

Wellness Pyramid

Our lifestyle choices are the foundation for wellness.



Nutrition & Digestion



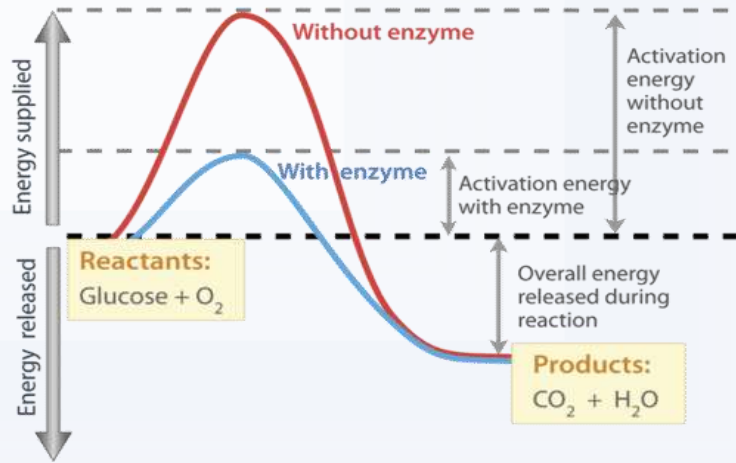
MACRONUTRIENTS

The Fuel of the Body

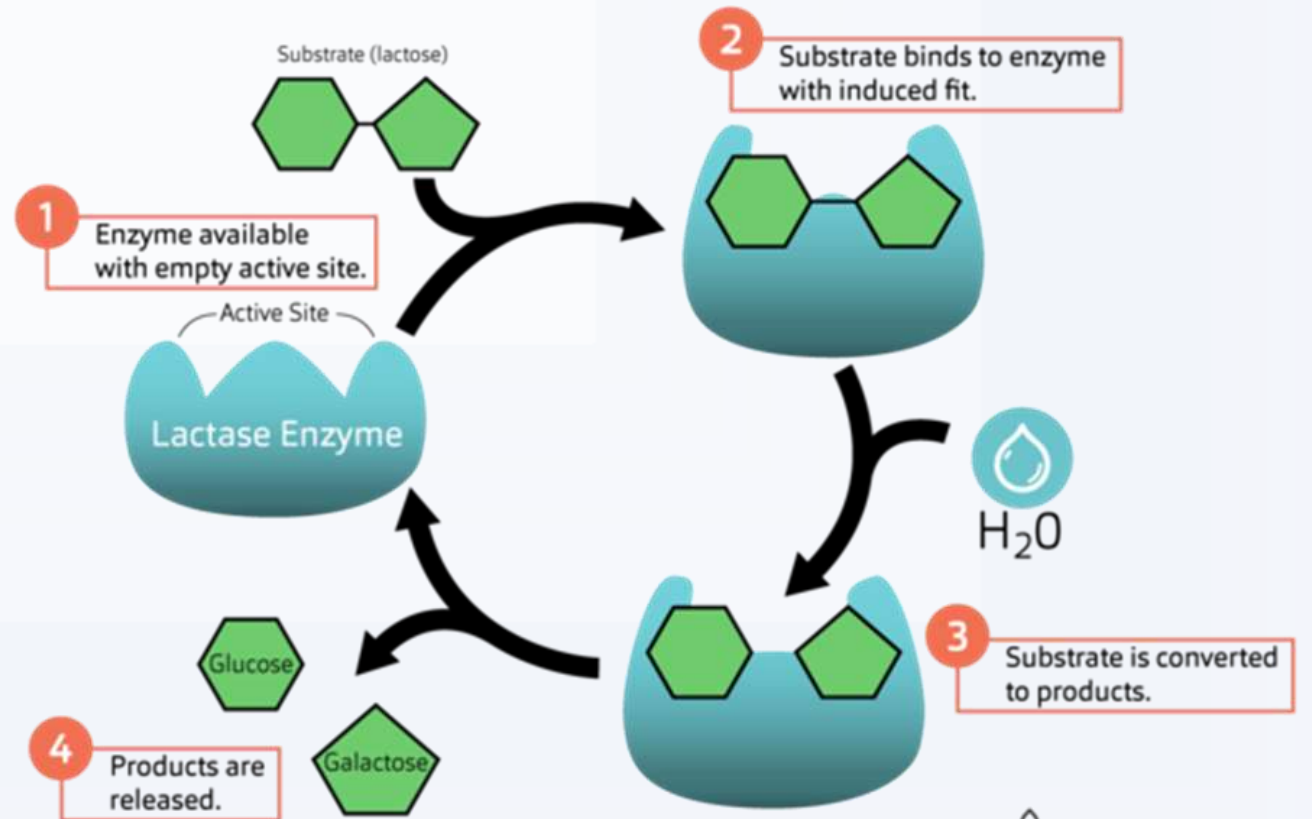
CARBS

PROTEINS

FATS



The Catalytic Cycle of an Enzyme



TerraZyme



INGREDIENTS

Protease (26,000 HUT)

Bromelain (50,000 PU)

Amylase (8,400 DU)

Papain (10,000 USP)

Lactase (1,500 ALU)

Cellulase (125 CU)

Lipase (1,200 FIP)

Caraway seed

Ginger root

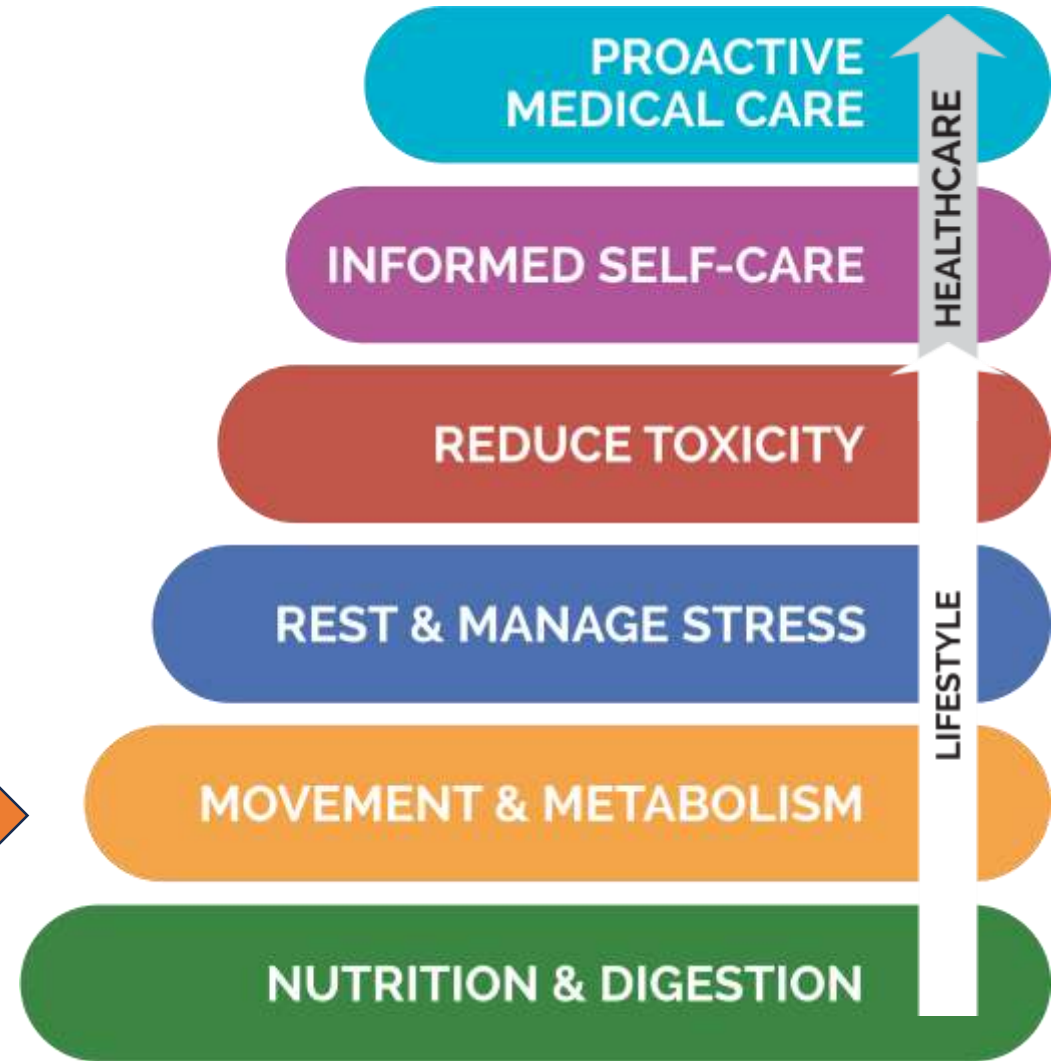
**Peppermint
leaf**




TerraZyme Usage

Wellness Pyramid

Our lifestyle choices are the foundation for wellness.



A group of people in a gym performing a plank exercise. The foreground shows a man in a black t-shirt in a plank position, looking forward. In the background, other people are also in plank positions, some wearing headphones. The gym has a wooden floor and various pieces of equipment.

“Eating alone will not keep
a man well, he must also
take **exercise.**”

—Hippocrates, 400BC



dōTERRA
Deep Blue
Polyphenol
Complex™

Ice Blue Polyphenol Complex

Turmeric Root

Curcuminoids



Boswellia Gum

Boswelli Acids



Ginger Root

Gingerols



Camellia Sinensis Leaf

Polyphenols



Pomegranate Seed

Polyphenols



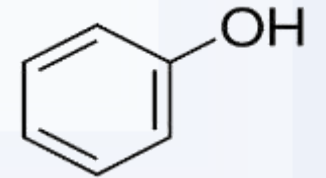
Grape Seed

Proanthocyanidins

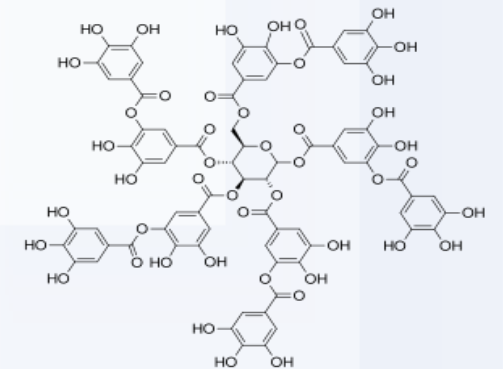


Japanese Knotweed Root Extract

Resveratrol



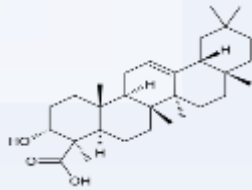
“phenol”



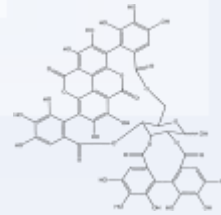
“poly”



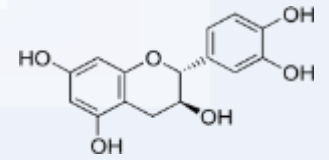
Frankincense (boswellic acid)



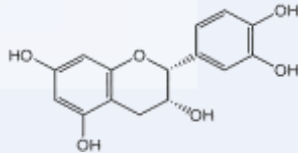
Pomegranate (ellagic acid)



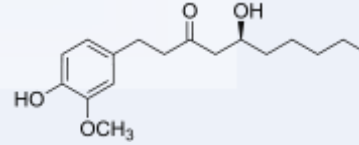
Camellia sinensis (catechins)



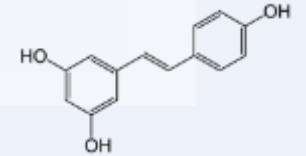
Grape (proanthocyanidins)



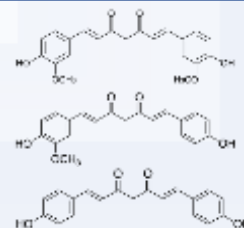
Ginger (gingerols)



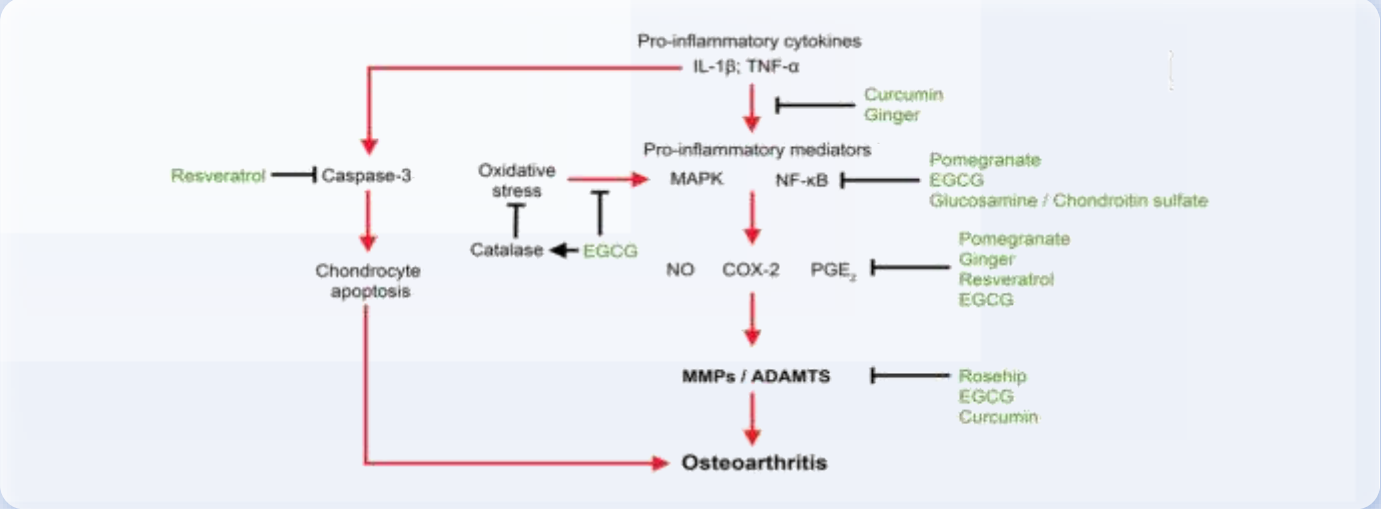
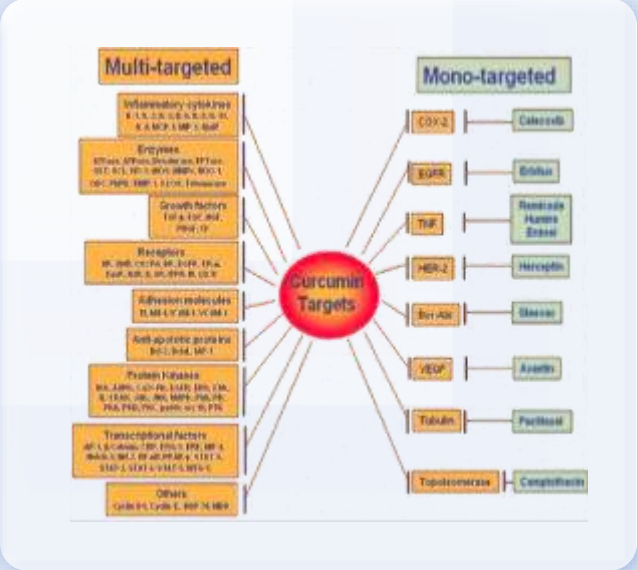
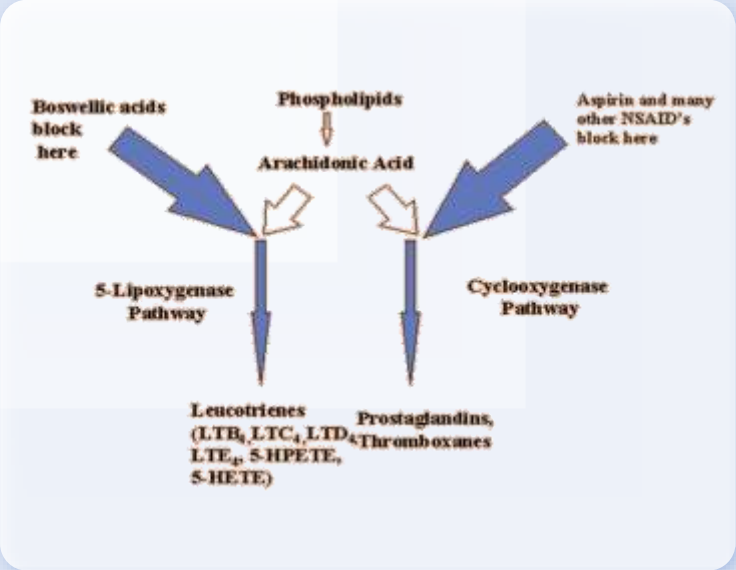
Japanese Knotweed (resveratrol)



Turmeric (curcuminoids)



Deep Blue Polyphenol Complex Chemistry



Usage



Prophylactic / Maintenance -
“...everyday for long-lasting
benefits...”

*Daily, split-dose, take advantage of great
polyphenol and antioxidant benefits*

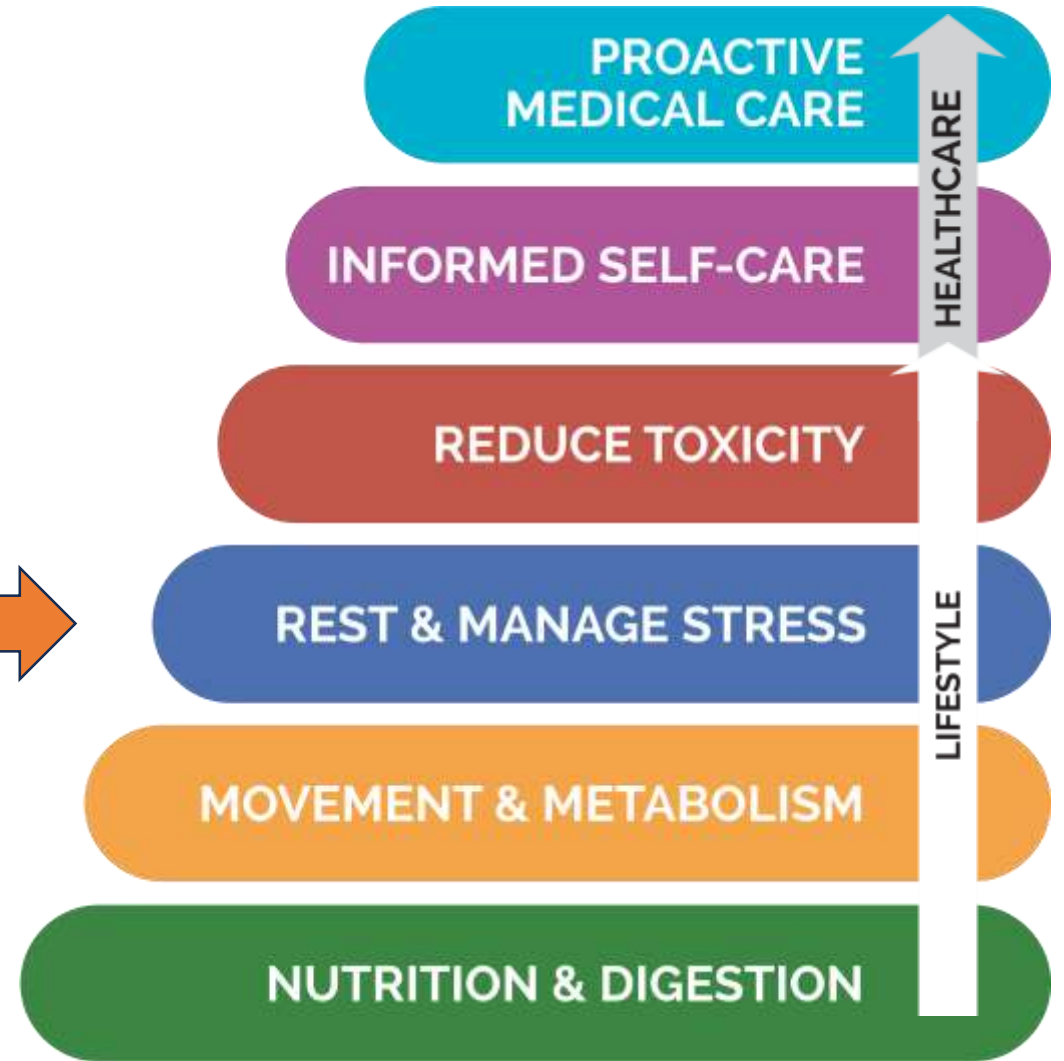


Acute – “...as needed when
discomfort presents itself...”

*2+ capsules at once to address achy
muscles or joints*

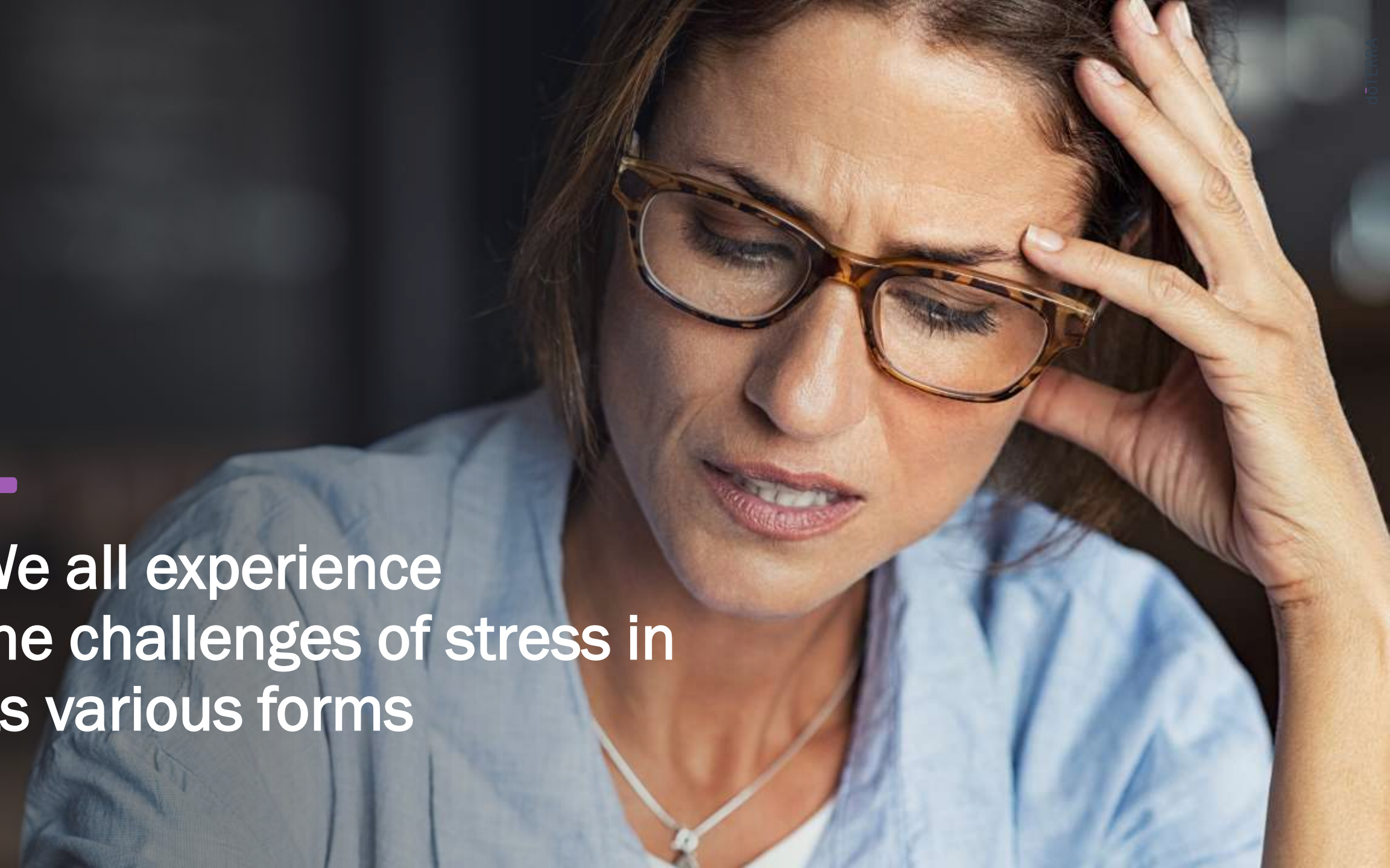
Wellness Pyramid

Our lifestyle choices are the foundation for wellness.





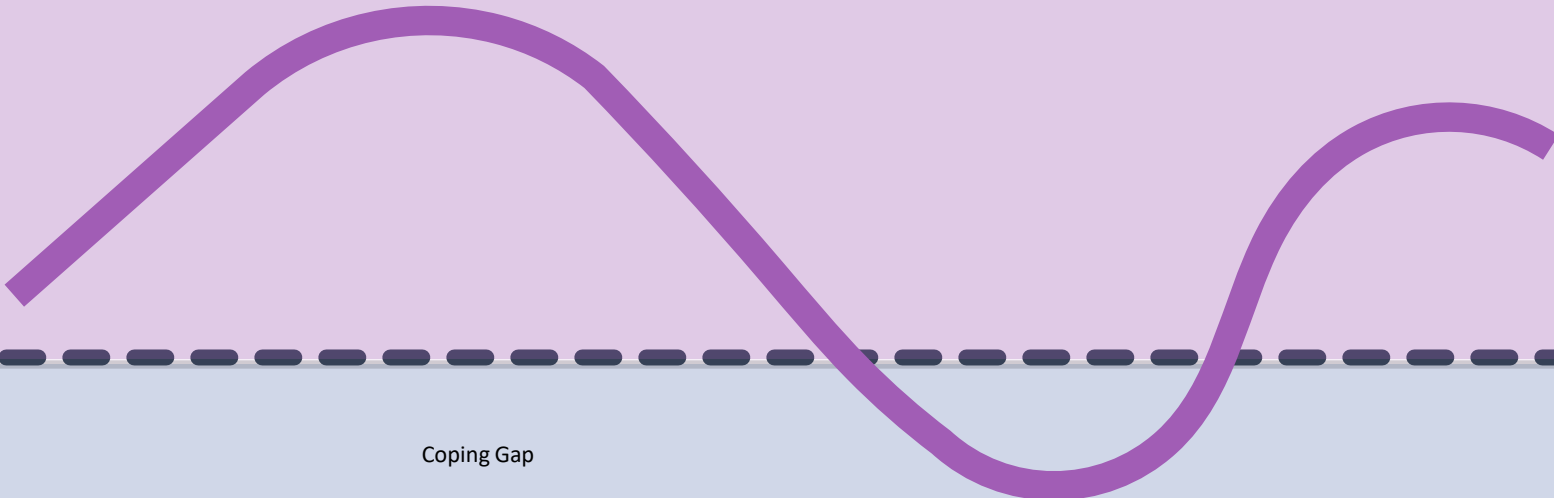
**We all experience
the challenges of stress in
its various forms**





Our physiologic ability
to manage and react
to stressful
circumstance

Coping Capacity



Coping Gap

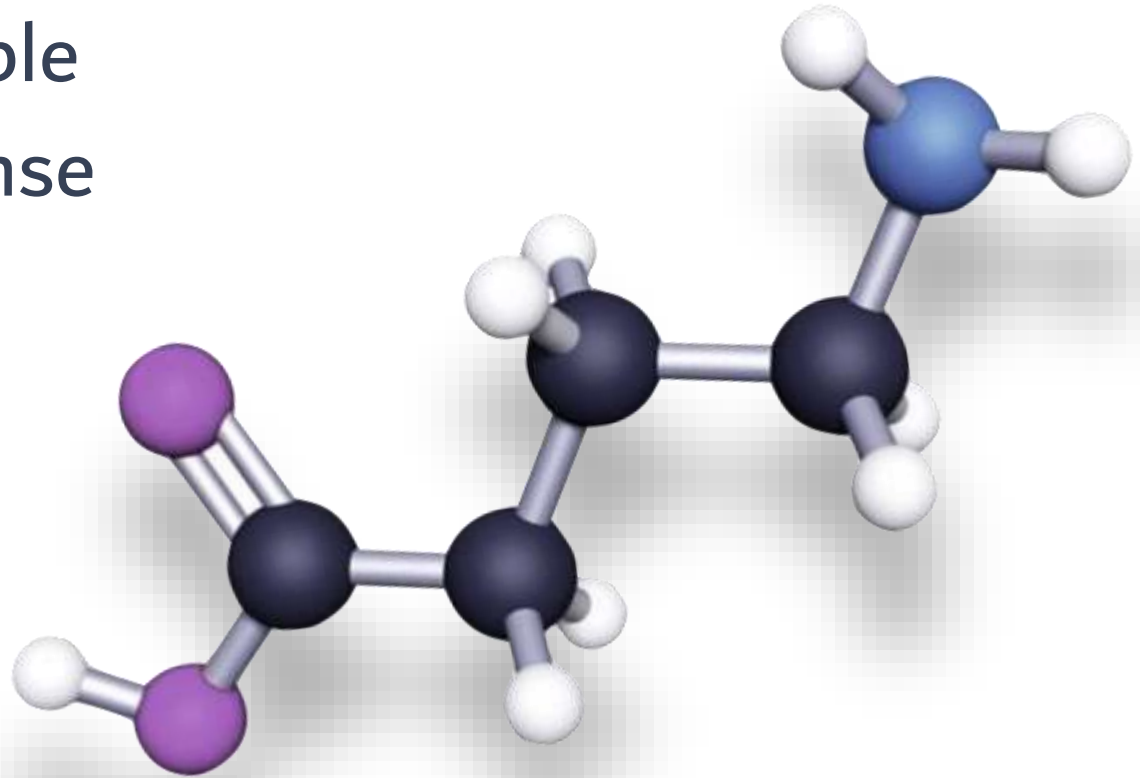
SCIENCE OF ADAPTIV™

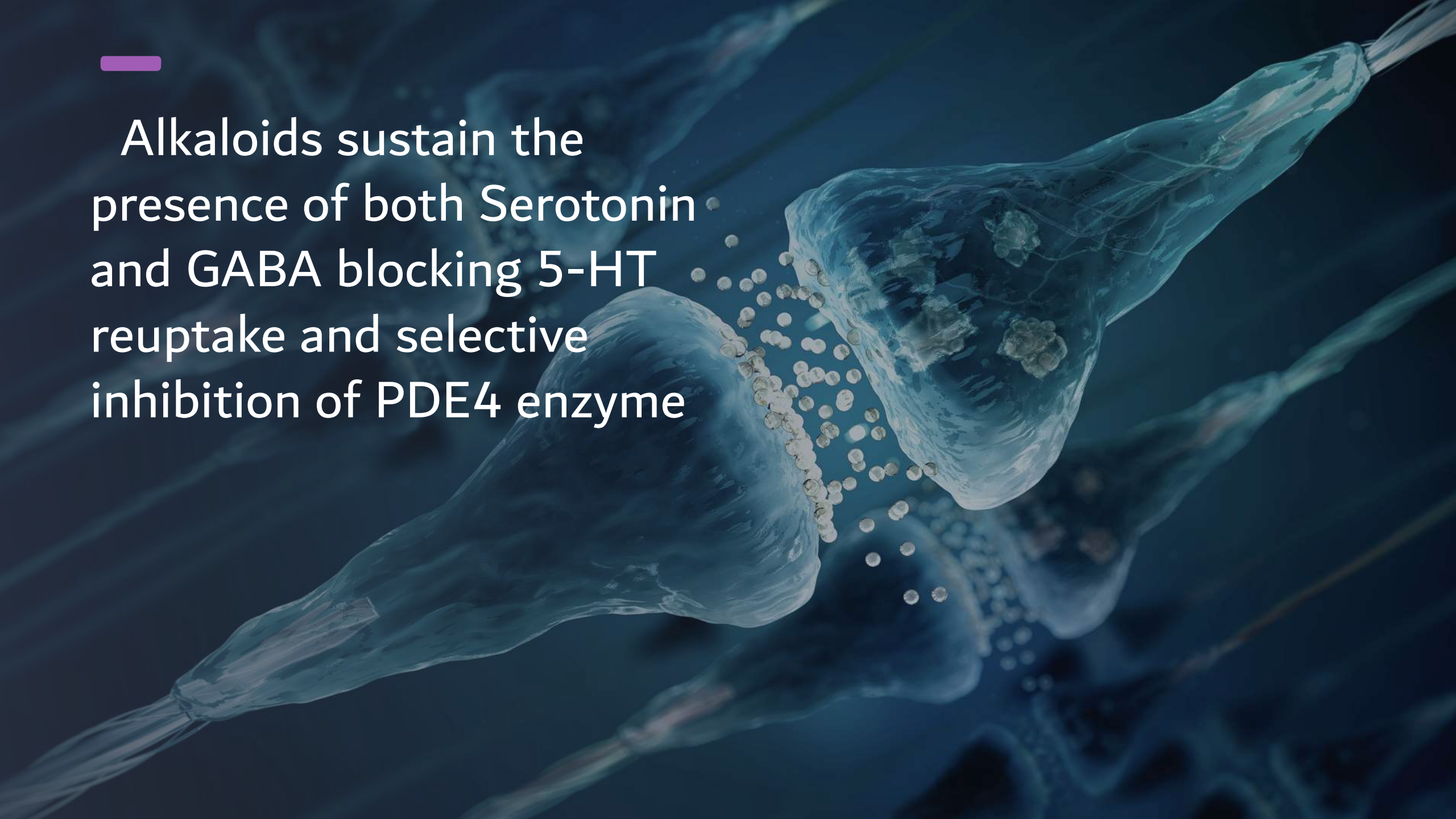
- Proprietary essential oil Blend
- Scleteium Root
- Ahi Flower
- **G**ama**A**mino**B**uturyic**A**cid



GABA (GAMMA-AMINOBUTYRIC ACID)

Acts as the primary inhibitory neurotransmitter responsible for parasympathetic response



A 3D illustration of a synapse. Two neurons are shown, one on the left and one on the right, with their axons ending in bulbous synaptic terminals. Numerous small, spherical vesicles containing neurotransmitters are clustered at the synaptic cleft between the two terminals. The entire scene is rendered in a cool, blue-teal color palette. In the top-left corner, there is a solid purple horizontal bar.

Alkaloids sustain the presence of both Serotonin and GABA blocking 5-HT reuptake and selective inhibition of PDE4 enzyme



Rich source of Omega 3 fatty acid to support a number of healthy

functions.

Stearidonic acid easily enters the bloodstream and is fully converted to EPA and DHA creating greater bioavailability



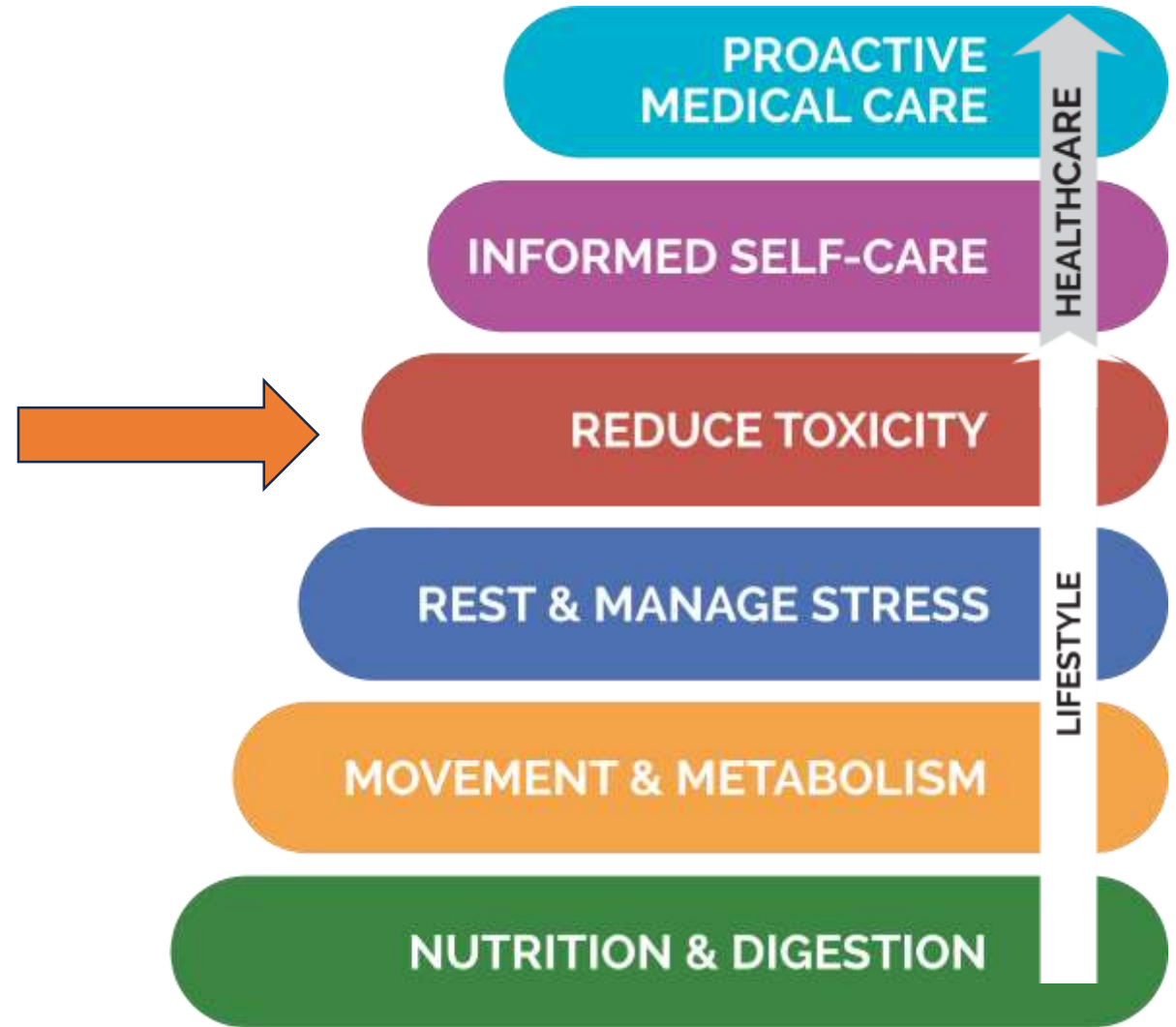
ADAPTIV™

- Lavender
- Coriander
- Wild Orange
- Fennel



Wellness Pyramid

Our lifestyle choices are the foundation for wellness.



Toxin

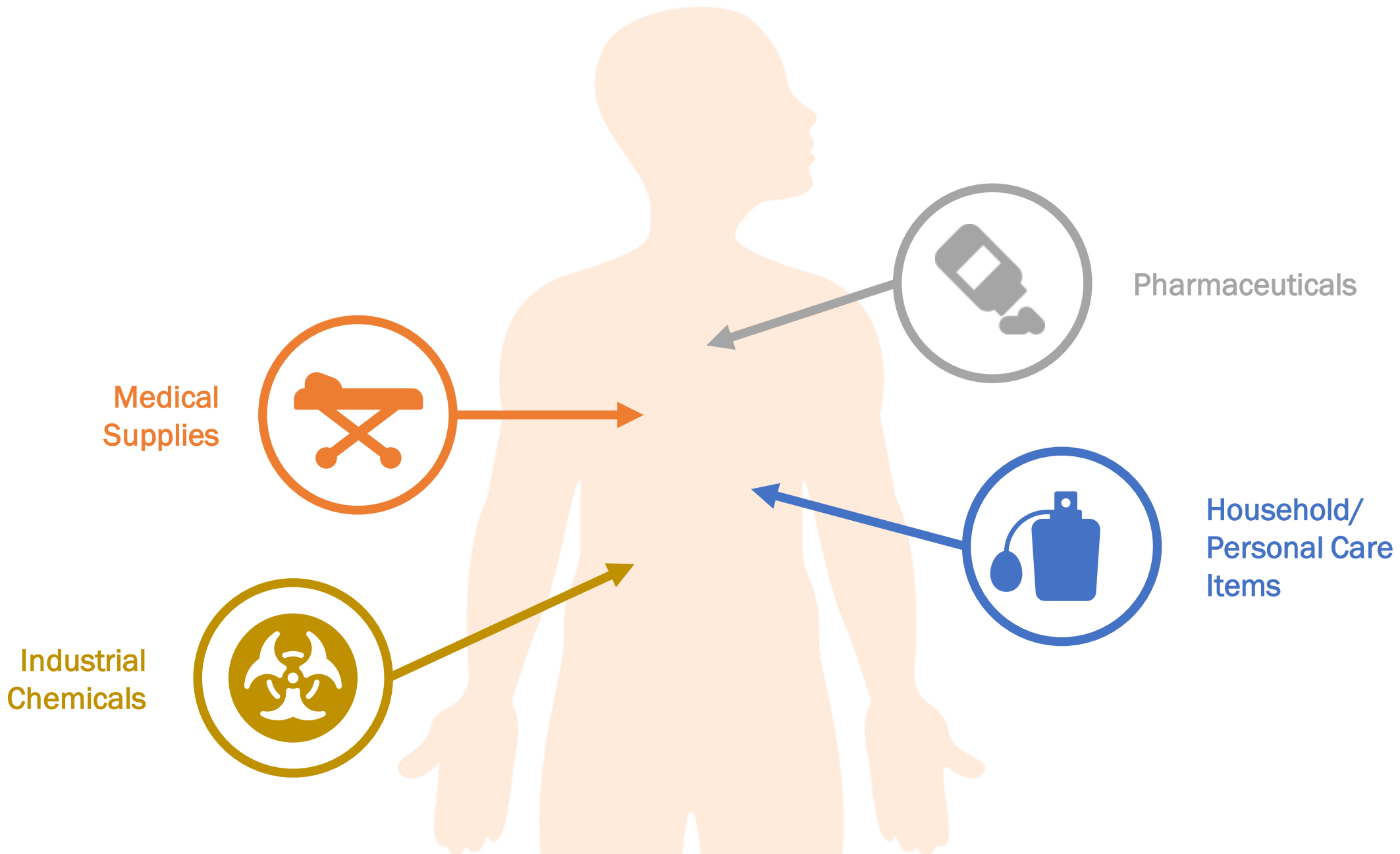
Any substance that places undue stress on the body.

Toxic Load

Sum of toxic substances accumulated within your body, and the burden they place on organs at any given time.

Excessive exposure to toxins may result in increased risk for:

- Hormone-related cancers
- Obesity
- Diabetes
- Other metabolic issues
- Cardiovascular diseases
- Neurocognitive deficits in developing children
- Poor Thyroid function



Medical
Supplies

Pharmaceuticals

Household/
Personal Care
Items

Industrial
Chemicals

Household, Personal Care & Consumables

BPA's, Parabens, Phthalates & Triclosan are found in most of our common daily use items.



Bisphenol A
(BPA)

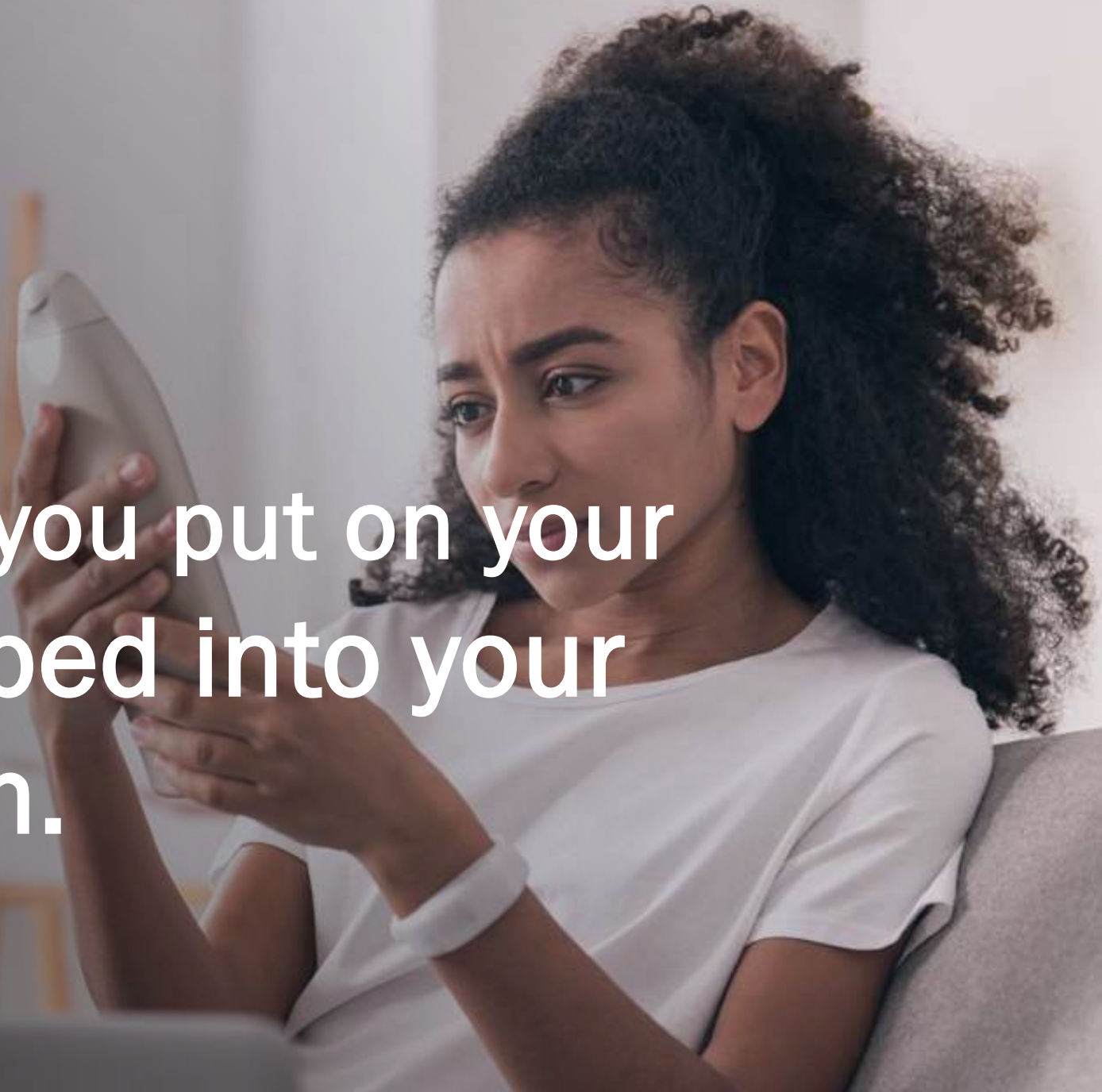


Parabens &
Phthalates



Triclosan
(TCS)

60% of what you put on your skin is absorbed into your blood stream.



DITCH TOXIC PRODUCTS *and* SWITCH TO MORE NATURAL OPTIONS

1

Identify toxins

2

Ditch toxic products +
Switch to more natural
options

Naturally Powerful

- Cleansing and protecting constituents – limonene, eugenol, cinnamaldehyde
- Protects against seasonal and environmental threats
- Surface cleansing
- Uplifting aroma – great for diffusing



Naturally Strong

- Invigorating constituents – Terpinen-4-ol, γ -terpinene, α -terpinene
- Cleansing and rejuvenating skin
- Purifying and freshening the air
- Add a drop to shampoo, conditioner, or carrier oil



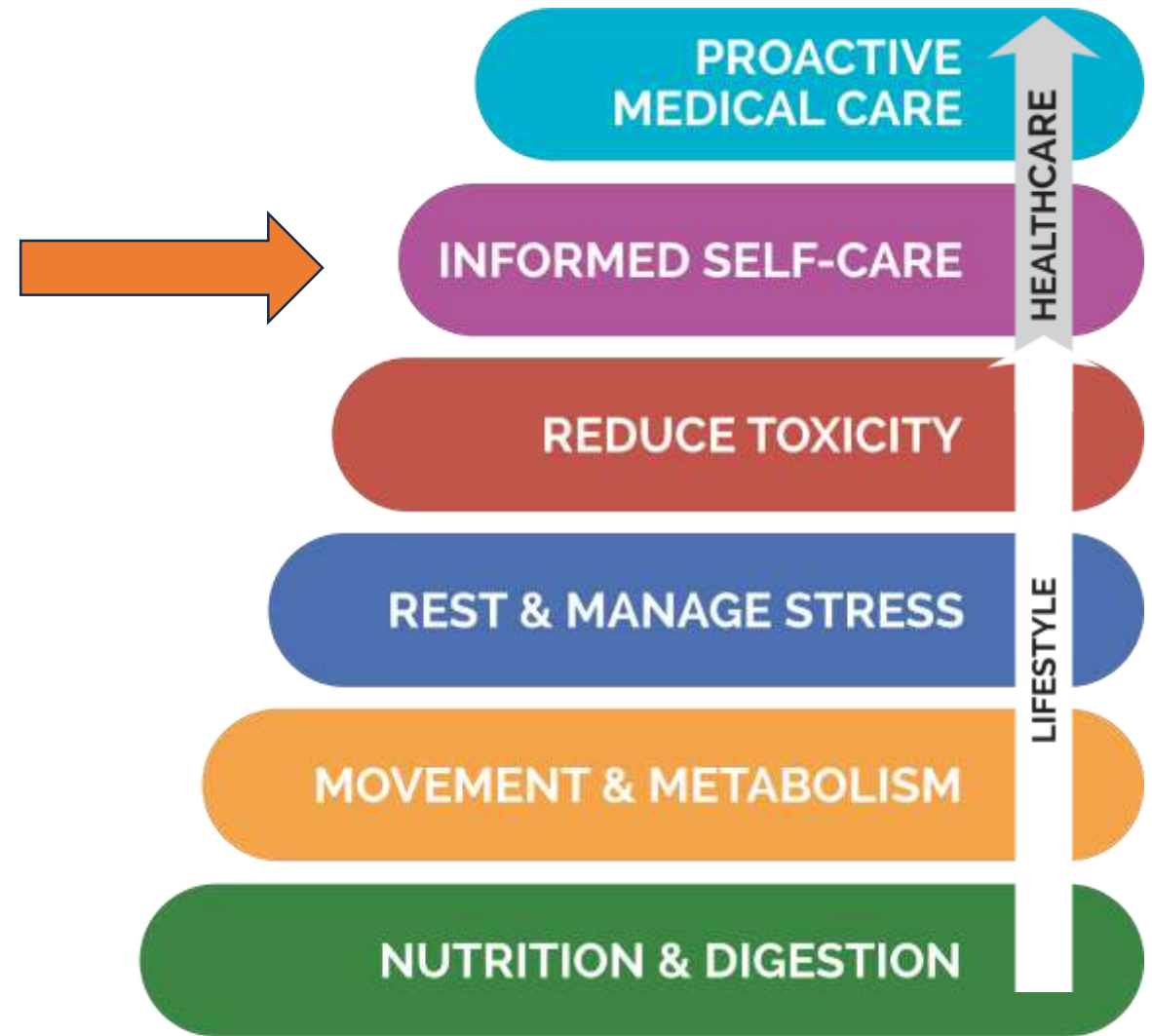
Naturally Cleansing

- Cleansing and uplifting constituents – limonene, beta-pinene
- Freshens the air
- Positively affects mood – stimulating and refreshing
- Uplifting aroma – great for diffusing



Wellness Pyramid

Our lifestyle choices are the foundation for wellness.



Self-care: the practice of taking action to preserve or improve one's own health.

Informed Self-Care Pillars

Metabolic
Concerns

Immune
Function

Inflammatory
Response

Mental Health

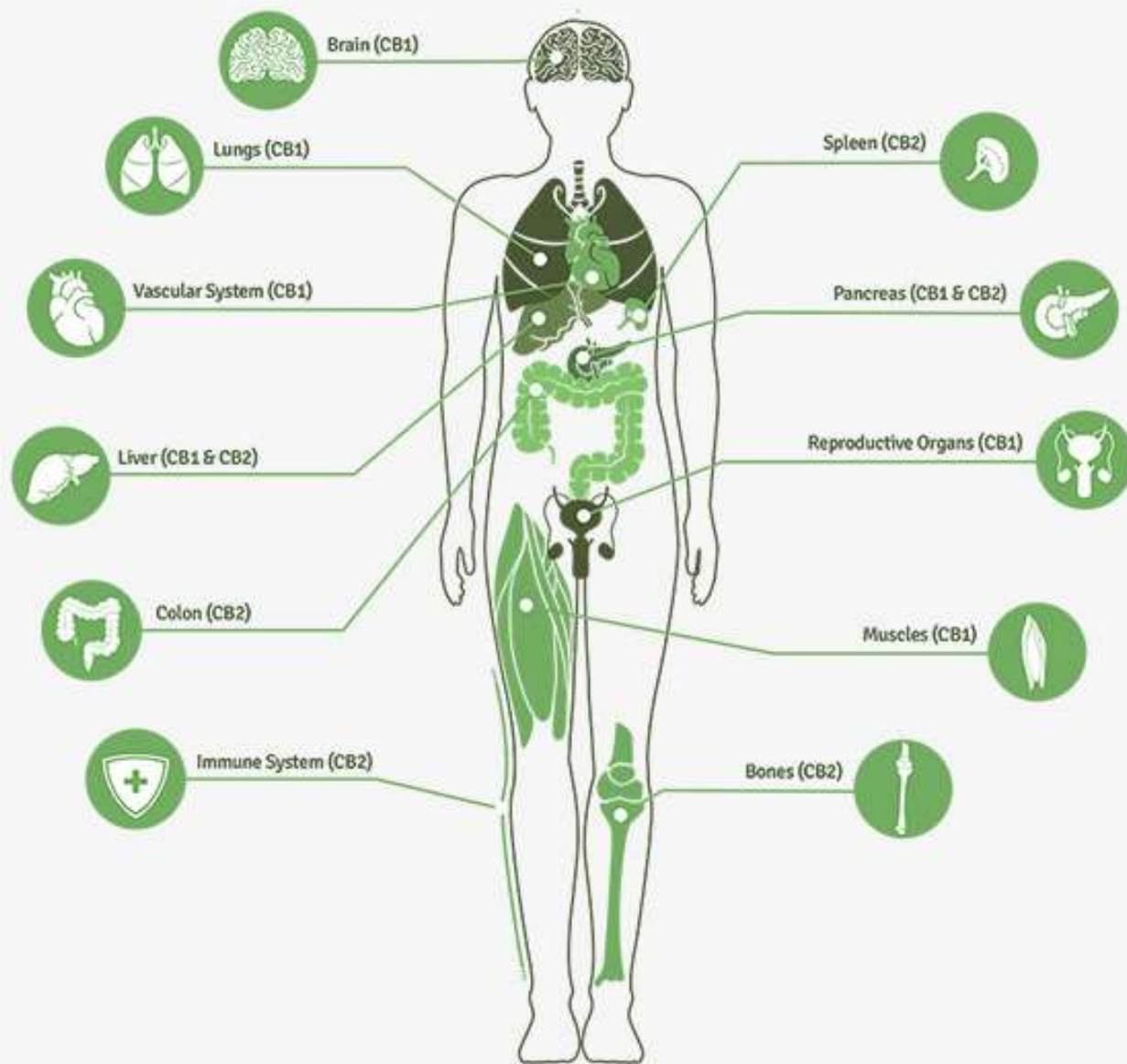


Naturally Powerful

- Soothing and supporting constituents – citral, beta-caryophyllene
- Helps calm tension and nerves
- Uplifting aroma – great for diffusing
- Supportive to endocannabinoid system



THE BODY'S ENDOCANNABINOID SYSTEM



Naturally Soothing

- Calming constituents – Beta-caryophyllene, alpha-humulene
- Hydrating and rejuvenating skin
- Supportive of endocannabinoid system
- Excellent for a soothing massage



Naturally Supportive

- invigorating and balancing constituents – limonene, pinene, beta-caryophyllene
- Freshens the air
- Supports healthy cellular and nervous system when used internally
- Supports antioxidant systems internally
- Supports health through endocannabinoid system



Wellness Pyramid

Our lifestyle choices are the foundation for wellness.

