the 1st-15th)                 |   |    |     | ●   |

\*PV (Personal Volume): This is a numeric value assigned to each product. It's used as the qualifier for commissions, rank, and promotions. Products purchased with points have no PV.

### How do I create a new loyalty order?

Log into doterra.com. Click "Create New LRP Order" or edit items in an existing loyalty order template.

Watch how to create an LRP order.



### When can I use my product points?

Redeem your product points anytime within a year from when you earn them.

### How do I redeem my LRP points?

In your virtual shopping cart, select "Use Points" on the products you'd like to redeem with your LRP points. New points are added the 15th of the following month after each order placement.

### Can I have more than one loyalty order?

Yes. If you need more than your monthly order, simply change your LRP template and run it again on whatever day you choose, or you can set up as many orders as you like in advance. Remember to cancel any orders you don't want to receive the following month prior to your order processing date.

### How do I cancel my loyalty order?

You can cancel your loyalty order anytime via phone, online chat, or email to malaysia@doterra.com. dōTERRA customer service can assist you with redeeming any free product points you've accumulated prior to cancellation so points aren't lost. If you cancel your loyalty order, you'll start back at 10% rewards when you resume consistent loyalty order purchasing.

### What if I want to return products?





dōTERRA refunds 100% of anything unopened within 30 days of purchase and 90% of the purchase price if opened or used.

# Essential Tips




## Effectiveness

-  Use your reference guide to find solutions to health priorities or concerns as they arise.
-  Different essential oils work for different people. When you're not getting the desired results, try different oils or application methods.
-  Massage to increase benefits and promote rapid absorption.
-  Try different application methods: apply to the bottoms of the feet, spine, or navel.
-  Use oils topically with Fractionated Coconut Oil to enjoy greater sustained absorption.

## Safety

-  Avoid contact with the eyes, inside of the nose, and ears.
-  Dilute with Fractionated Coconut Oil for sensitive skin. Refer to dōTERRA sensitivity guidelines. For convenience, the dōTERRA Touch® line has prediluted oils.
-  Avoid sun exposure for at least 12 hours after applying Lemon, Wild Orange, Bergamot, Lime, Grapefruit, or other citrus oils topically.
-  Read labels and follow recommendations.

## Best Practices

-  Keep your products at their best by avoiding exposure to extreme temperatures or direct sunlight.
-  Use glass containers with your essential oils, as they can break down some plastics over time.
-  dōTERRA® essential oils are potent. Use smaller amounts more frequently for best results.

*See individual labels for ingredients, cautions, and instruction for use.*





Member # \_\_\_\_\_

Password \_\_\_\_\_

Log in at [doterra.com](https://www.doterra.com).



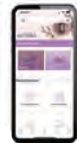
**dōTERRA Malaysia website**  
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**Use the dōTERRA e-shopping for easy online shopping**  
[https://www.doterra.com/MY/en\\_MY/shop-home](https://www.doterra.com/MY/en_MY/shop-home)

**Your Key Support** \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Other Support** \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Upcoming Local or Online Classes and Events** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Member Services

**Email:**  
[malaysia@doterra.com](mailto:malaysia@doterra.com)

**Phone Number:**  
+603 2633 7888

**Team Call/Website/Facebook Group(s)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Every Bottle Makes a Difference

Consistently using dōTERRA® products can change your life, as well as the lives of the growers and their families all over the world. Every drop of essential oil represents hands that have nurtured the earth for our benefit.



**Share** with those you love.

**Change Others' Lives**  
Host a dōTERRA class to be of service to your friends and family.



**Build** an income and make an impact.

**Change Your Future**  
Create recurring income and greater freedom by sharing and empowering others with natural solutions.

# Live Your Most Powerful Life





In our modern world, average life expectancies are higher than ever, and with continual breakthroughs and advances in the fields of science and medicine, they'll likely continue to rise. Are the many years we're living filled with wellness and vitality?



**dōTERRA<sup>®</sup>**  
pursue what's **pure<sup>®</sup>**

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