

# Be Your Own Standard

You have the willpower to maintain your standards.  
Be fit and healthy the way you desire!



# Reclaim Your Health



dōTERRA Wellness Pyramid was created with foundational health principles in mind that build atop each other. The lifestyle choices you make each day are the foundation for your wellness. Your body is generally a reflection of your lifestyle. dōTERRA has created an easy-to-follow wellness path with products to support you at any point in your journey. Nutrition and Digestion is foundational to our overall wellness.

# TerraMix™ Plant Protein

A comprehensive meal replacement for nutrition optimization and weight management!

TerraMix Plant Protein was specifically formulated to supplement areas of the modern diet that fall short in providing fuel to our body. Protein is an important macronutrient and crucial for building muscle, managing appetite, and helping the body recover after workouts. Protein is also necessary to provide the body with energy and stamina to perform functions like building cells and support a healthy immune system response.

## Directions for Use

Add 2 scoops (~35g) of dōTERRA Plant Protein into 200 - 250 mL water (best served cold). Stir and mix until dissolved.

### 7 Types of Plant-based Proteins

Improve muscle growth and repair when combined with exercise

Isolated Soy Protein, French Alfalfa Protein Concentrate, Oat Protein Concentrate, Pea Protein Powder, Pumpkin Seed Protein, Hydrolyzed Rice Protein, and Brown Rice Protein



### 3 Highly Efficient Appetite Control

Improve satiety and fullness

Locust Bean Gum, Xanthan Gum, and Cactus Powder



### 2 Excellent Energy Sources

Provide instant and sustainable energy

Isomaltulose and Medium Chain Triglycerides (MCT) Oil Powder



Each serving of TerraMix Plant Protein contains:

**18.4g** Protein **127** Calories

### 2 Prebiotic Fiber

Enhance gut health

Acacia Gum and Inulin



### 28 Vitamins & Mineral

Support body processes

Vitamin A, B1, B2, B3, B6, B12, C, D, E, K1, Pantothenic Acid, Biotin, Folic Acid, Choline, Calcium, Iron, Copper, Chloride, Chromium, Potassium, Selenium, Molybdenum, Magnesium, Phosphorus, Iodine, Manganese, Zinc, Sodium

### MetaPWR Essential Oil Blend Powder

Enhance metabolism

Ginger, Peppermint, Lemon, Grapefruit, Cinnamon





# TerraMix™ Fiber & Greens

Wholesome Fibers Botanical Complex

The Malaysian Dietary Guidelines recommends 20-30 grams of dietary fiber every day depending on age, weight, and gender. TerraMix Fiber & Greens was created as a convenient and delicious way to supplement your fiber & greens intake.



## Directions for Use

Take 1-2 sachets daily, mix with 150 mL of water. Stir and mix until dissolved.

## 6 Mixtures of Soluble & Insoluble Fiber and Prebiotic Blends

Improve digestive health and functions

Green Banana Fiber, Pineapple Fiber, Inulin, Acacia Gum, Grape Extract, and Soluble Corn Fiber



## 3 Supergreen Concentrates

Powerful antioxidant potential

French Alfalfa Concentrate, Wheatgrass, and Barley Grass Concentrate



## 10X Better Antioxidant than Polyphenols found in fruits and vegetables

Each serving of  
TerraMix Fiber & Greens  
contains:

**4.6g** High in Fiber



## 31 Green Botanical Superfood

Full spectrum of different colors and rich in Phytonutrients

Kale, White Pepper, Clove, Green Tea, Onion, Acerola, Mint Leaf, Rosemary, Grape Seed, Curry Leaf, Elderberry, Mangosteen, Blackcurrant, Blueberry, Bilberry, Brussels Sprout, Broccoli Sprout, Apple, Tomato, Broccoli, Camu-Camu, Garlic, Oregano, Carrot, Sweet Cherry, Raspberry, Chokeberry, Blackberry, Grape Extract, L-Ergothioneine, Blue Spirulina



## MetaPWR Essential Oil Blend Powder

Enhance metabolism

Ginger, Peppermint, Lemon, Grapefruit, Cinnamon



Scan me for more information