



dōTERRA®

# Digestive Wellness Program



# A Natural Path to Better Digestion

You might not know this, but a healthy gut can be the key to a healthy life. Digestive health contributes greatly to overall well-being, as a healthy gastrointestinal tract can break down food and absorb critical nutrients more efficiently. A healthy gut can better support your entire body.

Healthy adults typically have over 1,000 species of bacteria in the gut. This “microbiome” connects to various aspects of health, including emotions, weight, and immune function. Eating a wide variety of vegetables and fruits helps diversify the healthful bacteria in your gut. Supplementation and using supportive, natural products can also be beneficial.

Your digestive state impacts overall health and quality of life. Unfortunately, an upset stomach can bring everyday activities to a screeching halt. We all know the feelings of worry that accompany digestive discomfort, especially on a day when your family needs you, you have a big presentation, or when you’ve simply planned a day of fun. By better supporting your digestive system, you can let go of the worries that come with digestive issues and instead live a healthier, liberated lifestyle.

We know how frustrating it can be to deal with frequent digestive issues, worrying about how they’ll impact your schedule, time with loved ones, and important daily tasks. That’s why dōTERRA® created the Digestive Wellness Program. This program is full of products selected by a team of experts to provide you with natural options for digestive support.\* With the Digestive Wellness Program, you’ll receive a variety of effective, all-natural products each month for three months to help you support better digestive health.\*



Keep reading to discover how you and your loved ones can use the products in the Digestive Wellness Program to reach the digestive comfort you’ve been looking for.\*

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



# Digestive Kit 1: Support Your Digestive System from the Inside Out



# DigestZen® Softgels

## Better Digestion Begins Within

Whether you're out with friends at a favorite restaurant or traveling with family, you never know when your digestive system might need support. DigestZen Softgels are a convenient way to access the incredible benefits of the DigestZen oil blend.\* Just slip them into your bag or suitcase so you can reach for a natural solution whenever you need to.

## What's in DigestZen Softgels?

The key ingredients in DigestZen Softgels are Ginger, Peppermint, Caraway, Coriander, Anise, Tarragon, and Fennel. Each ingredient has powerful digestive benefits on its own, but together they create a product that can help soothe and support your digestive system.\*



- 
- Ginger
- Peppermint
- Caraway
- Anise
- Fennel



## How to Use DigestZen Softgels

Take a softgel one or more times daily, as needed.



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

# DigestZen® Touch

## Tranquil Touch

While DigestZen provides wonderful internal support, it also has remarkable topical and aromatic benefits. To complement your use of DigestZen Softgels, apply DigestZen Touch to experience a calming aroma and enhance an abdominal massage. Plus, it's another easy product to carry with you wherever you go, and the roller bottle design gives you a mess-free way to apply it.

## What's in DigestZen Touch?

DigestZen Touch contains the DigestZen oil blend, which includes Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Anise. Also, it's diluted with the optimal amount of Fractionated Coconut Oil to maximize absorption.



Fractionated  
Coconut Oil

Peppermint

Coriander

Ginger

Caraway

Cardamom

Fennel

Anise



## How to Use DigestZen Touch

DigestZen Touch is a versatile product that can be used in a variety of ways. Try the following ideas to get you started.

- Take on a road trip to provide you with a sweet, minty, and calming aroma.
- Apply to the stomach or bottoms of the feet after eating a large meal.
- Roll on the stomach before flying or going on a road trip as a part of a massage.

# Peppermint

## Put Some Pep in Your Step

It's no surprise Peppermint is one of the most popular dōTERRA® essential oils. Many have come to love its energizing scent and refreshing taste. But did you know it can also promote digestive health when taken internally?\*

Human clinical and experimental research suggests ingested Peppermint may ease and relax the gastrointestinal muscles and reduce other acute digestive difficulties.\*

dōTERRA sources pure Peppermint essential oil from the Northwest United States, as well as other places around the world. The plant is harvested at its peak to ensure the essential oil collected has maximum menthol content, which contributes greatly to its powerful benefits.



### Main Constituents:

Menthol

Menthone

Eucalyptol



## How to Use Peppermint

Experience the benefits of Peppermint essential oil for yourself with these uses!

- Take one to two drops in a Veggie Cap to alleviate occasional stomach upset.\*
- Place one drop in the palm of your hand and inhale for a midday pick-me-up.
- Put a drop in water for a healthy, refreshing mouth rinse.

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

# DigestZen TerraZyme®

## *It's Time for Tummy Support*

Enzymes are important for the body to function at its best. They're specialized proteins that play a critical role in growth, healing, breathing, immune function, and more. Unfortunately, many people don't get needed enzymes in their diets.

DigestZen TerraZyme is a convenient supplement that includes a variety of whole-food enzymes. These enzymes can aid in the digestion of proteins, fats, complex carbohydrates, sugars, and fiber.\* Digestive enzymes also support the body's constant production of enzymes so your body can continue functioning optimally.\*



- Enzymes
- Peppermint
- Ginger
- Caraway

## What's in DigestZen TerraZyme?

DigestZen TerraZyme is a proprietary blend of active whole-food enzymes and supporting cofactors. These enzymes and cofactors are often deficient in cooked, processed, and preservative-laden foods, which are incredibly common choices in Western diets. DigestZen TerraZyme makes it simple to give your body the natural support it requires.\*



## How to Use DigestZen TerraZyme

Take one to three capsules with meals throughout the day. If your meal includes lots of fresh, raw foods, take one capsule. If your meal includes highly processed foods or products known to cause specific GI discomfort, take two to three capsules.

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

## Pill Case

### *For Digestive Support on the Go*

To make using your new DigestZen® Softgels and DigestZen TerraZyme® even easier, this kit comes with an exclusive pill case. It's the perfect size to put in your purse, bathroom drawer, or suitcase so you can bring your supplements with you wherever life takes you.







# Digestive Kit 2: Your Everyday Essentials for Digestive Support



# Ginger

## Good for the Gut

Ginger is a common kitchen spice, but it's also known as a digestive tonic.\* Many ingest Ginger essential oil when they need to soothe the stomach, whether they're enjoying a day at a theme park or driving down a winding road.\* And when taken internally, Ginger supports healthy digestion.\*

Ginger is sourced from Kenya, Madagascar, and Indonesia. The pure essential oil is steam-distilled from the root of the plant and provides a warm, soothing aroma. There's no better way to begin the second kit.



### Main Constituents:

$\alpha$ -zingiberene

$\beta$ -sesquiphellandrene



## How to Use Ginger

Make Ginger essential a part of your wellness routine with the following.

- During a long car ride, diffuse or place a drop in the palm of your hand and inhale.
- Apply over the lower abdomen for a soothing massage.
- Place a drop or two in a Veggie Cap and swallow.

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

# Clove

## Comforting Clove

dōTERRA® sources pure Clove essential oil from Madagascar. While Clove can be distilled from the blossoms, branches, and leaves of the tree, dōTERRA chooses to collect the essential oil from the blossoms. The reason is clove blossoms are rich in eugenol, which gives the essential oil its signature scent and some of its wonderful benefits.

Experimental research suggests Clove essential oil may support the gastrointestinal tract when taken internally.\* It may not be the first essential oil that came to your mind for digestive help, but it may still provide digestive benefits.\*



—  
Main  
Constituents:

Eugenol



## How to Use Clove

Experience Clove for yourself with these usage ideas!

- Place one drop in two ounces of water and gargle for a soothing effect.
- Place two to three drops in a Veggie Cap and take internally to support your digestive health.\*

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

# Peppermint Softgels

## Peppermint Power

In the first kit, you experienced the internal digestive support Peppermint essential oil can provide.\* And in the second kit, that support continues with Peppermint Softgels. The softgels make it easier than ever to experience digestive benefits.\* Peppermint Softgels support gastrointestinal comfort, help alleviate occasional stomach upset, and support healthy digestive system function.\*

## What's in Peppermint Softgels?

Peppermint Softgels contain pure Peppermint essential oil. The softgel is enteric coated, which allows it to provide digestive relief to the lower intestine, helping improve overall digestive health.\*



### — Main Constituents:

Menthol

Menthone

Eucalyptol



## How to Use Peppermint Softgels

For adults, take up to two Peppermint Softgels before meals to reduce occasional digestive discomfort.\* For children eight years and older, take one softgel before meals. For best results, take 30-60 minutes beforehand.

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

# Spearmint

## Soothing Support

Hundreds of varieties of mint exist, but one of the oldest and most popular is spearmint. Sometimes confused with Peppermint, Spearmint essential oil is chemically distinct and contains only a hint of the menthol that dominates Peppermint. Spearmint is a milder and sweeter mint—a fantastic option for children or those with sensitivities.

Spearmint is native to parts of Asia and the Mediterranean and has been used prominently for thousands of years. Ancient Romans scented baths with spearmint because of its sweet smell and uplifting aroma. dōTERRA® Spearmint essential oil is distilled from true spearmint leaves (*Mentha spicata*) grown and harvested in India, where spearmint is popularly used in chutney.

While Spearmint is beloved for its flavor and aroma, it's also known to support digestion when taken internally.\* With such a refreshing flavor, Spearmint essential oil serves as a delicious internal way to support your digestive system.\*



### Main Constituents:

Carvone

limonene

1,8-cineole

$\beta$ -myrcene



## How to Use Spearmint

When you're ready to take advantage of the digestive benefits of Spearmint, try one of these usage suggestions.

- Add one to two drops to water and drink to reduce occasional stomach upset.\*
- Take a drop or two in a Veggie Cap to ease digestive discomfort.\*
- Add a drop to water or tea for overall digestive support.\*

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

# Tamer®

## Tame Those Troubles

Whatever the situation, parents want to try and help their children when it matters most. As part of the Kids Oil Collection, Tamer Digestive Blend provides a safe, effective way to address soothing needs with topical application.

## What's in Tamer?

Tamer is a blend of essential oils with unique benefits, including Peppermint and Ginger—two heroes found in DigestZen®. The oil blend also contains other powerhouses like Spearmint, Jasmine, and Black Pepper. Tamer comes in a 10 mL roller bottle and is pre-diluted with Fractionated Coconut Oil, saving you a step when you're ready to apply it to your children's skin.



Fractionated  
Coconut Oil

Spearmint

Japanese  
Peppermint

Ginger

Black Pepper

Parsley Seed



## How to Use Tamer

Tamer can be used by both children and adults; however, your kids especially will love the aroma, as it smells like gum! When you need topical soothing or cooling in a pinch, reach for Tamer to help your little ones. Here are a few ways to use Tamer.

- Keep on hand in your purse or children's backpacks.
- Apply to the stomach after a large meal.
- Take on a road trip for a calming, minty aroma.

# dōTERRA® Fiber

## *Never Fear, for Fiber Is Here*

We know fiber is dietarily important, but it also seems to be one of those nutrients that's hard to get enough of. The recommended amount of fiber for an adult is between 25–38 grams of soluble and insoluble fiber daily, depending on age, weight, and gender. However, even when eating a healthy diet, a large percent of the US population isn't even getting half that amount. dōTERRA Fiber is a simple, effortless way to add six grams of soluble and insoluble fiber to your diet.

## What's in dōTERRA Fiber?

dōTERRA Fiber is made with ingredients you can pronounce and comes from natural, whole-food sources like apple, tapioca, and flaxseed. The prebiotics in it are sourced from natural ingredients like Jerusalem artichoke and chicory root. Additionally, dōTERRA Fiber contains Lemon essential oil and 200 milligrams of vitamin C.

Like the other dōTERRA Nutrition products, dōTERRA Fiber has no added sugars. All dōTERRA Nutrition products are also gluten-free.



- Soluble Fiber
- Insoluble Fiber
- Prebiotics
- Probiotics
- Lemon Essential Oil
- Vitamin C



## How to Use dōTERRA Fiber

To use dōTERRA Fiber, mix one scoop with 10 ounces of water, drinking immediately.

Want to incorporate dōTERRA Fiber into your mealtimes? Try one of the recipes below!

## Blueberry Fiber Pancakes and Syrup

Yields eight large pancakes and one-and-a-half cups of blueberry syrup

### Ingredients:

- 3 cups blueberries, frozen
- $\frac{3}{4}$  tablespoon non-GMO cornstarch
- $\frac{1}{4}$  teaspoon lemon juice
- 2 tablespoons sugar or 3 tablespoons monkfruit sweetener
- 1 cup almond milk
- $\frac{1}{2}$  cup buttermilk
- $\frac{1}{4}$  cup butter, melted
- 2 tablespoons honey
- 2 large organic eggs
- $1\frac{1}{2}$  cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1 scoop dōTERRA Fiber

### Instructions:

#### *For the pancakes:*

1. In a bowl, mix the almond milk, buttermilk, butter, honey, eggs, flour, baking soda, vanilla, and dōTERRA Fiber until smooth. (You can also mix in favorite berries, diced apples, or nuts, if desired.)
2. Heat an oiled griddle over medium heat.
3. Scoop the batter onto the griddle, making the pancakes to any size preference.
4. Flip the pancakes after bubbles rise to the surface and the bottom is golden brown.
5. Cook the second side until golden brown.
6. Serve hot with the blueberry syrup.

#### *For the syrup:*

1. In a large saucepan, add the blueberries and coat with sugar, lemon juice, and cornstarch.
2. Cook over medium heat until the blueberries excrete juice and the mixture thickens. Stir occasionally.
3. For a completely smooth syrup, purée the cooked mixture in a blender.

## Cinnamon Apple Swirl Smoothie

### Ingredients:

- $\frac{1}{2}$  cup cashew or almond milk
- 2 scoops dōTERRA Fiber
- 1 cup apple slices
- 1 tablespoon almond butter
- Dash of cinnamon
- 1 handful ice cubes
- 1 toothpick swirl
- Cinnamon Bark essential oil

### Instructions:

1. Add all the ingredients to a blender and blend until smooth. Enjoy!





## Travel Mug

*See the World and Take a Sip*

Whether you're traveling by plane, train, or car, this travel-friendly mug is the best way to stay hydrated on the go. And when you need to take a Veggie Cap or add essential oils like DigestZen® or Peppermint to your drink, you'll have the perfect travel mug to help as you work to support your digestive system, no matter where on the map you are.





# Digestive Kit 3: Digestive Bliss Is in Reach



# PB Assist® Jr

## Probiotics Are Sweet

It may surprise you to know your digestive tract contains around 100 trillion probiotic bacteria. That might sound like a bad thing, but this type of bacteria is known as healthy bacteria. It plays an important role in digestive and immune health.

PB Assist Jr is a probiotic supplement designed for children or adults who have trouble swallowing pills. Not only does it help maintain a healthy intestinal microflora balance, but it also has a delicious taste that any member of the family will enjoy!\*



—  
Prebiotics  
Probiotics  
Natural  
Strawberry  
Melon Flavor

## What's in PB Assist Jr?

PB Assist Jr includes five billion live cells of a unique blend of six different probiotic strains, specifically selected for their benefits to children.



## How to Use PB Assist Jr

Consume one sachet daily. Pour its contents directly into the mouth or mix with four ounces of water, juice, or other beverage, drinking immediately. Don't mix with hot water. It can also be mixed with cold foods like yogurt, smoothies, breakfast cereal, and so on.

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

# DigestZen®

## *Digest with the Best*

You've gotten DigestZen Touch, DigestZen Softgels, and some other powerful products in this line. Now it's time to try the one that started it all. DigestZen is a soothing oil blend that promotes healthy digestive function and relief from stomach upset when taken internally.\* It's perfect for a nervous stomach and bloating.\*

## What's in DigestZen?

DigestZen is a proprietary blend of Peppermint, Ginger, Cardamom, Caraway, Anise, Coriander, and Fennel. Each part of the oil blend is known for being supportive of and providing benefits to the gastrointestinal tract when ingested.\*

Peppermint is one of the most popular essential oils out there—and for good reason. Internal use of Peppermint offers a myriad of amazing benefits, including support of healthy digestion.\* Peppermint can ease occasional stomach upset when ingested.\* The scent and flavor of Peppermint is refreshing, minty, and airy.

Cardamom aids digestion and respiratory function when taken internally.\* Cardamom is a relative to Ginger and is known as the queen of spices. It supports gastrointestinal function and can help ease indigestion when ingested.\*

Coriander is gently cleansing and helps maintain a healthy gastrointestinal tract when ingested.\*

Ginger is distilled from the ginger rhizome, which is often used as a cooking spice. Internal use of Ginger essential oil supports digestive health and may soothe the stomach.\*

Caraway has been used to support digestion since ancient Egypt, with written evidence dating its use to 1550 BC.\* Caraway essential oil is distilled from the seeds of a sweetly scented herb in the carrot family. Popular in Scandinavian, German, and Russian recipes, Caraway freshens the breath and acts as an overall digestive tonic.\*

Sweet and sophisticated, Anise is often added to baked goods and liquors in Europe to promote digestive health.\* It's a unique product because it's steam-distilled from dried anise fruits, which produces a soothing essential oil with a licorice-like aroma and potent digestive benefits.\*

Fennel has been shown to relieve the discomfort associated with indigestion and to nurture a healthy intestinal tract when taken internally.\*



—  
Peppermint

Ginger

Cardamom

Caraway

Anise

Coriander

Fennel

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



## How to Use DigestZen

This versatile oil blend has so many practical uses that it'll become your new go-to for digestive support.\* Here are ways you can use DigestZen.

- Add a few drops to water and drink.
- Rub on the stomach before flying or taking a road trip as part of a massage.
- Take internally when traveling or trying new foods to soothe occasional stomach upset.\*
- Add to water or tea to maintain a healthy gastrointestinal tract.\*
- Diffuse for a sweet, minty, and calming aroma.



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

# Ginger Drops

## *A Drop of Digestive Support*

The ginger plant has a long history in traditional health practices and continues to be trusted for its soothing properties. That's why you received Ginger essential oil in the second kit.

Ginger Drops deliver the benefits of CPTG® Ginger essential oil in the convenience of a natural lozenge. The sweet and spicy flavor of Ginger is blended with a splash of Lemon essential oil to boost the benefits and flavor profile of the lozenge. The properties of Ginger Drops help ease uncomfortable feelings and settle the stomach.\* The internal benefits of Ginger also promote healthy digestion and help ease occasional stomach discomfort and indigestion.\*



—  
Ginger  
Essential Oil

Lemon  
Essential Oil



## How to Use Ginger Drops

Dissolve one drop slowly in the mouth as needed. For children under five years old, consult with a physician beforehand.

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

# Fennel

## Feel Fabulous with Fennel

Native to the Mediterranean, fennel has been used since antiquity. Roman warriors were said to use fennel to strengthen their battle readiness, and several Eastern and Middle Eastern cultures have long enjoyed it in their cuisines. The plant is a perennial herb that can grow nearly eight feet high. It has small yellow flowers and delicate, feathery, and fragrant leaves, but the essential oil—potent and distinct—is extracted from the seeds.

Fennel essential oil is known for helping digestion because of its chemical constituent anethole, which offers digestive support.\* When taken internally, Fennel assists the overall health of the digestive tract,\* which is why it's featured as one of the powerhouse ingredients in the beloved DigestZen® oil blend.

The aroma of Fennel is peculiarly sweet. The scent and taste are commonly compared to licorice. This natural sweetness can be useful for avoiding unhealthy sweets and sugar.



—  
**Main  
Constituents:**  
  
trans-Anethole  
  
 $\alpha$ -pinene  
  
limonene



## How to Use Fennel

You can use Fennel essential oil in several ways to reap its powerful benefits for the digestive system. Here are a few ideas to get you started.

- After overindulging at dinner, take a couple drops in a Veggie Cap, with water, or under the tongue for digestive support.\*
- Put a drop in water or tea to help fight sweet tooth cravings.\*
- Consider adding a toothpick's amount to your cooking to enjoy its strong and savory anise flavor, while simultaneously taking advantage of various internal wellness benefits.\*
- Take internally to help ease occasional stomach upset.\*

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

## PB Assist® Jr Go-Pouch

### *Probiotics at the Drop of a Hat*

Perfect for adults and children, you don't have to be a "junior" to enjoy the powerful probiotics delivered by PB Assist Jr. You can get assistance from PB Assist Jr no matter where you find yourself with this convenient PB Assist Jr Go-Pouch. Keep it in the car, your carry-on luggage, your children's backpacks, or your purse and enjoy the benefits of PB Assist Jr anytime, anywhere.





# Make Every Day a Great Day by Getting the Digestive Support You Deserve

Whether you struggle with digestive discomfort daily or feel frustrated by occasional issues, the disruption that comes from digestive problems can be extreme. If you want to get back to doing the things you love, you need support.

With natural digestive support, you won't have to go through life worrying about how discomfort might disrupt your day. You can tackle each day with confidence, knowing you have the tools you need to feel your best and address any issues that come your way. Stop letting digestive discomfort hold you back and make every day a great day!

