



## Do I Really Need a Multivitamin?

Why is incorporating supplements into our modern diet important?

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What are some of the dōTERRA supplements that Leland recommends?

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What positive effects has Leland seen from taking the supplements in the dōTERRA Lifelong Vitality Pack®?

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What are some of the benefits of DigestZen TerraZyme®?

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Which of the supplements mentioned would you like to try?

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