

# Eat Right

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



**dōTERRA  
LIFELONG VITALITY PACK®**  
Crucial bioavailable micronutrients  
and cellular support.\*



**DIGESTZEN  
TERRAZYME®**  
Whole-food enzymes to support healthy digestion  
and metabolic processes.\*



**PB ASSIST+® AND PB ASSIST® JR**  
Provides healthy intestinal flora and  
strengthens immunity.\*



**dōTERRA  
a2z CHEWABLE™ AND IQ MEGA®**  
Start your child's day off with great nutrition  
as they are growing and developing.

\*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.



## DAILY WELLNESS LIFESTYLE HABITS

Eat whole, fresh foods

Decrease sugar, caffeine, dairy, and processed foods

### GREEN SMOOTHIE

1/2 frozen banana  
1/2 cup frozen blueberries or strawberries  
2 handfuls of baby spinach or kale  
1 1/2 cups vanilla unsweetened almond milk  
1 scoop dōTERRA TrimShake  
1 scoop TerraGreens®  
1 tbsp. IQ Mega® (optional)

Combine ingredients in  
blender until smooth.

### OATMEAL

Add Cinnamon Bark,  
dōTERRA On Guard®,  
or Wild Orange to  
your oatmeal.

### PRODUCE WASH

Wash off pesticides, germs,  
and residues by filling the sink  
with cold water, 1/2 cup white  
vinegar, and 6 drops of Lemon  
oil. Soak and then rinse fruits  
and vegetables.

### ADD TO WATER

Add these essential oils to still or  
sparkling water for a delicious flavor  
(and zero calories):

- Tangerine
- Lemon
- Grapefruit and Cassia
- Wild Orange, Lime, and Grapefruit

Add 1-2 drops Peppermint, Ginger,  
or dōTERRA On Guard® to hot  
water for a therapeutic tea.