

dōTERRA®

Immunity Wellness Program

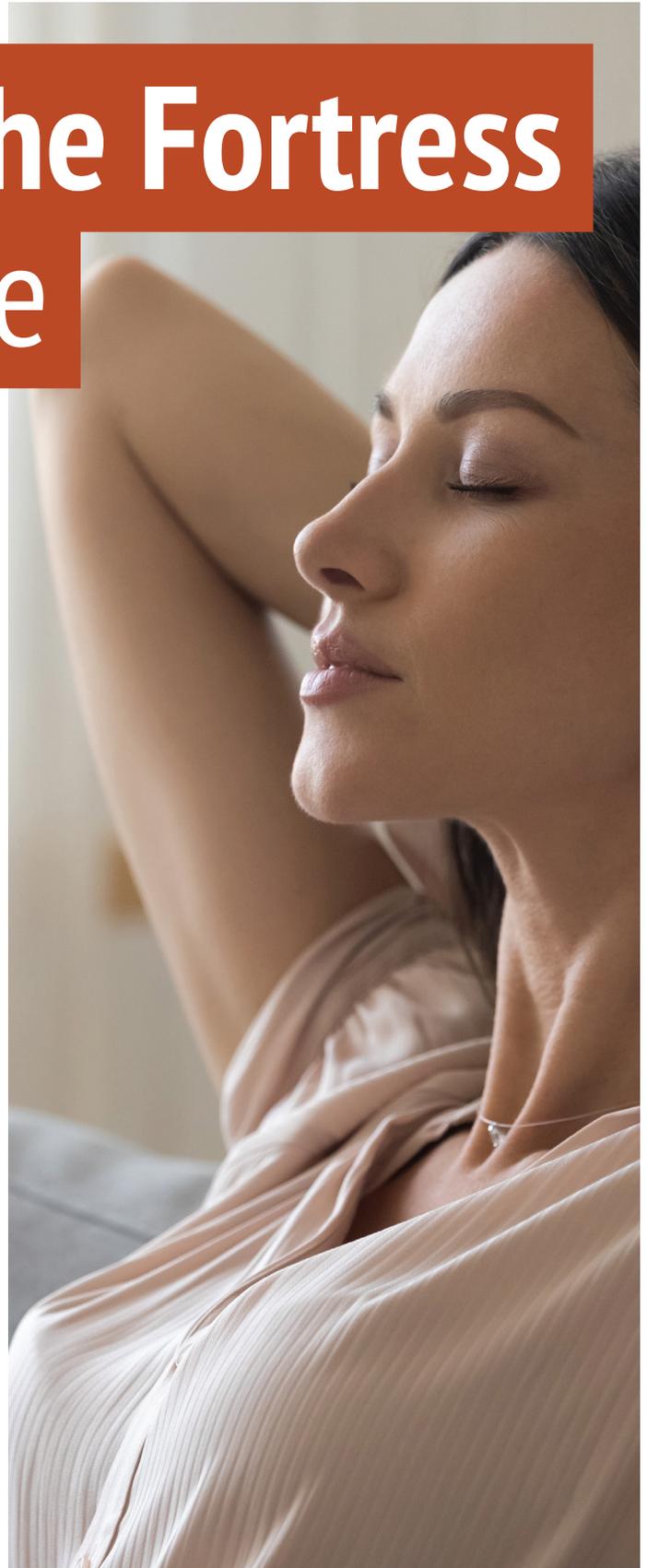


Protecting the Fortress of Your Home

Think of your home as a fortress. Every day, outside forces rage against you and your family, and it's your job to keep your loved ones safe. Toxins, chemical-ridden products, seasonal threats, and other concerns are constantly trying to bring the walls of your fortress crumbling down.

But what's the solution? How do you keep everyone safe? Strengthen your family's defenses with the Immunity Wellness Program. When you're armed with powerful, natural, and effective safeguards, you have protective shields and safety gates that can help keep your family healthy. Feel confident and peace of mind, knowing you've taken important precautions.

What's the best way to create a strong fortress of good health around your family? Think seriously about the products you use every day. Could your family make healthier choices? Do you need a little help keeping your house clean and sanitized? Could you use support when you or your kids aren't feeling the best?



No matter what your household looks like, with the help of pure and powerful essential oils, you can create a fortress that will help protect your family from external threats.

Immunity Kit 1: Your First Step to Wellness



We know how overwhelming it can feel—not to mention how much work it can be—to find natural solutions in a toxin-ridden world. So we wanted to provide a simple solution you can trust. That's why the products in the Immunity Wellness Program have been hand-selected by a team of experts to help you create a clean and wholesome environment in your home so you can feel less vulnerable and more prepared. Each product contributes to a healthy immune system and allows you to take the guesswork out of keeping your family healthy and safe. Each month of your Wellness Program journey, you're able to restock on the items you need to keep your house and your family strong.

Learn how you can use each product in the Immunity Wellness Program to confidently protect and safeguard those you hold dear.



dōTERRA On Guard® Protective Blend

A Powerhouse Protector

The first step in protecting your family from anything that might come knocking at your door is to strengthen the body. When you take care of your immune system, you typically spend less time dragging to get out of bed, taking unwanted days off work, or feeling crummy overall. With a strong immune system, you can enjoy life and make the most of your time with your loved ones. When you feel your best, you get the best out of life.

This is where dōTERRA On Guard Protective Blend comes in. This unique blend of powerful essential oils does just as the name suggests: protects you from everyday threats that could leave you vulnerable. How does it do this? dōTERRA On Guard combines the power of cleansing, fortifying, and immune-supporting essential oils to give you and your family the best chance of staying well.

What's in dōTERRA On Guard?

So what exactly is in dōTERRA On Guard? Five key essential oils make it up: Cinnamon Bark, Wild Orange, Eucalyptus, Clove, and Rosemary.

Spicy and sweet, Cinnamon Bark essential oil has been shown in experimental research to promote a healthy immune system when taken internally.* It can also help freshen breath, which is never a bad thing.

Wild Orange contains powerful antioxidants that support a healthy immune system and promote overall health.* The fresh citrus kick of Wild Orange is emotionally uplifting and adds to the appeal of the dōTERRA On Guard.

Eucalyptus has purifying properties that can be beneficial for cleaning surfaces. Aromatically, it cleanses the air and has an uplifting aroma. Something of note, this type of Eucalyptus (*Eucalyptus globulus*) is a different oil from the single dōTERRA Eucalyptus essential oil, which isn't for internal use.

Rosemary may support healthy respiratory function when taken internally, reduces occasional fatigue, supports digestion, and calms nervous tension.*

Clove freshens the breath and supports the immune system when taken internally, thanks to its powerful antioxidant properties.*



—
Cinnamon Bark

Wild Orange

Eucalyptus

Clove

Rosemary

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How to Use dōTERRA On Guard®

Each essential oil in dōTERRA On Guard offers impressive benefits: promoting a healthy immune system and respiratory function,* helping to reduce fatigue,* providing antioxidants,* cleansing surfaces, and even freshening breath. Combine all those together, and you have a protective powerhouse you can use a dozen different ways to safeguard your family.

Here are just a few uses of dōTERRA On Guard to keep your family safe and strong.

- Place one to two drops in the corners of your shower before cleaning yourself in the morning.
- Add to apples or a smoothie for a midday snack.
- Put one drop, along with your favorite citrus oils, in a glass water bottle and drink throughout the day.
- Add to a DIY all-purpose cleaner and use to clean surfaces throughout your home.
- End your day by diffusing three to four drops for a clean and fresh aroma.
- Rub three to four drops with Fractionated Coconut Oil on your feet as part of a bedtime routine.



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dōTERRA On Guard® Sanitizing Mist

Your On-the-Go Go-To

When you leave the house in the morning, wouldn't it be nice if you could take the protective benefits of dōTERRA On Guard with you? Well, with dōTERRA On Guard Sanitizing Mist, you can! This convenient hand-sanitizing spray eliminates bacteria and other germs on the skin. Keep your hands clean, no matter where you are.



—
Cinnamon Bark

Wild Orange

Eucalyptus

Clove

Rosemary



How to Use dōTERRA On Guard Sanitizing Mist

There are so many ways to use dōTERRA On Guard Sanitizing Mist, but here are a few to get you started.

- Use to clean your hands after taking public transportation.
- Place in your gym bag, purse, or backpack to have on hand.
- At the grocery store, spray on your hands after you touch the handle of your cart or basket.
- Place in your children's backpacks or lunchboxes so they can clean their hands at school.

dōTERRA On Guard® Foaming Hand Wash and Hand Pump

Clean Hands, Calm Heart

Ask anyone, and you'll get the same answer—one of the best ways to stay strong all season is to wash your hands with soap and warm water. But not all soaps are created equal. Many contain harsh, unnatural chemicals and substances. Fortunately, dōTERRA On Guard Foaming Hand Wash gives all the powerful benefits of hand washing without any of the scary ingredients.

This cozy hand wash is a gentle, healthy alternative to harsh soaps that may dry and irritate sensitive skin. Plus, you get all the wonderful benefits of the dōTERRA On Guard Protective Blend.



— Cinnamon Bark

Wild Orange

Eucalyptus

Clove

Rosemary



How to Use dōTERRA On Guard Foaming Hand Wash

You can use dōTERRA On Guard Foaming Hand Wash in the kitchen and bathroom for an easy way to thoroughly cleanse your hands.

- Use to wash your hands for at least 20 seconds with warm water.
- Keep in your bathroom and kitchen for an effective hand wash that doesn't dry out your skin.
- Place in your kitchen to use as part of a cleansing rinse for fresh fruits and vegetables.

Purify Cleansing Blend

Breathe in Clean

When you want to make sure the air in your home is clean and fresh, there's no better blend than Purify. The Cleansing Blend is an exclusive combination of essential oils meant to purify and eradicate odors in a natural, safe way.

The uplifting aroma of Purify is made up of citrus and pine essential oils that leave a light, fresh scent on surfaces and in the air. Purify replaces foul odors quickly and can be used as an effective cleaner throughout your home.

What's in Purify?

Purify contains six essential oils, selected for their cleansing and purifying benefits. Together, they create a fresh, airy blend.

Lemon and Lime essential oils contribute their purifying benefits, stemming from their high concentration of monoterpene limonene. Refreshing and uplifting, these popular citrus oils also provide excellent topical cleansing properties.

The tea tree is native to Australia, where its crushed leaves have been used to purify the air for hundreds of years. The air-cleansing and purifying benefits of Tea Tree essential oil are likely derived from its concentration of gamma-terpinene, which experimental research has shown may help protect against seasonal and environmental threats.

Siberian Fir has a fresh aroma and is known for its effective grounding benefits.

Citronella has a clean and fresh scent similar to Lemongrass, which makes it a fantastic natural deodorizer.

Cilantro is a fragrant herb with powerful cleansing properties. It helps give Purify an enticing aroma that's uniquely dōTERRA and is known for its purification properties.



—
Lemon

Lime

Tea Tree

Siberian Fir

Citronella

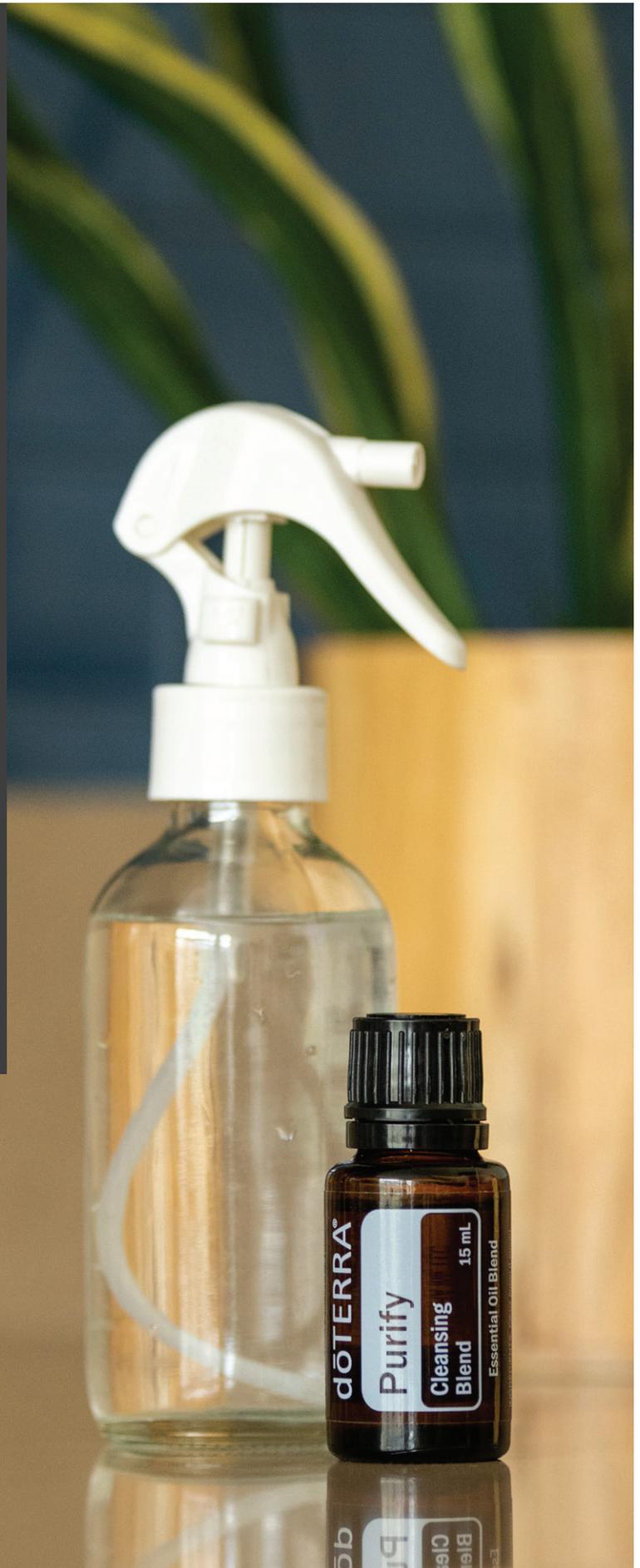
Cilantro



How to Use Purify

Knowing all this about Purify, how exactly can you put its purifying and cleansing benefits to work for you? Here are a few ways to use this fresh oil blend any time of day.

- Diffuse three to four drops throughout your home and office for a fresh, airy aroma.
- Put one to three drops on a cotton ball and place in the bottom of your gym bag or trash can to address any stubborn odors.
- Mix 10–15 drops with half a cup of baking soda to make your own shoe powder.
- Add three to five drops to laundry detergent to increase its cleansing power.
- Add several drops to a spray bottle with water or white vinegar for a natural all-purpose cleanser.
- Diffuse in your kitchen to clear out any unwelcome odors after cooking. Apply to the bottoms of your feet before bed.



Wild Orange

Your Day Just Got Brighter

When you want an essential oil to brighten your day, reach for Wild Orange. With its multiple health benefits from internal use and uplifting, energizing aroma when used aromatically, Wild Orange has become a top-selling dōTERRA essential oil.* Chief among Wild Orange's many benefits is immune support when ingested.*

Packed with monoterpenes, Wild Orange possesses stimulating and purifying qualities, making it ideal for supporting healthy immune system function when used internally.* It also supports digestion!*

Wild Orange is cold-pressed from the fresh fruit peels of the sweet orange tree. Our oranges are sourced in Greece and Brazil, where ideal climate and growing conditions contribute to the best possible orange oil in the world.

One of the most distinct characteristics of Wild Orange is its sweet, citrusy aroma. Wild Orange's uplifting scent inspires feelings of energy, spontaneity, joy, and abundance. When diffused, Wild Orange refreshes the air that amazing aroma.



Chemical Components:

Myrcene

Limonene



How to Use Wild Orange

Ready to put Wild Orange to the test? Use it throughout the day to keep your armor up!

- Place one to two drops in a glass of water to promote overall health.*
- Diffuse throughout the day for an uplifting and energizing aroma.
- Add a few drops to a smoothie or yogurt for a delicious twist in flavor, as well as internal health benefits.*

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dōTERRA On Guard® Natural Whitening Toothpaste and Dental Floss

Sparkling Clean

Sometimes the things we do to keep up oral hygiene, like brushing teeth, become so routine we forget just how important they are. But oral hygiene plays a significant role in keeping one's body clean and healthy. Which is why, when it comes to oral care products, you should use only the best.

dōTERRA On Guard Natural Whitening Toothpaste is fluoride-free and packed with power, pure essential oils you trust. These essential oils work together with gentle polishing agents to clean your teeth, reduce plaque, and give you a whiter smile. And when it's used together with dōTERRA On Guard Dental Floss, the results give you something to truly smile about.



What's in dōTERRA On Guard Natural Whitening Toothpaste?

dōTERRA On Guard Natural Whitening Toothpaste was recently reformulated to be better than ever. Fluoride-free and infused with CPTG® essential oils, this toothpaste is made with all-natural, effective ingredients.

Hydroxyapatite is a naturally occurring substance and serves as a central ingredient in dōTERRA On Guard Natural Whitening Toothpaste. Experimental research indicates that hydroxyapatite helps remineralize and restore tooth enamel, which is important for keeping your teeth healthy and free from cavities and enamel erosion. Hydroxyapatite makes your teeth feel stronger and less sensitive to hot and cold.

Another central ingredient is hydrated silica. This gentle, natural abrasive polishes and whitens teeth, and it removes stains.

Infusing our toothpaste with dōTERRA On Guard—a blend of Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary—provides extra cleansing boosts. The natural sweetener xylitol is blended with Peppermint and Wintergreen essential oils to keep teeth, gums, and breath fresh. The addition of these essential oils is part of the recent reformulation and provides a refreshing minty twist to the subtle cinnamon flavor of dōTERRA On Guard Natural Whitening Toothpaste.

The updated formula also includes Myrrh essential oil, which is known to be beneficial in oral hygiene. Of course, no oral hygiene routine is complete without flossing! Floss daily with dōTERRA On Guard Dental Floss. By making these products part of your oral care every day, you can enjoy cleaner, whiter teeth and reduce damaging plaque.

Immunity Kit 2: Build on the Basics



dōTERRA On Guard+™ Softgels

Immune Support Starts on the Inside

We're keeping you and your family protected with more products from the dōTERRA On Guard® family. dōTERRA On Guard+ Softgels are convenient supplements that contain the incredible dōTERRA On Guard oil blend, plus Black Pepper, Oregano, and Melissa essential oils for additional immune support.* Taking dōTERRA On Guard+ Softgels every day is a great way of maintaining healthy immune function when seasonal threats are high.* If you're looking for potent immune support from the inside out, you can't do better than these softgels.



-
- Wild Orange
- Clove
- Black Pepper
- Cinnamon Bark
- Eucalyptus
- Oregano
- Rosemary
- Melissa

What's in dōTERRA On Guard+ Softgels?

dōTERRA On Guard+ Softgels take the dōTERRA On Guard Protective Blend to the next level with the addition of a few crucial essential oils.

Black Pepper is included to help support healthy circulation.* This essential oil is high in monoterpenes and sesquiterpenes known for their antioxidant activity and ability to help ward off environmental and seasonal threats when used internally.*

Oregano plays a major role by helping maintain a healthy immune system and offers powerful antioxidants when ingested.*

Melissa also helps support a healthy immune system.* As one of the rarest and most expensive essential oils out there, Melissa has a wide range of health benefits and uses.*

How to Use dōTERRA On Guard+ Softgels

The best way to get all the benefits of the dōTERRA On Guard+ Softgels is by taking them daily. Take one softgel with your breakfast to promote healthy immune system function throughout the entire day.*

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dōTERRA On Guard® Beadlets

Bite-Sized Immune Support

Wouldn't it be nice to have immune support with you everywhere you go? Well, dōTERRA On Guard Beadlets are a convenient way of obtaining the immune-supporting benefits of dōTERRA On Guard—perfect for traveling or whenever on the go.

dōTERRA On Guard Beadlets provide a flavorful dose of dōTERRA On Guard, all contained in tiny vegetable beadlets that dissolve in the mouth to freshen breath and support the immune system.*

While you might not always have a bottle of dōTERRA On Guard handy, dōTERRA On Guard Beadlets take up hardly any room in your purse, car, or even pocket, making it easy to enjoy the benefits of dōTERRA On Guard anytime you need it. When environmental threats are high, dōTERRA On Guard Beadlets provide an effective way to protect and support your family's immunity with pure, powerful essential oils.*



—
Cinnamon Bark

Wild Orange

Eucalyptus

Clove

Rosemary



How to Use dōTERRA On Guard Beadlets

Here are a few ideas for getting the most out of your dōTERRA On Guard Beadlets.

- Take one to two beadlets at lunch—or throughout the day as needed—to support your immune system and freshen your breath.*
- Keep in your purse, gym bag, or backpack to use whenever required.

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Grapefruit

Sweet and Cleansing Citrus

This sweet citrus oil is a favorite for many essential oil enthusiasts. Fresh and clean, Grapefruit has uses both for the inside and outside of the body. It's popularly used to support a healthy metabolism.*

Grapefruit is a relatively recent addition to the citrus family. It was first documented in the Caribbean in the 1750s and is believed to be a natural crossbreeding between the sweet orange and pomelo.

The primary constituent of Grapefruit essential oil is limonene, which is present in other citrus oils. According to experimental clinical research, limonene may help support the function of a long list of bodily systems when taken internally, including healthy cellular function, the gastrointestinal system, and a healthy metabolism.* If you look at a diagram of each of these systems, you'll quickly realize just how much of an impact citrus oils can have over a large portion of your body.*



—
Chemical
Components:

Limonene



How to Use Grapefruit

Want to incorporate Grapefruit into your daily routine? Here are few ideas to get you started.

- Place 10–20 drops in a reed diffuser on your desk or in the bathroom for a refreshing aroma.
- Put one to two drops in a glass of water to complement a healthy inflammatory response.*
- Mix up to 10 drops with water and vinegar for a DIY cleanser to wipe down kitchen and bathroom surfaces before bed.
- Add to a smoothie, yogurt, or salad dressing for a delicious flavor and internal health benefits.*

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Tea Tree

Naturally Fresh and Clean

An important part of protecting your home is keeping it clean and fresh. Plenty of tools in the Immunity Wellness Program can help you do just that—and you can do it without having to use harsh chemicals and cleaners.

Tea Tree (also known as Melaleuca) is best known for its purifying qualities, which make it effective for cleansing the skin, as well as home surfaces, and purifying the air. When it comes to keeping your space fresh and clean, Tea Tree is a fantastic essential oil to have around.

Tea Tree has over 92 different chemical constituents, which account for its nearly limitless applications. The main constituents of Tea Tree are terpinen-4-ol, gamma-terpinene, and alpha-terpinene. Terpinen-4-ol is a monoterpenoid alcohol, which gives Tea Tree its toning and harmonizing aromatic characteristics.

As far as essential oils go, Tea Tree is a relative newcomer to the global aromatherapy world. While some essential oils have been used for thousands of years, Tea Tree was relatively unknown outside its native Australia until the eighteenth century. However, in its native lands, it was used for centuries to soothe the skin.



Chemical Components:

a-Pinene

Terpinene

Terpinen-4-ol



How to Use Tea Tree

You can use Tea Tree throughout the day and in a multitude of ways.

- Gargle one drop with water as part of your oral hygiene regimen, making sure not to swallow the mixture when you're done.
- Add one to two drops to a facial cleanser to clean and refresh your skin.
- Add one to two drops to your shampoo.
- Add two to three drops to your diffuser with dōTERRA On Guard® for a warm and refreshing aroma.
- Add one drop to your toothbrush as you clean your teeth.

Mini dōTERRA On Guard® Mouthwash and Tongue Scraper

Swish, Rinse, and Shine

You'll have the reformulated toothpaste and dental floss from the first Immunity Kit, but with this Mini dōTERRA On Guard Mouthwash, you're ready to step up your oral hygiene routine. Rinsing with a mouthwash is an important part of oral care, because it can reach places a toothbrush and floss just can't. Using a mouthwash can also help to balance oral pH, an imperative part of preventing enamel damage.

In a report of preliminary data gathered by dōTERRA scientists, they assessed pH levels from 21 subjects who used the dōTERRA On Guard Mouthwash twice daily over the course of four days. These scientists found that 70% more of the participants had an oral pH that was within the healthy range after just four days of using dōTERRA On Guard Mouthwash.

dōTERRA On Guard Mouthwash is alcohol-free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth. Plus, in its mini size, it's easier than ever access these benefits whether you're at home or traveling.

Top off your oral hygiene routine by using the tongue scraper. When used with the dōTERRA On Guard Natural Whitening Toothpaste and Mouthwash, it can help your mouth and breath feel extra clean and fresh.



—
On Guard

Wild Orange

Clove

Cinnamon Bark

Eucalyptus

Rosemary

What's in dōTERRA On Guard Mouthwash?

Naturally, our mouthwash includes the five powerhouse essential oils in dōTERRA On Guard: Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary. Each of these gently cleanses and soothes the mouth.

The mouthwash also contains miswak extract. From the *Salvadora persica* tree, miswak is a teeth-cleaning twig traditionally used before the advent of the modern toothbrush. It helps control the formation of plaque.

Additionally, dōTERRA On Guard Mouthwash has xylitol, which is a naturally occurring alcohol found in plant material that's widely used as a sugar substitute and in oral hygiene products to maintain healthy and strong teeth.



How to Use dōTERRA On Guard Mouthwash

Here are a couple of tips for how to use the dōTERRA On Guard Mouthwash each day!

- Use after meals to help freshen your breath.
- Include as part of your morning and night routine after brushing with dōTERRA On Guard Natural Whitening Toothpaste.
- Use the tongue scraper as part of your oral hygiene routine to help your mouth feel fresh and clean.



Immunity Kit 3: Start to See Strength



dōTERRA Breathe® Respiratory Blend

A Breath of Fresh Air

Every day, the average adult takes between 18,000 and 30,000 breaths, usually without thinking about a single one of them. Yet each breath is so important. Studies suggest that calmer, slower, and more confident breathing patterns can have beneficial effects on emotions and overall wellness.

Clear, easy breathing can be impaired by air pollution, seasonal concerns, bad posture, feelings of stress, smoking, environmental threats, and lack of exercise, among other aspects of life. dōTERRA Breathe can help promote feelings of clear airways and easy breathing. This best-selling oil blend can be diffused or applied topically to support feelings of clear airways and minimize the effects of seasonal threats. Plus, you'll love the minty fresh and airy aroma.

What's in dōTERRA Breathe?

The essential oils used in dōTERRA Breathe Respiratory Blend—Lemon, Laurel Leaf, Eucalyptus, Ravensara, Ravintsara, Peppermint, Cardamom, and Tea Tree—have all been used traditionally to promote feelings of clear breathing. Eucalyptus and Peppermint have particularly high menthol concentration. Together, these essential oils combine to create a powerful oil blend that helps maintain feelings of clear airways and easy breathing.



Lemon

Laurel Leaf

Eucalyptus

Ravensara

Ravintsara

Peppermint

Cardamom

Tea Tree



How to Use dōTERRA Breathe

Anytime you feel you could use a breath of fresh air, grab your bottle of dōTERRA Breathe and let the powerful essential oils of the Respiratory Blend go to work. Here are a few ways you can use dōTERRA Breathe to maintain feelings of easy breathing.

- Diffuse three to four drops as needed for feelings of clear airways.
- Apply two to three drops to your chest before exercising.
- Diffuse three to four drops as part of your bedtime routine.

dōTERRA On Guard® Touch

Support You Can Feel

Ready to make immune support even easier? With dōTERRA On Guard Touch, you can simply roll on the supportive benefits of this powerhouse oil blend.

The powerful cleansing properties of the essential oils included in dōTERRA On Guard were mentioned earlier. When applied topically, these combined essential oils provide purifying skin benefits you can count on when seasonal threats are high.

When formulating dōTERRA On Guard Touch, scientists combined dōTERRA On Guard with the optimal amount of Fractionated Coconut Oil to provide ideal dilution for sensitive skin and maximize absorption. And since dōTERRA On Guard Touch comes in a roller bottle, topical application—for yourself or your kids—is convenient and mess-free.



-
- On Guard**
- Wild Orange**
- Clove**
- Cinnamon Bark**
- Eucalyptus**
- Rosemary**



How to Use dōTERRA On Guard Touch

See the benefits for yourself and your entire family by using these tips and coming up with some of your own!

- Apply to cleanse your skin or minimize effects of seasonal threats.
- Roll on the bottoms of your feet before bed.
- Roll on the spine and back of the neck.

dōTERRA Frankincense Touch

The King of Oils

When you want an essential oil that does everything, Frankincense is where you look. dōTERRA Frankincense Touch provides the renowned benefits of Frankincense essential oil in a convenient roll-on applicator. Combined with Fractionated Coconut Oil, it's the must-have to soothe skin and provide a calming and balancing effect throughout the day.

Distilled from the resin of Boswellia trees, Frankincense is one of the most prized and precious essential oils (and has been for over 5,000 years) because of its rich aroma and extensive health benefits. There are dozens of species of Boswellia trees, but only four produce true frankincense oil. dōTERRA uses all four of these species—carteri, frereana, sacra, and papyrifera—to produce a pure essential oil that's brimming with benefits.

Rich in alpha-pinene, Frankincense is calming and stabilizing. When diffused or applied topically, Frankincense promotes a peaceful, relaxing environment.



Chemical Components:

a-Pinene

Limonene

a-Thujene



How to Use dōTERRA Frankincense Touch

dōTERRA Frankincense Touch is meant for topical use and can be employed in a variety of situations.

- Roll on dry skin spots as you get ready for the day.
- Massage on the back of your neck for an effective boost during work.
- Roll on the bottoms of feet—along with dōTERRA On Guard® Touch and Oregano—and cover with socks as part of your nighttime routine.
- Apply along the spine and back of the neck.

Oregano

Immune Support in Your Pocket

When you see Oregano essential oil, you probably immediately think of its uses in the kitchen. So why include it in the Immunity Wellness Program? Well, what you might not know is that Oregano is a heavy hitter when it comes to cleansing the body and household surfaces. Oregano essential oil has powerfully cleansing properties that make it useful for supporting the immune, respiratory, and digestive systems.*

Oregano was revered by the ancient Greeks for its taste and countless health benefits. To them, it was known as “the oil of humility.” Distilled from the fragrant leaves of the Mediterranean oregano herb, Oregano essential oil offers powerful antioxidants when ingested,* which come from its primary chemical components: carvacrol and thymol. Carvacrol is a phenol that possesses antioxidant properties and supports the respiratory system when ingested.* Oregano also promotes the secretion of digestive juices, which makes it useful for assisting with healthy digestion.*



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Chemical Components:

Thymol

Carvacrol



How to Use Oregano

Ready to make the power of Oregano work for you? Here are a few ideas to get you started. Keep in mind, Oregano essential oil has a strong chemistry and should always be diluted with a carrier oil before it's used topically.

- Take one drop internally in a Veggie Cap for immune and respiratory support.*
- For power-packed immune support, take one drop in a Veggie Cap with one drop of dōTERRA On Guard® and two drops of Grapefruit.*
- Dilute one drop with Fractionated Coconut Oil and rub on tired muscles as part of a warming massage.
- Apply a drop to the chest with carrier oil and dōTERRA On Guard Touch, especially when seasonal threats are high.

Stronger®

Stay Stronger Longer

Wouldn't we all like to feel stronger, whether that be mentally, emotionally, or physically? It'd help many of us have an easier time getting through the day. Well, Stronger Protective Blend is the perfect go-to. It offers the support you need through changing seasons, as well as everyday life.

This oil blend was originally part of the Kids Oil Collection, specially designed to use with your little ones. Not only does it have a bright aroma that children will love, but it's prediluted in Fractionated Coconut Oil for safe use and convenient application.

What's in Stronger?

Stronger Protective Blend includes several essential oils specifically chosen for their supportive properties and strengthening potential.

Litsea is one of the main ingredients of Stronger. The litsea tree is shrub-like evergreen that produces a small fruit, which is where the essential oil comes from. Litsea's aroma is sweet and lemony—similar to the smell of Lemongrass. It helps keep skin looking clean and offers other effective supportive properties.

Woody, warm, and grounding, Cedarwood can quickly transform any environment into one of relaxation and strength. It's often used in massage therapy to soothe the body.

The rich aroma of Frankincense complements the other essential oils in Stronger especially well with its deep, beautiful scent.

Rose, the queen of oils, is one of the most precious and prized essential oils in the world. Its delicate fragrance is uplifting and comforting. Rose helps bring balance and harmony to the skin when applied topically.

Stronger is prediluted in a base of Fractionated Coconut Oil to help absorption and minimize any skin sensitivity, which means you can use this oil blend with your kids and have zero reservations.



—
Litsea

Cedarwood

Frankincense

Rose



How to Use Stronger®

Ready to feel stronger? Here's how you can use this oil blend with your whole family and build up the fortress of your home.

- Apply to soothe occasional skin irritations.
- Use with children—or adults who have sensitive skin—for a mild protective aroma.
- Roll on your hands, knees, and feet after an eventful day on the playground to soothe skin irritations.
- Apply to the spine and bottoms of the feet before bed.
- Place in your children's backpacks or lunchboxes so they can use at school.



dōTERRA On Guard™ Hand Wipes

Make Life Less Messy

When you're on the go, it's helpful to have something on hand to clean up the messes of the day. With dōTERRA On Guard Hand Wipes, you can enjoy peace of mind, knowing you have a way to keep your hands and space clean and fresh.



- **On Guard**
- Wild Orange**
- Clove**
- Cinnamon Bark**
- Eucalyptus**
- Rosemary**



How to Use dōTERRA On Guard Wipes

Made for your busy life on the go, dōTERRA On Guard Hand Wipes are ideal for travel and daily activities. Infused with the cleansing power of dōTERRA On Guard®, the wipes gently cleanse the hands after touching door handles, using shopping carts, or taking public transportation.

- Keep the individually wrapped wipes in your car, purse, briefcase, or backpack so they're always available.
- Use for a convenient way to clean your hands on the go.

Protect Your Home with Confidence

With your three kits, you have everything you need to be the protector of your home and create a true fortress with natural products. Each kit has been carefully curated by doctors, scientists, and researchers, who chose the most powerfully cleansing, purifying, and immune-supporting products.

With the help of the Immunity Wellness Program, you don't have to carry the burden of finding solutions on your own. You can go from feeling defenseless and overwhelmed in the face of toxins and seasonal threats to feeling assured you're protecting your loved ones in a pure, natural way. Immune support you trust will be delivered straight to your door, and you can start fortifying your home fortress right away.

Go forward with confidence, knowing you're taking care of your family with the best products available. Be the ultimate protector for those you love.

