



dōTERRA®  
**Wellness**  
**Made Simple**

Foundational Wellness Bundle



“I love knowing I’m getting the nutrients that I need each day.”

**Lindsay Norman**, *dōTERRA Wellness Advocate*

Get what you  
need today.







Your wellness needs are constantly evolving. Life's stages are whirlwinds of physical changes and added responsibilities. But through every phase there's one constant need: a strong foundation for health that's simple to achieve.

Your body thrives on whole, nutrient-dense foods and an active lifestyle, but modern life makes that difficult. Prepackaged meals, fast-growing produce, and convenient on-the-go dining often lack the essential nutrients your body needs for energy, resilience, and longevity. Add on increasing stress and sedentary modern habits, and you're left feeling depleted—an issue that accelerates over time.

Even the healthiest foods today contain fewer vitamins and minerals because of soil depletion and modern agricultural practices. The nutritional gaps are there, even if many people don't realize it, and they have to be addressed for long-term health and vitality.

dōTERRA believes you deserve to feel great at every age. The answer to these challenges can be found in the Foundational Wellness Bundle of **VMG+™**, **EO Mega®+**, and **dōTERRA PB Restore®**—three natural products that create a strong, simple foundation for your future.



## Building Your Foundation with Nutrition

From infancy on, your body relies on a steady supply of vitamins, minerals, and other crucial nutrients to function optimally. When they're in short supply, you start to feel the effects: fatigue, weakened immunity, weight management issues, and more.

But with the right support, you can perform at your best. **VMG+™ Whole-Food Nutrient Complex** is filled with bioavailable vitamins, minerals, greens, and essential oils that support your body's natural processes and overall well-being.



## VMG+™ provides over 90 high-quality ingredients, including:

- Whole-food vitamins and minerals
- Fruits and vegetables
- Digestive enzymes
- Probiotics
- CPTG Certified Pure Tested Grade® essential oils

And it's as simple as pouring a single stick pack into your morning water and enjoying a tasty drink. Convenience doesn't have to mean artificial or ineffective!

“It's delicious. I can definitely do this every morning!”

**Jessica Moultrie**, dōTERRA Wellness Advocate



Redefine your multivitamin  
with VMG+ today.





# Supporting Your Mind and Heart

An imperative part of wellness, especially as you grow and age gracefully, is taking care of brain and heart health. **EO Mega®+ Essential Oil Omega Complex** provides clean, traceable fish oil and essential fatty acids to do just that.\*

Experts recommend adults get about 500 milligrams of omega-3s daily to assist cardiovascular and brain health, yet most average only 90 milligrams. EO Mega+ addresses this significant gap and then some, delivering 900 milligrams of omega-3s, including 800 milligrams of EPA and DHA fatty acids.

It also has **Wild Orange** essential oil, which eliminates any unpleasant fishy taste and offers various heart health benefits thanks to its limonene content.\*

With just three softgels a day, EO Mega+ makes it incredibly simple to meet your omega-3 needs and maintain long-term wellness.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



“They’re really easy to swallow,  
and there is no fish flavor.”

Annette Jones, dōTERRA Wellness Advocate



Get your omegas the  
way nature intended.





# Protecting Your Gut and Microbiome

You can always feel when something's off in your digestive system. A healthy gut and microbiome are integral to your overall well-being at any moment, affecting digestion, nutrient absorption, immune function, and more.

**dōTERRA PB Restore® ProBiome Complex** supports gut health with a blend of 30 pre-, pro-, and postbiotics and bacteriophages to help balance and maintain a thriving microbiome. It replenishes and encourages the growth of your body's supply of good bacteria, while also aiding gut barrier integrity.\*

Your natural aging process, along with diet and stress, can disrupt your microbiome. Augmenting your wellness lifestyle with supplementation helps restore balance. And all it takes is one capsule a day!

“Your microbiome affects everything from digestion to immune health. The key to a thriving microbiome is microbial diversity. That’s why I recommend dōTERRA PB Restore.”

**Lauren Busch**, FDN-P, dōTERRA Director of Product Education

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Optimize your health by  
building up your microbiome.







Scan to learn even more about the Foundational Wellness Bundle and order yours today!

## A Seamless Routine for Lifelong Vitality

Demands on and from a person's body shift across time, but a solid wellness foundation is always a necessity. Securing yours takes just two minutes a day with **VMG+™**, **EO Mega®+**, and **dōTERRA PB Restore®**. Give yourself the tools to feel better today and prepare for a wholesome, vibrant future.

Taking charge of your well-being shouldn't be complicated. And you don't have to anxiously wonder whether you've picked the right supplement out of a thousand identical ones at the grocery store, with questionable ingredients and limited bioavailability.

You can trust that what you're putting in your body from dōTERRA is made with pure ingredients from nature, helping you feel strong, vibrant, and capable at any age. You deserve to feel all that, and the Foundational Wellness Bundle makes it simple and possible.



# Foundational Oils for Simplified Wellness

Some things in life are so foundational you just can't be without them. On that list of essentials are the Foundational Oils—trusted dōTERRA products you can confidently reach for over and over, knowing they effortlessly turn ordinary routines into extraordinary results for you and your family.

You can receive the 12 Foundational Oils as free gifts from dōTERRA! Just place a 125 PV Rewards order each month, and a new 5 mL bottle will be included with your other products.

To easily reach 125 PV every month, order the Foundational Wellness Bundle. VMG+™, EO Mega®+, and dōTERRA PB Restore® give your body the nutrients it needs to thrive and your dōTERRA account the PV it needs for free essential oils!





# Here are the monthly Foundational Oils...

# ...and a simple daily use for each one.



JANUARY:  
**DigestZen®**

Rub 2 drops on your stomach after meals for comforting feelings.



MAY:  
**Copaiba**

Massage 2-3 drops into sore, tired muscles for soothing sensations.



FEBRUARY:  
**MetaPWR®**

Take 3-4 drops with your morning water to curb hunger cravings.\*†



JUNE:  
**Frankincense**

Mix 2 drops into a cream or lotion to nourish and calm your skin.



MARCH:  
**Lemon**

Add 6 drops to a spray bottle with water to clean surfaces.



JULY:  
**Deep Blue®**

Apply 2 drops to your feet and knees before and after exercise to cool and soothe.



APRIL:  
**Lavender**

Place 1 drop on your pillow before bed for a tranquil aroma.



AUGUST:  
**Tea Tree**

Add 1 drop to each fingernail and toenail after showering to cleanse and purify.

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†See individual labels for ingredients, cautions, and usage instructions.



SEPTEMBER:

**dōTERRA On Guard®**

Soak sliced apples in water with 2–3 drops for an immune-supportive snack.\*†



OCTOBER:

**dōTERRA Serenity®**

Rub 2 drops into each foot to help you unwind for sweet dreams at bedtime.



NOVEMBER:

**dōTERRA Breathe®**

Place 2 drops in your palms and inhale for feelings of easy breathing.



DECEMBER:

**dōTERRA Adaptiv®**

Mix 3–4 drops with Epsom salts in your bath for a calming, aromatic soak.

The Foundational Oils are your pure and powerful companions, building and strengthening wellness all year without complicating your day or compromising your commitment to natural living.

You deserve wellness made simple, and the Foundational Oils—alongside your two-minute morning routine with the Foundational Wellness Bundle—will help you reach it and keep it!

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## Ready to build a simple wellness foundation, for you and for those you love?

Wellness Made Simple with the dōTERRA Foundational Wellness Bundle!



Scan for more in-depth information about wellness made simple and get your products now!





dōTERRA®  
pursue what's **pure**®



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