

# Live Empowered

Be prepared  
for anything



Be refreshed  
with self-care



Be healthy  
with daily habits



## 1. WHAT ARE YOUR TOP HEALTH PRIORITIES?



I want to feel less:

①

②

③

I want to feel more:

①

②

③

## 2. ARE YOU READY TO DISCOVER SIMPLE SOLUTIONS?

### dōTERRA BREATHE® RESPIRATORY BLEND

- Maintain feelings of easy breathing and clear airways
- Diffuse at night or during changes in season

### DIGESTZEN® DIGESTIVE BLEND

- Maintain healthy gastrointestinal tract\*
- Help reduce bloating, gas, and occasional indigestion\*
- Ease feelings of stomach upset

### OREGANO

- Cleansing agent
- Support a healthy digestive system when used internally\*

### TEA TREE

- Rejuvenate and cleanse skin
- Relieve skin irritation
- Clean surfaces

### LAVENDER

- Soothe irritated skin
- Promote restful sleep\*
- Create a calm, peaceful atmosphere
- Apply after a long day in the sun

### dōTERRA SERENITY® RESTFUL BLEND

- Diffuse to promote relaxation
- Create restful sleeping environment

### FRACTIONATED COCONUT OIL

- Unscented carrier oil
- Great for delivering essential oils to sensitive skin
- Sustained delivery on specific locations
- Use for dilution

### ADAPTIV®

- Help boost mood
- Complement effective work and study
- Increase feelings of tranquility

### FRANKINCENSE

- Pre-clinical studies suggest support for healthy cellular function
- Set a comforting, uplifting environment

### LEMON

- Naturally cleanse body\*
- Clean surfaces and neutralize odors
- Soothe irritated throat\*

### DIGESTZEN TERRAZYME®

- Support healthy enzyme production for normal digestive process\*
- Promote nutrient absorption\*
- Speed conversion of food nutrients to cellular energy\*

### DEEP BLUE® STICK

- Roll onto muscles
- Use before or after working out
- Soothe after a long workday

## 3. ARE YOU READY TO BE HEALTHY WITH DAILY HABITS?

### dōTERRA LIFELONG VITALITY PACK® (LLV)

Maximum nutrition for energy, focus, relief, and well-being.

- **MICROPLEX VMZ®**: Bioavailable multivitamin and mineral
- **ALPHA CRS®**: Antioxidant, cellular energy, and longevity\*
- **xEO MEGA®**: Omega 3-6-9 fatty acids and nine essential oils

- Antioxidant and DNA protection\*
- Eye, brain, nervous system function\*
- Healthy inflammatory response\*
- More energy, and less discomfort\*
- Comprehensive nutrition
- Cardiovascular health\*
- Immune function\*
- Digestive health\*

**#1**  
PRODUCT  
30-day  
satisfaction  
guarantee

Need more energy and less discomfort to improve the quality of your life? Try these daily habits.

**dōTERRA Lifelong Vitality Pack** 2 capsules each with morning and noon meals

**DigestZen TerraZyme** Digestive support: 1-3 capsules each meal

**Lemon** Cleansing: 2-3 drops in water 2-3x/day

**Frankincense** Cellular support: 2-3 drops under tongue and swallow 1-2x/day

**dōTERRA On Guard®** Immune support: 2-3 drops in water

**dōTERRA Breathe® Vapor Stick** Apply to chest and breathe deeply to enjoy a cooling, invigorating vapor

**PB Assist®** Probiotic defense: 1 capsule/day

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