

Get creative!

Supremely versatile, must-have Lemon essential oil, with its powerful crisp and uplifting scent, can be used in multiple ways throughout the day.

Lemon Water Reset

How to use

Add 1 drop Lemon essential oil to a large glass or stainless-steel bottle of water.

Why people love this

Supports hydration habits first thing in the morning.
Refreshing flavour that encourages drinking more water.
Commonly used as part of gentle detox-style routines.

Tip: Always use a glass or stainless-steel bottle, not plastic.

Simple Lemon Salad Dressing

How to use

In a small jar, combine:
2 tablespoons olive oil
1 tablespoon apple cider vinegar or fresh lemon juice
2 drops Lemon essential oil
Salt and pepper to taste
Shake well and drizzle over salads or roasted vegetables.

Lemon Yoghurt

1 cup of Greek Yoghurt
1 drop of Lemon essential oil
Mix well to distribute the lemon flavour. Add berries or your favourite fruit for a simple, healthy treat.

Your purchase changes lives.

The mission of dōTERRA® is to change the world, one drop, one person and one community at a time. When you buy from dōTERRA®, you are supporting sustainable sourcing practices that help communities around the globe.



Australia



New Zealand

dōTERRA
AUSTRALIA & NEW ZEALAND

For more ideas, tips and inspiration on how to use your new products visit doterra.com.au in Australia or doterra.co.nz in New Zealand.

Use the Starter Pack QR code in this brochure to learn the best practices for using essential oils in the home.

Always read the label and the follow directions for use.

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dōTERRA® Foundational Wellness Starter Pack

Introducing the supplements

Introducing daily vitality.

A simple, foundational duo designed to support everyday health from the inside out.

This pack brings together the dōTERRA Lifelong Vitality Pack® supplements with Lemon essential oil to help build consistent daily wellness habits that support energy, balance, and overall wellbeing.

Includes:

- Alpha CRS+®
- EO Mega+®
- Microplex VMz®
- Lemon essential oil 15mL

Designed to support cellular health, provide essential nutrients, and encourage healthy daily routines through simple habits you can sustain long term.

CPTG Certified Pure Tested Grade®

dōTERRA CPTG Certified Pure Tested Grade® essential oils are pure, natural, aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities and are free of contaminants or other chemical residues.

dōTERRA CPTG Certified Pure Tested Grade® essential oils represent the safest and most beneficial oils available in the world today.

Read warnings before purchasing products.

Transform your wellness lifestyle with the foundations.

Alpha CRS+®

Cellular Energy Complex | AUST-L 285193

Provides antioxidants that may assist in protecting the body from the effects of free radical damage.

- Supports production of cellular energy.
- Contains a proprietary cellular longevity antioxidant blend of botanical extracts and polyphenols that include scutellaria root, fallopia japonica, pomegranate ellagic acid, grape seeds and milk thistle.
- Coenzyme Q10 and Alpha lipoic acid, which are vital for the production of energy in the body, have antioxidant activity and can regenerate other antioxidants.



120 vegetable capsules | Made with SLS-free vegetable capsules

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS.

In very rare cases, curcumin may harm the liver and in rare cases, Camellia sinensis may harm the liver. Stop use and see a doctor if you have yellowing skin/eyes or unusual: fatigue, nausea, appetite loss, abdominal pain, dark urine, or itching. To be taken with food.

EO Mega+®

Omega Complex | AUST-L 526519

EO Mega+ contains high omega-3 DHA, concentrated fish oils derived from traceable, wild-caught fish off the coast of Norway. Fish oil contains the omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which can only be produced in limited amounts in the body

- Supports eye health and healthy vision
- Supports healthy cardiovascular system function and heart health
- Maintains EPA + DHA levels in the body
- Supports brain health



90 vegetable capsules | Made with vegetarian softgels

VITAMINS SHOULD NOT REPLACE A BALANCED DIET. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Microplex VMz®

Food Nutrient Complex | AUST-L 517966

Microplex VMz is a proprietary formula of bioavailable vitamins and minerals often deficient in modern diets. Now with methylated folate and methylated B12 for easier absorption.

- Maintain healthy bones
- Support healthy hair and nails
- Reduce free radicals formed in the body
- Maintains collagen health
- Support energy levels
- Support connective tissue health



120 vegetable capsules | Made with SLS-free vegetable capsules

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS.

Choose wellness with everyday essentials.

It is important to use your new essential oils safely. Look for the following symbols by the essential oil product descriptions in this booklet to help you understand the application methods appropriate for each oil and for recommendations on how to apply each one to sensitive skin.

Introduction to Symbols:

Application Methods

- A** Can be used **aromatically**
- T** Can be used **topically**
- F** Can be used as **food flavouring**

Sensitive Skin

- N** Can be used with no dilution (**neat**)
- S** Dilute for young or sensitive skin (**sensitive**)
- D** Dilute before using topically (**dilute**)

Therapeutic Wellness

- TW** Learn traditional uses in the **Therapeutic Wellness Sharing Guide**.



MetaPWR® Advantage | AUST-L 485226

Give your healthy lifestyle choices an advantage with MetaPWR Advantage. As part of your daily metabolic health routine, MetaPWR Advantage empowers you by supporting your body's energy production.

- Helps support energy production.
- Helps promote skin elasticity and hydration.
- 6g x 30 Sachets.

KEEP OUT OF REACH OF CHILDREN. ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

Lemon *Citrus limon* essential oil | 15mL

Cleansing, Clarifying, Uplifting.

- Add 1-2 drops to drinking water for a refreshing citrus twist.
- Add a few drops to olive oil to polish wood finishes.
- Add 5-10 drops to your DIY multi-purpose spray cleaner.

