

## \*\*Reclaim Your Health



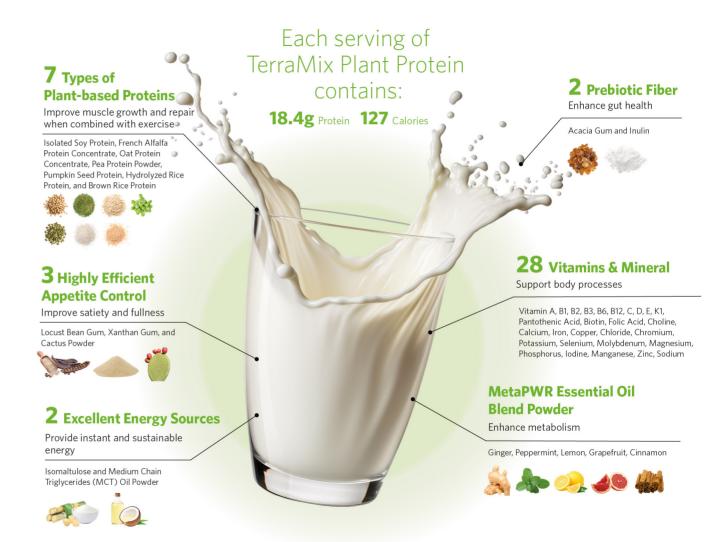
dōTERRA Wellness Pyramid was created with foundational health principles in mind that build atop each other. The lifestyle choices you make each day are the foundation for your wellness. Your body is generally a reflection of your lifestyle. dōTERRA has created an easy-to-follow wellness path with products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

# **TerraMix**<sup>™</sup> **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.





### **TerraMix**<sup>™</sup> 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.



#### 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















#### **3** Supergreen Concentrates

Powerful antioxidant potential

French Alfalfa Concentrate, Wheatgrass, and Barley Grass Concentrate

6 Mixtures of Soluble &

Insoluble Fiber and

Green Banana Fiber, Pineapple Fiber,

Inulin, Acacia Gum, Grape Extract,

and Soluble Corn Fiber

**Prebiotic Blends** 









