

Product Sharing Guidelines

dōTERRA®

Refer to this chart for help determining what types of things you can and can't say when making product claims.

These are based on examples from the FDA and are not intended to simply be substitutes for disease claims.

Structure function claims should only be used when substantiated for the product being discussed.

Do Not Say	Acceptable Supporting Wellness Claims
Prevents, treats, cures any kind of sickness, illness, infection, disease, or chronic condition	Supports or maintains health, wellness, or structures and functions of the body, like the brain, heart, liver, muscles and joints, respiratory system, and cognitive function
Fights a cold or flu	Supports the immune system
Relieves insomnia	Relieves occasional sleeplessness
Relieves headaches	Relieves head and neck tension
Soothes arthritis pain	Supports cartilage and joint function
Reduces depression and anxiety	Reduces occasional anxious feelings or tension
Lowers cholesterol	Maintains healthy cholesterol levels that are already within the normal range
For ear infections	For occasional ear discomfort
Helps fight obesity	Helps with weight loss plan
For dementia and Alzheimer's	For mild memory problems associated with aging
For toxemia	For edema associated with pregnancy
For hyperemesis gravidarum	For ordinary morning sickness
Prevents osteoporosis	Supports bone health
Treats cystic acne	Treats mild acne
Relieves heartburn or acid indigestion (without further qualification)	Relieves occasional or mild heartburn or acid indigestion; also, helps with occasional upset stomach, aids digestion, and alleviates gas or bloating
For nausea (without further qualification)	For occasional nausea or motion sickness
Relieves constipation (without further qualification)	Relieves occasional constipation
Relieves pain (without further qualification)	Relieves minor discomfort or discomfort associated with non-disease states, such as minor muscle aches following exercise
For chronic fatigue or daytime drowsiness	Helps restore mental alertness or wakefulness when experiencing fatigue or drowsiness
Fights germs, viruses, bacteria, or allergens	For seasonal threats
Prevents diabetes	Use as part of your diet to help maintain an already healthy blood sugar level
Along with better dietary and exercise patterns, can prevent conditions like heart disease, stroke, diabetes, and cancer	Along with better dietary and exercise patterns, can contribute to disease prevention and better health