



Elevate your health with Healthy Habits





Lavender

Lavandula angustifolia
60212451

Primary Benefits

- Soothes occasional skin irritations.
- Taken internally, Lavender reduces anxious feelings and promotes peaceful sleep.
- Helps ease feelings of tension when used internally.

Lemon

Citrus limon
60206722

Primary Benefits

- Cleanses and purifies the air and surfaces.
- Uplifting, positive aroma.



Terrazyme

Digestive Enzyme Complex
60223861

Primary Benefits

- Supports the healthy digestion and metabolism of enzyme-deficient, processed foods.
- Supports the conversion of food nutrients into cellular energy.
- Promotes safe, effective gastrointestinal comfort and food tolerance.
- Provides a proprietary blend of active whole-food enzymes.
- Contains peppermint, ginger, and caraway seed extracts.



JJV

Citrus limon
60206722

Primary Benefits

- General wellness and vitality
- Promotes antioxidant and DNA protection
- Helps energy metabolism
- Supports bone health
- Supports immune function
- Helps with stress management
- Assist with cardiovascular health



Deep Blue Stick

Topical analgesic
60212451

Primary Benefits

- Includes Deep Blue Soothing Blend, Copaiba, and other natural ingredients.
- Provides maximum OTC strength plant-based menthol.
- Delivers temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis, sprains, strains, and bruises.
- Includes moisturizing emollients that leaves your skin soft and non-greasy.
- Creates a cooling and soothing sensation.

PB Restore

ProBiome Complex
60225766

Primary Benefits

- Supports digestive health and gut barrier integrity.*
- Helps in micronutrient synthesis.*
- May support skin health, the respiratory and immune systems, and a healthy inflammatory response.*
- Provides a unique formulation of 30 pre-, pro-, and postbiotics and bacteriophages that help restore microbial diversity and balance for optimal microbiome health—all in an easy-to-use capsule.*



On Guard

Protecting Blend
60212454

Primary Benefits

- Powerful surface cleaner.
- Energizing and uplifting aroma.



Balance

Grounding Blend
60206704

Primary Benefits

- Promotes a whole-body sense of relaxation.
- Aroma may help ease anxious feelings.
- Aroma evokes feelings of tranquility and balance.

MetaPWR

System
60226414

Primary Benefits

- MetaPWR Metabolic Blend May support healthy metabolic function when ingested.
- MetaPWR Assist may reduce the absorption of simple carbohydrates and sugars.
- MetaPWR Advantage contains nine types of collagen tripeptides, which clinical research has shown to boost skin appearance by promoting skin density, increasing firmness, decreasing wrinkles, and improving hydration.
- MetaPWR Beadlets promote mindful eating and appetite control.

DIY

Lavender Bath Salts

Ingredients:

- ½ bicarbonate salt
- 5 drops Lavender oil
- 5 drops Balance oil

Instructions:

- 1 Mix all the ingredients in a jar
- 2 Allow to dissolve before getting in.
- 3 Enjoy a soothing bath



Lifelong Vitality

Questionnaire

Questions

1. Name one of the obstacles that impede wellness & longevity?
 2. How many risk factors are rooted in poor nutrition?
 3. Name one factor that slows metabolism?
 4. What are the 3 bottles in LLV called?
 5. What makes LLV different from other vitamins?
 6. Please share with us 2 or 3 benefits of taking LLV?
 7. Name 1 or 2 Essential Oils used in the Omega?
 8. What is the equivalent amount you will use to buy groceries that contains these vitamin?
1. True or False LLV protects Cellular DNA?
 2. What does EO in xeoomega stands for?
 3. Name 2 benefits that scientific evidence suggests increasing dietary intake of Omega3?
 1. Mention any 2 benefits of Omega?
 2. Name 2 Vitamins/ Minerals found in LLV?
 3. Which one of these is not included in the whole food of LLV?
 4. What are the 2 healthy habits you should aim to incorporate for best results when taking LLV?

True or False

1. LLV can help improve energy?
2. LLV can help lower inflammation and pain
3. It's recommended to take additional Multivitamins?
4. It's best to take your LLV at bedtime?
5. Taking LLV now can be an investment in your long-time health?



Answers

1. High stress levels, Lack of exercise. Lack of quality sleep, Exposure to toxins & Nutrient deficiencies caused by diet
2. Nine out of the Ten
3. Poor digestion
4. Microplex VMz (Vitamins & Minerals); xo Mega lomega fattv ac ids & Alpha CRS+ (Cellular Energy/anti intllammatory)
5. Bioavailability (Meaning Absorptions)
6. Cellular Longevity/Lifespan; Cellular Inflammatory response; Cellular Energy/Metabolism; Powerful DNA protection; Network Antioxidants Defense; Immune System Support; Stress Management; Bone & Joint Health; Brain /Cognitive Health; Digestive Health; Cardiovascular Health and more...
7. Clove; Ginger; Caraway; Wild Orange; Cumin; Frankincense; German Chamomile & Thyme
8. +- R32 000
9. True
10. Essential Oils
11. Cardiovascular Health; brain function; immune function; joint health; mobility & the skin
12. Promotes heart and circulatory health; Supports Healthy Join Function and comfort; Provides Immune Supporting Nutrients; Promotes Healthy Skin; Provides natural sources of vitamin D and E; Offers systemic and circulatory benefits; Provide antioxidants and support healthy cellular responses, healthy immune function, and digestive calmness; Provides a wide range of omega3 essential fatty acids from marine and plant to help maintain a healthy balance of vital nutrients
13. Microplex VMz provides a balanced blend of essential antioxidant vitamins A, C E and selenium,an enegy complex of B vitamins and 20 mcg of vitamin D. It also contains important chelatedminerals for metabolism and the essential bone nutrients calcium, magnesium and zinc
14. Kale; Dandelion; Parsley; Broccoli; Mushrooms; Brussels sprout; Cabbage & Spinach
15. When used alongside a healthy ,well balanced diet ,regular exercise and other healthy habits

True or False

1. True
2. True
3. False
4. False
5. True





Thank you for
celebrating our 5th year
anniversary with us!

dōTERRA Team

