# Wellness Consult

## 1 Write down your health priorities and find solutions.

| Top Health Priorities for You and Your Family | Natural Solutions You Have | Natural Solutions You Need |
|---|---|---|
| 1 | 1 | 1 |
| 2 | 2 | 2 |
| 3 | 3 | 3 |

## 2 Create your daily wellness plan.

Begin with the foundational daily habits listed below. Then add the natural solutions you need and organize them into your daily plan.

| | MORNING | AFTERNOON | EVENING |
|---|---|---|---|
| SUPPLEMENTS | ☐ dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) (M)<br>☐ 1–2 DigestZen TerraZyme® (M) | ☐ dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) (M)<br>☐ 1–2 DigestZen TerraZyme® (M) | ☐ 1–2 DigestZen TerraZyme® (M)<br>☐ 1–2 PB Assist+® at bedtime |
| ESSENTIAL OILS | ☐ 1–3 drops Lemon in water<br>☐ 2 drops Frankincense on bottoms of feet or under tongue<br>☐ 2 drops dōTERRA Balance® on bottoms of feet | ☐ 1–3 drops Lemon in water<br>☐ Diffuse 4–5 drops dōTERRA On Guard®<br>☐ Apply Deep Blue® Rub after workout | ☐ 2 drops Frankincense on bottoms of feet or under tongue<br>☐ 2 drops dōTERRA Balance® on bottoms of feet<br>☐ Apply Deep Blue® Rub where needed<br>☐ Diffuse 3–5 drops Lavender at bedtime |

*When beginning dōTERRA Lifelong Vitality Pack®, start with half doses for two weeks. (M) with Meal

## 3 What other wellness choices could support your goals?

(e.g., water intake, sleep, exercise, dietary changes)

## 4 Live empowered with natural solutions.

Create a 90-day wellness plan by adding the product you need to your loyalty orders (recommended to run between the 5th—15th).

| MONTH 1 LRP | Date: / | MONTH 2 LRP | Date: / | MONTH 3 LRP | Date: / |
|---|---|---|---|---|---|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| TOTAL PV | | TOTAL PV | | TOTAL PV | |

See individual labels for ingredients, cautions, and instruction for use.



# Make Wellness Complete

**The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of wellness convenient and affordable.** These essential nutrients can be paired perfectly with any of the Wellness Programs or your essential oils to maximize results.

**Alpha CRS+® Cellular Vitality Complex** contains powerful polyphenols that protect cells from free radicals, which can damage cellular DNA, mitochondria, and other critical cell structures.*

**xEO Mega®** contains ultra pure essential fatty acids and other fat-soluble nutrients that provide many systemic benefits, including support to heart, circulatory, brain, and cellular health.*

**Microplex VMz®** is a balanced formula of essential vitamins and bioavailable minerals, carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.*

## The Smartest Way to Buy

For greater savings and opportunities to receive free products, create a loyalty order.

**Buy** dōTERRA Lifelong Vitality Pack®

Choose Up to 3 Additional Supplements at Reduced Prices

Microplex VMz

xEO Mega

Mito2Max®

Deep Blue Polyphenol Complex®

DigestZen TerraZyme®

PB Assist+®

Kids Kit
IQ Mega® and a2z Chewable™

See individual labels for ingredients, cautions, and instruction for use.

*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.