Natural Solutions
for healthy, empowered living

Do you need safe, effective, and affordable health solutions?

YOU HAVE CHOICES

Modern Approach
- Designed to manage symptoms
- Made from isolated synthetic agents
- Side effects (known and unknown)
- $6.5 trillion/year spent on global healthcare
- Are we healthier?

Natural Approach
- Addresses body’s needs and root causes
- Extracted from plants
- Enhances wellness
- Is safe—benefits without side effects

ESSENTIAL OILS ARE EFFECTIVE

Natural, Effective, and Safe
- Contains natural compounds that are extracted and distilled from plants for various benefits.
- Comprised of hundreds of different compounds, utilizing complex and versatile abilities.
- Work with the body to address issues and root causes on a cellular level.
- Affordable. Pennies per dose!

dōTERRA IS SAFE AND PURE

Why a new standard of quality?

Grades of Essential Oils
Most tested. Most trusted.
- Plants harvested in their natural habitat
- Verified pure, free of fillers and harmful contaminants

HOW TO USE dōTERRA ESSENTIAL OILS

AROMATIC
Breathe in or diffuse to:
- Open airways
- Freshen the air

PEPPERMINT
- Cooling sensation
- Promote feelings of clear breathing
- Relieve occasional upset stomach when taken internally

TOPICAL
Apply to bottoms of feet or affected areas to target specific needs.

DEEP BLUE®
- Apply pre/post workout
- Use for calm and comforting massage
- Apply to muscles after a long day
- Use on lower back after heavy lifting

INTERNAL
Drop in water, under tongue, or into a veggie capsule and swallow.

ON GUARD®
- Serves as a powerful immune system support when ingested
- Diffuse to freshen the air

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 instructions for use.
Live Empowered

Be prepared for anything

Be refreshed with self-care

Be healthy with daily habits
## 1. WHAT ARE YOUR TOP HEALTH PRIORITIES?

<table>
<thead>
<tr>
<th>I want to feel less:</th>
<th>I want to feel more:</th>
</tr>
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<tbody>
<tr>
<td>1</td>
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<td>2</td>
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<td>3</td>
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## 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 when ingested*
- Help reduce gas and occasional indigestion when taken internally*
- Ease feelings of stomach upset when used internally*

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

TEA TREE
- Rejuvenate and cleanse skin
- Soothe skin irritation
- Clean surfaces

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

FRANKINCENSE
- Preclinical studies suggest support for healthy cellular function when taken internally*
- Set a comforting, uplifting environment

LEMON
- Naturally cleanse body when ingested due to limonene content*
- Clean surfaces and neutralize odors
- Soothe irritated throat when used internally*

dōTERRA SERENITY® RESTFUL BLEND
- Diffuse to provide a calming aroma
- 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®
- Provides a bright, sweet aroma
- Complement effective work and study
- Creates a tranquil environment

## 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

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Example Product</th>
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</thead>
<tbody>
<tr>
<td>Antioxidant and DNA protection*</td>
<td>dōTERRA On Guard®</td>
</tr>
<tr>
<td>Eye, brain, nervous system function*</td>
<td>dōTERRA Breathe Vapor Stick</td>
</tr>
<tr>
<td>Healthy inflammatory response*</td>
<td>dōTERRA PB Assist®</td>
</tr>
<tr>
<td>More energy, and less discomfort*</td>
<td>dōTERRA TerraZyme Lemon</td>
</tr>
<tr>
<td>Comprehensive nutrition</td>
<td>dōTERRA® Breathe Vapor Stick</td>
</tr>
<tr>
<td>Cardiovascular health*</td>
<td>dōTERRA Breathe Vapor Stick</td>
</tr>
<tr>
<td>Immune function*</td>
<td>dōTERRA PB Assist®</td>
</tr>
<tr>
<td>Digestive health*</td>
<td>dōTERRA Breathe Vapor Stick</td>
</tr>
</tbody>
</table>

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

- **dōTERRA TerraZyme Lemon**
  - Digestive support*: 1-3 capsules each meal
  - Cleansing*: 2-3 drops in water 2-3x/day

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

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

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

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Changing Lives

Whose life do you want to change? dōTERRA improves lives every day all around the world. Join us in making this world a healthier, happier place.

LIVE

Change your life!
Get your Live guide and schedule your Wellness Consult
• Get the best results with products for you and your family.
• Maximize your wholesale membership benefits.

SHARE

Change others’ lives!
Get your Share guide and learn how to impact lives and earn more
• Connect with the Wellness Advocate who invited you to learn and they’ll show you how to share your personalized link with others to qualify them for waived enrollment and 25% off.
• Earn 20% back on all referrals’ first orders in dōTERRA Dollars.

BUILD

Change your future!
Get your Build guide and schedule your Intro to Build
• Launch your dōTERRA business with proven training and powerful support.
• Create recurring income and greater potential in your life!

You are changing the world!
Every purchase changes the lives of growers and their communities for the better through dōTERRA Cō-Impact Sourcing® and dōTERRA Healing Hands Foundation® initiatives.

“Every time you buy a bottle of dōTERRA essential oils, you are changing someone’s life.” —Emily Wright, Founding Executive, President