

# TerraMix™ Fiber & Greens FAQs



**1. Can I take this product with PB Assist+?**

*A. Yes, taking both products together could yield a synergistic effect as PB Assist+ contains probiotics while dōTERRA Fiber & Greens contains fibers and prebiotics. Probiotics are live microorganisms or friendly bacteria that can provide health benefits upon consumption in sufficient quantities. Prebiotics are food sources that can be utilized by good bacteria, which promote their growth and proliferation.*

**2. Does the Fiber & Greens gel up after preparation like other fiber products?**

*A. No, this is the uniqueness of dōTERRA Fiber & Greens. It does not have gelling or slimy properties but is a clear juice-like beverage that uplifts the overall drinking experience.*

**3. Are the vitamins and minerals in this product sufficient for daily requirements?**

*A. The primary purpose of this product is to provide a convenient way to enhance dietary fiber intake.*

**4. How do you consume this product?**

*A. Mix one sachet with 150-200mL of water and stir well before drinking. You can also add it to other drinks that you like. Take 1-2 sachets daily.*

**5. Is this Fiber & Greens sufficient as a meal replacement?**

*A. dōTERRA Fiber & Greens is a fiber/prebiotic and antioxidant booster, and it is excellent for a person who does not eat greens as it does not have a grassy taste.*

**6. When should I consume the product?**

*A. This product can be taken anytime during the day.*

**7. Can vegetarians or vegans take this product?**

*A. Yes, the product is mainly of botanical origin and suitable for vegetarians or vegans. However, this product contains onion and garlic extract; some vegans or vegetarians might not eat onion and garlic.*

**8. Can anyone with chronic diseases consume this product?**

*A. Chronic diseases have different stages of severity, and the restriction could be different due to individual variation. Therefore, individuals with chronic diseases are strongly advised to consult their doctor or medical professional before taking a new supplement or product.*

**9. Can children consume this product?**

*A. TerraMix Fiber & Greens is intended for young adults and adults. Therefore, we recommend consulting a physician before using it.*

**10. Can pregnant/lactating women consume this product?**

*A. Every pregnancy is unique; therefore, we recommend consulting a physician before using it.*