



Importance of Supplements, Plus A Look at Healthspan with Dr. Osguthorpe

Why is incorporating supplements into our modern diet important?

What are some of the dōTERRA supplements that Leland recommends?

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

What is healthspan?

How does Dr. Osguthorpe say that we can positively affect our healthspan?
