

dōTERRA

# Supplements Explained

®



## Why Is It Important to Take Supplements?

How you fuel your body is foundational to your health, serving as one of the most controllable pathways to lifelong wellness.

The conventional Western pattern diet (WPD)—or standard American diet (SAD)—is characterized by high intakes of processed meat, highly processed and prepackaged foods, refined grains, corn (and high-fructose corn syrup), and drinks with high sugar content.

Recent reports from the Centers for Disease Control (CDC) present a shocking picture of dietary-related health concerns. The population is well-fed but undernourished. Regardless of your best efforts, modern foods promote nutrient deficiencies, which research has shown can have significant impact on your health.

While the best solution to boost nutrition is to change dietary habits, that's often easier said than done. Plus, recent studies suggest healthy whole foods are getting less nutritious with modern farming techniques and soil degradation, meaning even the strictest and best-planned diets won't meet all your needs.

Dietary supplementation is a convenient way to meet your nutritional needs, promoting whole-body 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.

# Bringing You the Purest Essential Oil Supplements

## A Closer Look at Our Thorough Testing and Clinical Research

At dōTERRA, we believe the foundation of a healthy lifestyle begins with the supplements you can trust to nourish your body. We apply the same meticulous standards we use to vet our CPTG Certified Pure Tested Grade® essential oils to our supplement creation process, ensuring each product delivers purity, potency, and efficacy.



## How Can dōTERRA Promise Pure Essential Oil Supplements?

### A Standard Beyond

In an industry where US regulations are often minimal, our CPTG standard for supplements signifies more than just meeting the required benchmarks. It represents our dedication to providing supplements that you can trust to be safe, pure, and effective.

### Educated Empowerment

We believe in empowering our customers with knowledge. By communicating about our sourcing, testing, and production practices, we aim to educate and inspire confidence in the choices you make for your health and wellness.

### A Promise of Purity and Potency

Our commitment to creating the highest-quality supplements is unwavering. We meticulously test and retest our oils, ensuring they meet our stringent CPTG standards. This relentless pursuit of purity and potency means you can be confident in the supplements you choose for yourself and your loved ones.

Our supplement creation is driven by science, grounded in nature, and validated by rigorous testing. We're dedicated to delivering products that support your wellness journey every step of the way.

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## What Solution Are You Looking For?

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# Solutions

## Daily Vitality

The dōTERRA Lifelong Vitality Pack® and Kid's Kit are all supplements meant to be used daily to maintain a healthy lifestyle.\*

- dōTERRA Lifelong Vitality Pack
  - Alpha CRS+®
  - Microplex VMz® (or Vegan Microplex VMz)
  - xEO Mega® (or vegan vEO Mega®)
- Kid's Kit
  - a2z Chewable™ Tablets
  - IQ Mega®



## Metabolic Health

The MetaPWR® system synergistically supports a healthy metabolism, curbing cravings, sustaining normal-range glycemic and insulin response throughout the day, and naturally promoting cellular energy.\* When combined with healthy lifestyle choices, MetaPWR system products can help you feel great and look younger.\*

- MetaPWR Metabolic Blend
- MetaPWR Assist
- MetaPWR Advantage
- MetaPWR Recharge™
- MetaPWR Softgels
- MetaPWR Beadlets
- MetaPWR Metabolic Blend Satiety Gum



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## Digestive Health

You may have noticed dōTERRA has several supplements that benefit your digestive system.\* Digestive health is a prime concern for people, and many struggle with digestive issues. dōTERRA supplements help keep various digestive system components functioning at their best.\*

- DigestZen® Softgels
- DigestZen DigestTab®
- dōTERRA TerraZyme™
- GX Assist®
- dōTERRA PB Restore™ ProBiome Complex
- PB Assist+® ProBiome Gut Complex
- Zendocrine® Softgels
- Zendocrine Detoxification Complex
- Peppermint Softgels
- Copaiba Softgels



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## Muscle, Joints, and Bones

Your bones, muscles, and joints together form the musculoskeletal system—along with your tendons, ligaments, and cartilage. The bones provide the structural component that protects your internal organs. Your muscles and joints then make movement possible. The following dōTERRA supplements help support your muscles, joints, or bones.\*

- Deep Blue Polyphenol Complex®
- Bone Nutrient Essential Complex
- Phytoestrogen Essential Complex
- xEO Mega® or vEO Mega® and Microplex VMz® or Vegan Microplex VMz
- IQ Mega®



## Cellular Health

dōTERRA has several specialized supplements designed to support your cells.\* From protecting cellular DNA from free radical damage to boosting cell energy, DDR Prime® Cellular Complex, MetaPWR® Mito2Max®, and Deep Blue Polyphenol Complex® are perfect additions to your daily regimen when you need a boost.\*

- DDR Prime Cellular Complex
- MetaPWR Mito2Max
- Deep Blue Polyphenol Complex
- Turmeric Dual Chamber Capsules
- Copaiba Softgels



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## Sleep Health

Good sleep is one of the most essential elements of a healthy life, giving you more energy during the day, assisting your brain and body through important processes, and helping you avoid more serious health concerns. Lack of quality sleep can leave you feeling tired, make it difficult to concentrate, make it harder to lose or maintain weight, and weaken the immune system. Changing your sleeping habits can change nearly every significant part of your day.

- dōTERRA Serenity® Restful Complex Softgels
- Adaptiv® Calming Blend Capsules



## Informed Self-Care

As you take greater responsibility for your health, it's paramount to understand the issues that may not require the immediate attention of a medical professional. While it's important to see a doctor when the situation calls for it, some minor issues can be solved at home, especially if you're proactive (instead of reactive) about taking care of your body. Taking care of yourself, supplementing to promote the health of your body's systems, staying on top of issues—all of these can be addressed with proper use of natural products.

- dōTERRA On Guard+™ Protective Blend Softgels
- TriEase® Softgels



Want to learn more about dōTERRA supplements?  
Scan the QR code to continue your journey.