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Arborvitae

Thuja plicata 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Plant Part: Wood

Extraction Method: Steam distillation

Aromatic Description: Woody, warm, earthy

Main Chemical Components: Methyl thujate, Methyl-Myrtenate, Terpinen-4-ol

PRIMARY BENEFITS

- May help promote clear, healthy-looking skin when applied topically
- Powerful cleansing and purifying agent
- Natural insect repellent and wood preservative

Arborvitae

Thuja plicata 5 mL

Part Number: 49360001

Wholesale: \$22.00

Retail: \$29.33

PV: 22



PRODUCT DESCRIPTION

Known as the “tree of life,” Arborvitae is majestic in size and abundant in unique benefits. Our arborvitae essential oil is sourced from the heartwood of the *Thuja plicata* tree. It is also known as Western Red Cedar and is native to North America (primarily Canada and the Northwestern United States). This unique source of Arborvitae essential oil contains a distinct chemical profile and is uniquely concentrated in methyl thujate. The sourcing arrangements for this oil are done in an innovative, environmentally responsible way through distillation of residual wood materials to ensure no trees are unnecessarily harvested for production. Native to Canada, all parts of the Arborvitae tree were used extensively by Native Americans for health benefits and for building vessels, totem poles, baskets, and clothing. Because of its natural preserving properties, Arborvitae prevents wood from rotting, which makes it popular in woodcraft and for preserving natural wood surfaces.

USES

- Add a few drops to a spray bottle with water and spray on surfaces or hands for a quick DIY cleaner.
- Apply to wrists and ankles while hiking.
- Diffuse to purify the air and to repel insects inside the home.
- Mix 4 drops of Arborvitae essential oil and 2 drops of Lemon essential oil for a natural wood preservative and polish.
- Use during meditation for a sense of peace and calm.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Basil

Ocimum basilicum 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, herbal

Main Chemical Components: Linalool, 1,8-cineole (eucalyptol), bergamotene

PRIMARY BENEFITS

- Helps to keep the skin looking clean, clear, and healthy
- Promotes mental alertness and lessens anxious feelings when diffused
- Supports cardiovascular and nervous system health when consumed internally*

Basil

Ocimum basilicum 15 mL

Part Number: 30010001

Wholesale: \$24.00

Retail: \$32.00

PV: 24



PRODUCT DESCRIPTION

Basil has a warm, spicy, yet herbal aroma known to reduce anxious feelings. Basil provides great benefits to both the mind and body due to its high linalool content, making it an ideal application to help reduce feelings of tension when applied to the temples and back of the neck. Basil is commonly used in cooking to add a fresh, herbal flavor to meats, pastas, and entrée dishes, and it is also cooling to the skin. The aroma of Basil helps promote a sense of focus and a stress-relieving experience.

USES

- Diffuse to promote a sense of focus while studying or reading.
- Combine with Geranium and Wild Orange essential oils, for an uplifting aromatic massage.
- Add to your favorite Italian dishes for a refreshing taste.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Bergamot

Citrus bergamia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Bergamot rind (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description: Citrus, spice, with a light floral note

Main Chemical Components: Limonene, linalyl acetate, linalool, terpinene, β -pinene

PRIMARY BENEFITS

- Calming and soothing aroma
- Provides skin purifying benefits
- Frequently used in massage therapy for its calming benefits

Bergamot

Citrus bergamia 15 mL

Part Number: 30790001

Wholesale: \$30.00

Retail: \$40.00

PV: 30

PRODUCT DESCRIPTION

Bergamot is the most delicate of the citrus plants, requiring special climate and soil in order to thrive. Italians have used Bergamot for years to reduce feelings of stress and to soothe and rejuvenate skin. In Greece, the unripe fruits are used as sweetmeats, eaten by the spoonful as a dessert or with coffee. Bergamot is unique among citrus oils due to its ability to be both uplifting and calming, making it ideal to help with anxious and sad feelings. It is also purifying and cleansing for the skin while having a calming effect.

USES

- Diffuse in the classroom, at work, or at home when stress levels or tension is high.
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits.
- Change regular tea to Earl Grey with the addition of Bergamot.
- Apply to the feet before bedtime or use with a carrier oil for a calming and relaxing massage.
- Add one to two drops to your DIY skin care cleanser.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



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Black Pepper

Piper nigrum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Fruit

Extraction Method: Steam distillation

Aromatic Description: Hot, sharp, fruity, spicy

Main Chemical Components: β -caryophyllene, limonene, sabinene, α -pinene, β -Pinene, δ -3-carene

PRIMARY BENEFITS

- Provides antioxidant support*
- Supports healthy circulation*
- Aids digestion*
- Enhances food flavor
- Soothes anxious feelings*

Black Pepper

Piper nigrum 5 mL

Part Number: 41040001

Wholesale: \$22.00

Retail: \$29.33

PV: 22

PRODUCT DESCRIPTION

Black Pepper is best known as a common cooking spice that enhances the flavor of foods, but its internal and topical benefits are equally noteworthy. This essential oil is high in monoterpenes and sesquiterpenes, known for their antioxidant activity* and ability to help ward off environmental and seasonal threats. Black Pepper promotes healthy circulation,* but should be used with caution when applied topically due to its strong warming sensation. It can also help with the digestion of foods, making it an ideal oil to cook with and enjoy both for its flavor and internal benefits.*

USES

- Create a warming, soothing massage by combining one to two drops with a carrier oil.
- Diffuse or inhale directly to soothe anxious feelings.
- Take one to two drops in veggie caps daily to support healthy cellular function.*
- Add to meats, soups, entrees, and salads to enhance food flavor and aid digestion.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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Blue Tansy

Tanacetum annuum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Plant Part: Flower/Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Fruity, mellow, balsamic

Main Chemical Components: Sabinene, Chamazulene, p-Cymene, α -Phellandrene, β -Pinene, Camphor

PRIMARY BENEFITS

- Helps reduce the appearance of blemishes
- Uplifts mood when used aromatically
- Provides a soothing sensation when applied to the skin

Blue Tansy

Tanacetum annuum 5 mL

Part Number: 60203383

Wholesale: \$85.00

Retail: \$113.33

PV: 80

PRODUCT DESCRIPTION

Blue Tansy, also referred to as Moroccan Tansy, is an annual yellow-flowered Mediterranean plant found in northern Morocco. Chamazulene, a chemical component in Blue Tansy, provides the characteristic indigo color and is recognized for its skin soothing benefits. At the same time, the main chemical component Sabinene helps diminish the appearance of blemishes. Uplifting to the mood, Blue Tansy provides a sweet aroma to fill any room. It's perfect for massaging into skin with fractionated coconut oil or lotion after a long day of work or intense exercise to aid the body in the natural recovery process.

USES

- Diffuse to uplift mood and create a positive atmosphere.
- Add a drop to 1 or 2 oz of your favorite moisturizer or cleanser and apply topically to help reduce the appearance of blemishes or soothe skin irritation.
- Include 1 or 2 drops in lotion for a restoring massage after a stressful day or extreme workout.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity or temporary staining. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. May stain surfaces, fabrics, and skin.



Cardamom

Elettaria cardamomum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Spicy, fruity, warm, balsamic

Main Chemical Components: α -Terpinyl acetate, linalyl acetate, 1,8-cineole (eucalyptol)

PRIMARY BENEFITS

- May help ease occasional indigestion and maintain overall gastrointestinal health*
- Promotes clear breathing and respiratory health*
- Flavorful spice for cooking and baking

Cardamom

Elettaria cardamomum 5 mL

Part Number: 49350001

Wholesale: \$26.00

Retail: \$34.67

PV: 26



PRODUCT DESCRIPTION

A close relative to Ginger, Cardamom is known as an expensive cooking spice and for being beneficial to the digestive system in a variety of ways. Cardamom is commonly used internally to help soothe occasional stomach discomfort.* Its distinct scent can promote a positive mood. Ingested Cardamom also has profound effects on the respiratory system due to its high 1,8-cineole content, which promotes clear breathing and respiratory health.* Native to Southeast Asia, Cardamom is added to traditional Indian sweets and teas for its cool, minty aroma and flavor. dōTERRA Cardamom essential oil is extracted from Cardamom seeds grown in Guatemala, using our strict CPTG® testing standards. Through a collaborative and responsible sourcing arrangement, we are able to have a significant impact on the lives of local partners, ensuring that these farming communities enjoy improved livelihoods.

USES

- Use internally as part of a daily health regimen to support healthy gastrointestinal function.*
- Add to bread, smoothies, meats, and salads to enhance food flavor.
- Diffuse or inhale for a sense of openness and mental clarity.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Cassia

Cinnamomum cassia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I D

Plant Part: Bark

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, cinnamon

Main Chemical Components: Trans-cinnamaldehyde, cinnamyl acetate

PRIMARY BENEFITS

- Promotes healthy digestion when taken internally*
- Ingest to support healthy cardiovascular, metabolic, and immune function*
- Warming, uplifting aroma

Cassia

Cinnamomum cassia 15 mL

Part Number: 30020001

Wholesale: \$19.00

Retail: \$25.33

PV: 19

PRODUCT DESCRIPTION

A close relative to Cinnamon, Cassia has a strong, spicy aroma that can be used in small quantities to transform any essential oil blend. Cassia has been used for thousands of years for its many health benefits. It's one of the few essential oils mentioned in the Old Testament, noted for its unmistakable fragrance and calming aromatic properties. Cassia is a "warming" oil that helps promote healthy immune function when ingested.* It also is a great oil to diffuse during cold months due to its warming properties and spicy scent. Due to its caustic nature, Cassia should be diluted with a carrier oil when applied to the skin and can be very strong when inhaled directly. When diluted and applied topically, Cassia can help soothe the body. Cassia can be used in cooking either as a replacement for Cinnamon in pies and breads or by itself in a myriad of entrées and desserts.

USES

- Add one drop to citrus blends or diffuse with Clove and Ginger during fall and winter.
- Take one to two drops in veggie capsules for added immune support.*
- Combine one drop with a carrier oil and massage for a warming sensation.
- Combine one to two drops along with Lemon in a glass of water to support healthy digestion and metabolism.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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Cedarwood

Juniperus virginiana 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T S

Plant Part: Wood

Extraction Method: Steam distillation

Aromatic Description: Nutty, woody, sweet

Main Chemical Components: α -cedrene, cedrol, thujopsene

PRIMARY BENEFITS

- Naturally repels insects
- Promotes relaxation
- Helps to keep skin looking healthy

Cedarwood

Juniperus virginiana 15 mL

Part Number: 49300001

Wholesale: \$13.00

Retail: \$17.33

PV: 13

PRODUCT DESCRIPTION

Known for its rich hue and warm, woody scent, Cedarwood essential oil provides myriad benefits. It is native to cold climates, thriving in high altitudes and growing up to 100 feet. Reminiscent of its size and strength, Cedarwood has a grounding aroma that evokes feelings of wellness and vitality. When applied topically, Cedarwood has clarifying properties. Additionally, Cedarwood is frequently used in massage therapy to relax and soothe the mind and body.

USES

- After a difficult day, diffuse to create a relaxing environment.
- During your facial routine, add one to two drops to your facial toner or moisturizer to promote clear, healthy looking skin.
- Place a drop on a cotton ball and place in closet to keep moths at bay.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Cilantro

Coriandrum sativum 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Fresh, herbal, sweet, pungent

Main Chemical Components: Linalool, trans-2-Decenal

PRIMARY BENEFITS

- Supports healthy digestion when taken internally*
- Ingest to promote healthy immune and nervous system function*
- Gives food a fresh and tasty flavor

Cilantro

Coriandrum sativum 15 mL

Part Number: 41850001

Wholesale: \$26.00

Retail: \$34.67

PV: 26



PRODUCT DESCRIPTION

The culinary uses and additional benefits of Cilantro have been documented for centuries. Internal use of Cilantro promotes healthy digestion and supports healthy immune and nervous system functions.* Applied topically, Cilantro is very soothing and cooling to the skin, and it adds a fresh, herbal aroma to any essential oil blend when diffused. Cilantro's culinary uses are endless, adding a flavorful twist to meats, salads, dips, and guacamole.

USES

- Place two drops in a dōTERRA veggie cap to support healthy digestion and immune system function.*
- Add to stir fries, salads, and dips to experience Cilantro's distinct flavor.
- Diffuse with citrus essential oils for a fresh, herbal aroma.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Cinnamon Bark

Cinnamomum zeylanicum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I D

Plant Part: Bark

Extraction Method: Steam distillation

Aromatic Description: Spicy, woody, with a sweet, biting note, warm

Main Chemical Components: Trans-cinnamaldehyde, cinnamyl acetate, eugenol

PRIMARY BENEFITS

- Supports healthy metabolic function*
- Maintains a healthy immune system*
- Naturally repels insects
- Long used to flavor food and for its internal health benefits*

Cinnamon Bark

Cinnamomum zeylanicum 5 mL

Part Number: 30030001

Wholesale: \$24.00

Retail: \$32.00

PV: 24



PRODUCT DESCRIPTION

Cinnamon is derived from a tropical, evergreen tree that grows up to 45 feet high and has highly fragrant bark, leaves, and flowers. Extracted from bark, Cinnamon oil supports healthy metabolic function and helps maintain a healthy immune system when needed most.* Cinnamon is frequently used in mouth rinses and chewing gums. Cinnamon has a long history of culinary uses, adding spice to desserts, entrées, and hot drinks. Due to its high content of cinnamaldehyde, Cinnamon should be diluted with a carrier oil when applied to the skin and only one to two drops are needed for internal benefits.*

USES

- Put 2 drops in empty veggie capsule to maintain a healthy immune system.*
- Place 1 drop of Cinnamon essential oil in hot water or tea and drink slowly to soothe your irritated throat.*
- Put 2–3 drops in a spray bottle for a quick and effective cleaning spray.
- During your nightly routine, add one drop to two ounces of water and gargle for an effective mouth rinse.
- Dilute with a carrier oil and create a warming massage for cold, achy joints during winter time.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Clary Sage

Salvia sclarea 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **I** **N**

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Woody, herbal, floral

Main Chemical Components: Linalyl acetate, linalool

PRIMARY BENEFITS

- Promotes healthy-looking hair and scalp
- Promotes a restful night's sleep*
- Calming and soothing to the skin

Clary Sage

Salvia sclarea 15 mL

Part Number: 30420001

Wholesale: \$36.50

Retail: \$48.67

PV: 36.5

PRODUCT DESCRIPTION

Clary Sage is a biennial or perennial herb that grows up to six feet in height. Clary Sage is known for its calming properties and benefits to the skin. The main chemical component of Clary Sage is linalyl acetate, part of the esters group, making it one of the most relaxing, soothing, and balancing essential oils. In the Middle Ages, the Clary Sage plant was frequently used to soothe skin. Inhaling Clary Sage promotes feelings of relaxation, allowing for a restful night's sleep.

USES

- During your menstrual cycle, rub three to five drops on the abdomen for a soothing massage.
- Combine with Roman Chamomile and add to bath water for a stress-relieving bath.
- Diffuse or apply to pillow at night for a restful sleep.
- Add to shampoo or hair conditioner to promote healthy hair and scalp.
- Combine with a carrier oil to massage, soothe, or rejuvenate skin.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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Clove

Eugenia caryophyllata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I D

Plant Part: Bud

Extraction Method: Steam distillation

Aromatic Description: Very spicy, warm, woody with subnote of leather

Main Chemical Components: Eugenol, Eugenyl acetate, β -caryophyllene

PRIMARY BENEFITS

- Powerful antioxidant properties*
- Supports cardiovascular health*
- Helps clean teeth and gums

Clove

Eugenia caryophyllata 15 mL

Part Number: 30040001

Wholesale: \$16.00

Retail: \$21.33

PV: 16



PRODUCT DESCRIPTION

Clove has been used for years in dental preparations, candy, and gum for its flavor and ability to cleanse the mouth, yet it provides a myriad of benefits. Its main chemical component, eugenol, makes it a very stimulating and energizing essential oil that can be used as a warming massage oil. Clove contains powerful antioxidant properties and supports cardiovascular health when taken internally.* As a cooking spice, Clove adds a spicy flavor to any dish or dessert while providing internal health benefits.* One drop can clean the teeth and gums while promoting fresh breath.

USES

- Add one drop to toothpaste to clean teeth and gums.
- Place one drop in two ounces of water and gargle for a soothing effect.
- Take in veggie capsules to support cardiovascular health.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Copaiba

Copaifera Essential Oil 15mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **I** **S**

Plant Part: Resin from *Copaifera reticulata*, *officinalis*, *coriacea*, and *langsdorffii*

Extraction Method: Steam distillation

Aromatic Description: Spicy, woody

Main Chemical Component: β -caryophyllene

PRIMARY BENEFITS

- Supports the health of the cardiovascular, immune, digestive and respiratory systems*
- Powerful antioxidant*
- Helps calm, soothe, and support the nervous system*
- Promotes clear, smooth skin and reduces the appearance of blemishes

Copaiba

Copaifera Essential Oil 15 mL

Part Number: 60202178

Wholesale: \$35.00

Retail: \$46.67

PV: 35



PRODUCT DESCRIPTION

Copaiba essential oil is derived from the resin of the copaiba tree which can grow upwards of more than 100 feet and can be found in tropical South America. Copaiba oil is widely used in cosmetic products including soaps, creams, lotions, and perfumes. Since the 16th century, copaiba essential oil has been utilized in traditional health practices by the natives of north and northeastern Brazil. Similar to Black Pepper essential oil, Copaiba can help soothe anxious feelings and it can be applied to the skin to promote a clear, smooth complexion. Taken internally, Copaiba essential oil supports the health of the cardiovascular, immune, digestive, nervous, and respiratory systems.* Although Copaiba does not contain psychoactive cannabinoids, the main component caryophyllene may be neuroprotective and have cardiovascular and immune benefits.* It's also a powerful antioxidant that promotes immune health.*

USES

- Add 1 to 2 drops to water, juice, or tea to support the health of the cardiovascular, immune, digestive, nervous, and respiratory system.*
- Provides antioxidant support when ingested.*
- Take internally to help soothe and calm the nervous system.*
- Apply topically combined with a carrier oil or a facial moisturizer to help keep skin clean and clear, and to help reduce the appearance of blemishes.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with a carrier oil, then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Coriander

Coriandrum sativum 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Green, floral, herbaceous

Main Chemical Components: Linalool, α -pinene, γ -terpinene, camphor

PRIMARY BENEFITS

- Promotes digestion*
- Helps maintain a clear complexion
- Promotes relaxation

Coriander

Coriandrum sativum 15 mL

Part Number: 30780001

Wholesale: \$25.00

Retail: \$33.33

PV: 25

PRODUCT DESCRIPTION

Coriander is an annual herb that grows three feet high and is very aromatic. Coriander seeds have been used for centuries to aid digestion and are still used today for this same benefit.* Coriander has a high linalool content, which helps skin maintain complexion. Coriander can be soothing to the body. Coriander's sweet, herbaceous aroma is both relaxing and stimulating, making it a good rotation oil to use in blends to add a fresh, herbaceous note.

USES

- Take a few drops internally after eating large meals to assist with digestion.*
- Apply to oily skin to maintain a clear complexion.
- Apply to the back of neck or bottom of feet to promote relaxation.
- After a short workout, apply to legs for a soothing massage.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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Cypress

Cupressus Essential Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Plant Part: Branch/Leaf from *Cupressus sempervirens* and *lusitanica*

Extraction Method: Steam distillation

Aromatic Description: Clean, fresh, woody, herbaceous

Main Chemical Components: α -pinene, δ -3-carene

PRIMARY BENEFITS

- Promotes feelings of vitality and energy
- Helps improve the appearance of oily skin
- Commonly diffused with citrus oils for an uplifting aroma

Cypress

Cupressus Essential Oil 15 mL

Part Number: 30050001

Wholesale: \$15.50

Retail: \$20.67

PV: 15.5



PRODUCT DESCRIPTION

Native to Southern Europe and Western Asia, Cypress essential oil is derived from tall, evergreen trees. Cypress has a fresh, clean aroma that's energizing and refreshing. Cypress is frequently used in spas and by massage therapists. Cypress contains monoterpenes, making it beneficial for oily skin conditions. One of the main chemical compounds and monoterpenes in Cypress, α -pinene, helps to reduce the appearance of blemishes. The monoterpenes in Cypress are beneficial for oily skin and overall skin health. It also has a grounding, yet stimulating effect on the emotions, making it a popular oil to diffuse during times of transition or loss.

USES

- Prior to a long run, apply to feet and legs for an energizing boost.
- Apply two to three drops to chest before gardening to promote feelings of vitality and energy.
- Diffuse with Lime essential oil for an invigorating scent.
- Mix together Cypress and Grapefruit essential oil with carrier oil for an invigorating massage.
- Add one to two drops to toner to help improve the appearance of oily skin.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Douglas Fir

Pseudotsuga menziesii 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Plant Part: Branch/Leaf

Extraction Method: Steam distillation

Aromatic Description: Clean, fresh, woody, airy

Main Chemical Components: β -pinene, α -pinene, δ -3-carene, sabinene

PRIMARY BENEFITS

- Promotes feelings of clear airways and easy breathing
- Cleansing and purifying to the skin
- Promotes a positive mood and sense of focus

Douglas Fir

Pseudotsuga menziesii 5 mL

Part Number: 31590001

Wholesale: \$19.50

Retail: \$26.00

PV: 19.5



PRODUCT DESCRIPTION

Douglas Fir is a conifer that grows natively throughout North America. This tall, evergreen fir tree is frequently used in the Christmas tree industry and has a lemon-scented note that's sweet and refreshing. dōTERRA Douglas Fir essential oil is sustainably sourced from young trees in New Zealand, where it is a highly invasive species threatening the country's ecosystem. By harvesting young Douglas Fir trees and using them for essential oil, dōTERRA is helping combat the environmental impact of the trees overtaking the land while providing a premium conifer essential oil. Douglas Fir has a unique chemical composition that's particularly rich in beta-pinene, contributing to its ability to promote feelings of clear airways. Douglas Fir can also be used to purify the skin and promote a positive mood. Blending Douglas Fir with citrus oils will create an uplifting environment while freshening the air.

USES

- Combine Douglas Fir with Wild Orange, Lemon, or Bergamot in a diffuser to freshen the air, uplift mood, and promote a sense of focus
- Add 1 drop to facial cleanser, bar soap, or body wash for added cleansing benefits and an invigorating aroma
- Diffuse 2–3 drops Douglas Fir with 2–3 drops Eucalyptus, or rub into hands and inhale deeply to promote feelings of clear airways and easy breathing
- Combine with 1–2 drops of Wintergreen for a relaxing massage experience

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Eucalyptus

Eucalyptus radiata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T S

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Camphoraceous, airy

Main Chemical Components: Eucalyptol, alpha-terpineol

PRIMARY BENEFITS

- Helps to clear the mind
- Promotes feelings of relaxation
- Promotes feelings of clear breathing

Eucalyptus

Eucalyptus radiata 15 mL

Part Number: 30060001

Wholesale: \$17.00

Retail: \$22.67

PV: 17



PRODUCT DESCRIPTION

Eucalyptus trees are tall, evergreen trees that grow up to 50 feet in height and are sometimes referred to as Gum Trees. The main chemical components of *Eucalyptus radiata* are eucalyptol and alpha-terpineol, making it an ideal oil to promote feelings of clear breathing and open airways and for creating a soothing massage experience. Eucalyptus has purifying properties that can be beneficial for the skin and for cleansing surfaces and the air. Studies have shown that Eucalyptus is effective in helping lessen tension. Eucalyptus can be found in mouth rinses to freshen breath and promote oral hygiene.

USES

- Combine with Lemon and Peppermint in a spray bottle and use to wipe down surfaces in your kitchen or bathroom.
- Add one drop to moisturizer and apply to skin for revitalizing benefits.
- While showering, place a few drops in the hands, place over nose, and inhale deeply to invigorate and promote vitality.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Fennel (sweet)

Foeniculum vulgare 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application:

A T I S

Plant Part: Seed

Extraction Method: Steam distillation

Aromatic Description: Licorice, sweet, honey

Main Chemical Components: trans-Anethole, α-pinene, limonene

PRIMARY BENEFITS

- Promotes healthy digestion*
- Supports a healthy respiratory system*
- May help promote healthy metabolism, liver function, and circulation*

Fennel (sweet)

Foeniculum vulgare 15 mL

Part Number: 41290001

Wholesale: \$15.00

Retail: \$20.00

PV: 15



PRODUCT DESCRIPTION

Fennel can grow up to six feet in height and has delicate, feathery leaves. The history of Fennel use dates back to ancient times when Roman warriors were said to have consumed Fennel to make them strong and ready for battle. Fennel is best known for its distinct licorice aroma and taste, yet its ability to promote healthy digestion is equally noteworthy.* Fennel may help support the health of the lungs and respiratory tract and can be added to water or tea to help fight sweet tooth cravings.* Fennel is also known for its ability to promote healthy metabolism, liver function, and circulation.*

USES

- Take internally to support healthy respiratory function.*
- Put a drop of Fennel in water or tea to help fight sweet-tooth cravings.*
- Add 1–2 drops in a veggie capsule to promote digestion.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Frankincense

Boswellia Essential Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Resin from *Boswellia carterii*, *sacra*, *papyrifera*, and *frereana*

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, clean

Main Chemical Components: α -pinene, limonene, α -thujene

PRIMARY BENEFITS

- Ingest to support healthy cellular function*
- Aroma promotes feelings of relaxation
- Helps reduce the appearance of skin imperfections when applied topically
- Supports healthy immune, nervous, and digestive function when taken internally*

Frankincense

Boswellia Essential Oil 15 mL

Part Number: 30070001

Wholesale: \$68.00

Retail: \$90.67

PV: 63



PRODUCT DESCRIPTION

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary health benefits.* In addition to its notoriety in the New Testament, the Babylonians and Assyrians would burn Frankincense in religious ceremonies and the ancient Egyptians used Frankincense resin for everything from perfume to salves for soothing skin. This centuries-old knowledge contributes to the modern uses of Frankincense today. Its soothing and beautifying properties are used to rejuvenate skin and help reduce the appearance of imperfections when applied topically. As the king of oils, Frankincense is known to support healthy cellular, immune, nervous, and digestive function when used internally.* When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall wellness.

USES

- Rub Frankincense on your hands after a long day of gardening for a soothing effect.
- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the bottoms of feet to promote feelings of relaxation and to balance mood.
- Take one to two drops in a veggie capsule to support healthy cellular function.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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dōTERRA Frankincense Touch

Boswellia Essential Oil 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil,
Frankincense Resin

Aromatic Description: Warm, spicy, clean

Main Chemical Components: α -pinene,
limonene, α -thujene

PRIMARY BENEFITS

- Promotes feelings of relaxation when applied topically
- Helps reduce the appearance of skin imperfections
- Rejuvenating and soothing to the skin

dōTERRA Frankincense Touch

Boswellia Essential Oil 10 mL Roll-on

Part Number: 60200224

Wholesale: \$45.50

Retail: \$60.67

PV: 45.5

PRODUCT DESCRIPTION

dōTERRA Frankincense Touch provides the renowned benefits of Frankincense essential oil in a convenient roll-on applicator. Combined with Fractionated Coconut Oil, Frankincense Touch is the must-have oil blend to have on hand to soothe skin and provide a calming, balancing effect on emotions throughout the day. In addition to being used frequently in meditation, Frankincense is used to help reduce the appearance of fine lines, wrinkles, and skin imperfections. dōTERRA Frankincense Touch ensures the proper dose of this precious oil without over-dispensing due to its steel ball roll-on applicator.

USES

- Rub Frankincense on your hands, neck, or bottoms of feet for a soothing, warming effect.
- Apply topically to help reduce the appearance of skin imperfections.
- Massage on the temples throughout the day to balance mood.
- Roll on pulse points and forehead during yoga or meditation.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Geranium

Pelargonium graveolens 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, green, floral, sweet, dry

Main Chemical Components: Citronellol, citronellyl formate, geraniol, guaiaene, menthone

PRIMARY BENEFITS

- Promotes the appearance of clear, healthy skin
- Naturally repels insects
- Gives hair a vibrant, healthy glow

Geranium

Pelargonium graveolens 15 mL

Part Number: 30090001

Wholesale: \$31.00

Retail: \$41.33

PV: 31

PRODUCT DESCRIPTION

A member of the *Pelargonium* genus, geranium is grown for its beauty and is a staple of the perfume industry. While there are over 200 different varieties of *Pelargonium* flowers, only a few are used as essential oils. Uses of Geranium essential oil date back to ancient Egypt when Egyptians used Geranium oil to beautify skin and for other benefits. In the Victorian era, fresh geranium leaves were placed at formal dining tables as decorative pieces and to be consumed as a fresh sprig if desired; in fact, the edible leaves and flowers of the plant are often used in desserts, cakes, jellies, and teas. As an essential oil, Geranium has been used to promote the appearance of clear skin and healthy hair—making it ideal for skin and hair care products. The aroma helps calm nerves and lessen feelings of stress. Geranium is also known to naturally repel insects.

USES

- Use in an aromatherapy steam facial to beautify skin.
- Add a drop to your moisturizer for a smoothing effect.
- Geranium is great for both dry and oily hair. Apply a few drops to your shampoo or conditioner bottle, or make your own deep hair conditioner.
- Diffuse aromatically for a calming effect.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Ginger

Zingiber officinale 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Root

Extraction Method: Steam distillation

Aromatic Description: Hot, spicy

Main Chemical Components: α -zingiberene,
 β -sesquiphellandrene

PRIMARY BENEFITS

- May help support healthy digestion*
- May help; reduce bloating, gas, and occasional indigestion*
- May help reduce occasional nausea*

Ginger

Zingiber officinale 15 mL

Part Number: 31630001

Wholesale: \$41.00

Retail: \$54.67

PV: 41



PRODUCT DESCRIPTION

Newly sourced from Madagascar, dōTERRA Ginger essential oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant that shoots out the root system. A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavor when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets—gingerbread and ginger snaps being two examples. Internal use of Ginger is best known as a digestive aid and for helping to ease occasional indigestion and nausea.* Ginger essential oil can also be applied topically or inhaled for a soothing aroma.*

USES

- During a long car ride, diffuse or place a drop of ginger in the palm of your hand and inhale.
- Apply over lower abdomen for a soothing massage.
- Use Ginger essential oil in your favorite sweet and savory dishes.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Grapefruit

Citrus X paradisi 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Grapefruit rinds (peel)

Extraction Method: Cold pressed

Aromatic Description: Citrus, floral, fruity

Main Chemical Components: d-Limonene

PRIMARY BENEFITS

- Improves the appearance of blemishes
- Supports healthy metabolism*
- Uplifts mood

Grapefruit

Citrus X paradisi 15 mL

Part Number: 30100001

Wholesale: \$18.00

Retail: \$24.00

PV: 18

PRODUCT DESCRIPTION

Referred to as a “forbidden fruit” and one of the “Seven Wonders of Barbados,” Grapefruit was first documented in 1750 by Welshman Rev. Griffith Hughes. The name “grapefruit” is attributed to the fruits growing in clusters which resemble those of grapes. Known for its energizing and invigorating aroma, Grapefruit helps uplift mood. Grapefruit is also renowned for its cleansing and purifying properties and is frequently used in skin care for its ability to promote the appearance of clear, healthy-looking skin. Grapefruit can also support a healthy metabolism.*

USES

- Add to your teenager’s facial routine to improve the appearance of blemishes (avoid sun exposure).
- Diffuse while dieting or trying to lose weight to increase motivation.
- Add one to two drops to your water to support a healthy metabolism.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



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Green Mandarin

Citrus nobilis 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Peel

Extraction Method: Cold pressed

Aromatic Description: Citrus, fruity, slightly sweet and floral

Main Chemical Components: Limonene, γ-Terpinene

PRIMARY BENEFITS

- Supports healthy nervous, digestive, and respiratory systems*
- Soothing and uplifting when diffused
- Helps maintain healthy immune function*

Green Mandarin

Citrus nobilis 15 mL

Part Number: 60205794

Wholesale: \$28.00

Retail: \$37.33

PV: 28

PRODUCT DESCRIPTION

Green Mandarin essential oil is pressed from the unripened fruit of the mandarin tree, while Red Mandarin essential oil comes from a more mature fruit. Green Mandarin is known for its soothing properties for the nervous system and can be supportive of healthy digestive function.* Limonene, one of the main chemical components of Green Mandarin essential oil, is renowned for its surface cleansing properties. Limonene may also help support cellular function, along with γ-Terpinene. Green Mandarin may provide antioxidant support and help support cardiovascular health.* Create a bright and energized environment while diffusing the sweet, refreshing aroma of Green Mandarin throughout your home or workplace.

USES

- Incorporate Green Mandarin in your home as a food preservative or dilute it in a spray bottle to clean the surfaces of your kitchen.
- May help soothe the nervous system when taken internally.*
- Incorporate into your oral hygiene routine to promote healthy-looking teeth.
- Take one to two drops to help support healthy immune function and response.*
- Diffuse with Basil, Sandalwood, Lavender, or Spearmint to experience the positive emotional benefits of these essential oils.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid UV rays for 12 hours after applying product.



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Helichrysum

Helichrysum italicum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, honey, hay

Main Chemical Components: Neryl acetate,
alpha pinene, γ-curcumene

PRIMARY BENEFITS

- Improves appearance of the skin
- May help promote a healthy metabolism*

Helichrysum

Helichrysum italicum 5 mL

Part Number: 30410001

Wholesale: \$70.00

Retail: \$93.33

PV: 60

PRODUCT DESCRIPTION

Helichrysum italicum is a small perennial herb with narrow, silver leaves and flowers that form a cluster of golden yellow, ball-shaped blossoms. The name “Helichrysum” is derived from the Greek “helios” meaning sun and “chrysos” meaning gold, referring to the color of the flowers. Helichrysum has been used in herbal health practices since ancient Greece and the oil is highly valued and sought after for its many health benefits. Helichrysum is best known for its restorative properties to the skin. Also referred to as the Everlasting or Immortal Flower, Helichrysum is used in anti-aging products for its rejuvenating benefits to the skin. Helichrysum can help reduce the appearance of blemishes, and it promotes a glowing, youthful complexion.

USES

- Apply topically to reduce the appearance of blemishes.
- Apply to the face to reduce the appearance of wrinkles and to promote a glowing, youthful complexion.
- Massage into the temples and the back of the neck for a soothing sensation.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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dōTERRA Jasmine Touch

Jasminum grandiflorum 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Jasmine Flower

Aromatic Description: Intensely floral, warm, musky, exotic

Main Chemical Components: Benzyl acetate, benzyl benzoate

PRIMARY BENEFITS

- Reduces the appearance of skin imperfections
- Uplifts mood
- Promotes a healthy-looking, glowing complexion

dōTERRA Jasmine Touch

Jasminum grandiflorum 10 mL Roll-on

Part Number: 60201812

Wholesale: \$42.00

Retail: \$56.00

PV: 42

PRODUCT DESCRIPTION

Experience the esteemed fragrance and the myriad benefits of Jasmine oil in a convenient roll-on. Jasmine Touch combines Fractionated Coconut Oil and Jasmine absolute for gentle application and multiple uses. Jasmine Touch can be applied to pulse points for a calming, yet euphoric aroma that uplifts mood and promotes a positive outlook. Renowned for its skin benefits, Jasmine Touch can help reduce the appearance of skin imperfections and promotes a healthy-looking, glowing complexion. Regarded as the “King of Flowers,” Jasmine is prized for its highly fragrant aroma, making Jasmine Touch ideal to use as a personal fragrance throughout the day.

USES

- Apply to bottoms of feet and pulse points in the morning to uplift mood
- Can be used as a personal fragrance
- Apply to skin imperfections twice daily

DIRECTIONS FOR USE

Topical use: Apply one to two drops to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Juniper Berry

Juniperus communis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Berry

Extraction Method: Steam distillation

Aromatic Description: Balsamic, clean, woody, spicy

Main Chemical Components: α -pinene, sabinene

PRIMARY BENEFITS

- Supports healthy kidney and urinary tract function*
- Acts as a natural skin toner
- Acts as a natural cleansing and detoxifying agent*
- Has a calming, grounding effect

Juniper Berry

Juniperus communis 5 mL

Part Number: 49290001

Wholesale: \$19.00

Retail: \$25.33

PV: 19



PRODUCT DESCRIPTION

Derived from the coniferous tree, Juniper Berry essential oil has a rich history of traditional uses and benefits. Juniper Berry acts as a natural cleansing and detoxifying agent, and supports healthy kidney and urinary tract function.* Juniper Berry acts as a natural skin toner and reduces the appearance of skin blemishes. Its woody, spicy, yet fresh aroma has a calming, grounding effect. When diffused, Juniper Berry helps cleanse and purify the air.

USES

- Add one to two drops to water or citrus drinks as part of a natural cleansing regimen.*
- Apply one drop to promote a clear, healthy complexion.
- Diffuse with citrus oils to freshen and purify the air and lessen stress.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional cautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Lavender

Lavandula angustifolia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Powdery, floral, light

Main Chemical Components: Linalool, Linalyl acetate, Ocimene

PRIMARY BENEFITS

- Soothes occasional skin irritations
- Taken internally, Lavender reduces anxious feelings and promotes peaceful sleep*
- Relaxing aroma

Lavender

Lavandula angustifolia 15 mL

Part Number: 30110001

Wholesale: \$23.00

Retail: \$30.67

PV: 23



PRODUCT DESCRIPTION

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities, when taken internally, continue to be Lavender's most notable attributes. Applied topically, Lavender is frequently used to reduce the appearance of skin imperfections. Add to bath water to soak away stress or apply to the temples and the back of the neck. Add a few drops of Lavender to pillows, bedding, or bottoms of feet to relax and prepare for a restful night's sleep. Due to Lavender's versatile properties, it is considered the must-have oil to have on hand at all times.

USES

- Add a few drops of Lavender to pillows, bedding, or bottoms of feet at bedtime.
- Keep a bottle of Lavender on hand to soothe occasional skin irritations.
- Freshen your linen closet, mattress, car, or the air by combining Lavender with water in a spray bottle.
- Take internally to help reduce anxious feelings.*
- Use in cooking to soften citrus flavors and add a flavorful twist to marinades, baked goods, and desserts.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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dōTERRA Lavender Touch

Lavandula angustifolia 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Lavender Flower/Leaf

Aromatic Description: Powdery, floral, light

Main Chemical Components: Linalool, Linalyl acetate

PRIMARY BENEFITS

- Soothes occasional skin irritations
- Provides a calming, relaxing effect
- Calming to skin that's been exposed to the sun or heat

dōTERRA Lavender Touch

Lavandula angustifolia 10 mL Roll-on

Part Number: 60200225

Wholesale: \$15.00

Retail: \$20.00

PV: 15

PRODUCT DESCRIPTION

Lavender is widely known for its calming and relaxing properties and ability to soothe occasional skin irritations. dōTERRA Lavender Touch combines Lavender essential oil with Fractionated Coconut Oil to provide these same benefits to individuals who have delicate or sensitive skin. Keep Lavender Touch on hand to calm a restless child, to lessen the effects of minor skin irritations, or to help reduce the appearance of skin imperfections. dōTERRA Lavender Touch can be applied to the temples, back of the neck, bottoms of feet, or pulse points to experience its calming, grounding effects.

USES

- Apply to the temples or back of the neck for a relaxing, calming effect.
- Rub on bottoms of feet of a restless child before bedtime.
- Apply to occasional skin irritations.

DIRECTIONS FOR USE

Topical use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Lemon

Citrus limon 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application:



Plant Part: Lemon rinds (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description: Clean, fresh, citrus, bright

Main Chemical Components: Limonene,
β-pinene, γ-terpinene

PRIMARY BENEFITS

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion when ingested*
- Supports healthy respiratory function when used internally*
- Uplifting aroma promotes a positive mood

Lemon

Citrus limon 15 mL

Part Number: 30120001

Wholesale: \$11.00

Retail: \$14.67

PV: 11



PRODUCT DESCRIPTION

The top-selling dōTERRA essential oil, Lemon has multiple benefits and uses. Lemon is a powerful cleansing agent that purifies the air and surfaces, and can be used as a non-toxic cleaner throughout the home. When added to water, Lemon provides a refreshing and healthy boost throughout the day.* Lemon is frequently added to food to enhance the flavor of desserts and main dishes. Taken internally, Lemon provides cleansing and digestive benefits and supports healthy respiratory function.* When diffused, Lemon is very uplifting and energizing and has been shown to help improve mood.

USES

- Take internally to assist with seasonal respiratory discomfort.*
- Add Lemon oil to a spray bottle of water to clean tables, countertops, and other surfaces. Lemon oil also makes a great furniture polish; simply add a few drops to olive oil to clean, protect, and shine wood finishes.
- Use a cloth soaked in Lemon oil to preserve and protect your leather furniture and other leather surfaces or garments.
- Lemon oil is a great remedy for the early stages of tarnish on silver and other metals.
- Diffuse to create an uplifting environment.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lemongrass

Cymbopogon flexuosus 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous, smoky

Main Chemical Components: Geranial, Neral, Geraniol.

PRIMARY BENEFITS

- Supports healthy digestion when taken in a capsule*
- Combine with a carrier oil for soothing massage
- Apply diluted after a long run for a refreshing feeling

Lemongrass

Cymbopogon flexuosus 15 mL

Part Number: 30130001

Wholesale: \$10.00

Retail: \$13.33

PV: 10



PRODUCT DESCRIPTION

A tall, perennial plant, Lemongrass has a subtle citrus flavor and is used in Asian cuisine in soups, teas, and curries as well as with fish, poultry, beef, and seafood. In addition to its unique flavor, Lemongrass essential oil promotes healthy digestion and acts as an overall tonic to the body's systems when ingested.* It's also purifying and toning when applied to the skin, and is frequently used in skin care products for these benefits. Lemongrass is an ideal oil to use in massage therapy. Lemongrass has a pungent, herbaceous aroma that can heighten awareness and promote a positive outlook.

USES

- Combine equal parts Fractionated Coconut Oil and Lemongrass oil for a massage after a hard workout.
- Use to flavor entrées and meat dishes while promoting healthy digestion.*
- Blends well with Basil, Cardamom, or Spearmint.
- Dilute oil, then rub or spritz on skin before going outside.
- Lemongrass essential oil naturally repels insects.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Lime

Citrus aurantifolia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Lime Peel

Extraction Method: Cold pressed/expressed

Aromatic Description: Citrus, tart, sweet

Main Chemical Components: Limonene, β -pinene, γ -terpinene

PRIMARY BENEFITS

- Supports healthy immune function*
- Positively affects mood with stimulating and refreshing properties
- Used as an aromatic, topical, and internal cleanser*
- Promotes emotional balance and well-being

Lime

Citrus aurantifolia 15 mL

Part Number: 30870001

Wholesale: \$13.00

Retail: \$17.33

PV: 13

PRODUCT DESCRIPTION

Cold-pressed from the peel of fresh limes, dōTERRA Lime essential oil is refreshing and energizing in both aroma and taste. Limes are frequently used in entrées and beverages for their fresh, citrus flavor. Due to its high limonene content, Lime provides internal cleansing benefits* and can be diffused to help purify the air. It's also an effective and natural surface cleaner. Lime is known for its ability to uplift, balance, and energize. Lime is frequently used in facial and body cleansers for its purifying properties and uplifting scent.

USES

- Diffuse to cleanse the air and lift your mood.
- Put some Lime on a cotton pad and use to help remove grease spots and sticker residue.
- Add a drop of Lime to your drinking water for enhanced flavor.
- Add 1 drop to your facial cleanser or shampoo for added cleansing properties.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



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dōTERRA Magnolia Touch

Michelia alba 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Magnolia Flower

Aromatic Description: Fruity, floral, balsamic

Main Chemical Component: Linalool

PRIMARY BENEFITS

- Calming and relaxing
- May help keep skin clean and healthy-looking
- Soothing to the skin
- May help ease anxious feelings

dōTERRA Magnolia Touch

Michelia alba 10 mL Roll-on

Part Number: 60205420

Wholesale: \$28.00

Retail: \$37.33

PV: 28

PRODUCT DESCRIPTION

The magnolia flower is said to be a well-traveled flower with species scattered throughout South Asia, the Pacific, and North America. Also called white champaca or white jade orchid tree, magnolia flowers have been used in Chinese traditional health practices to help create a sense of balance within the body. Steam distilled from the sturdy petals of the magnolia flower, Magnolia essential oil has a fruity and floral aroma that helps promote a relaxed atmosphere. Like Lavender and Bergamot, Magnolia is primarily Linalool, which may help with feelings of stress or anxiousness. Expertly combined with Fractionated Coconut Oil, Magnolia Touch is moisturizing and soothing to the skin. Add to your daily routine to help keep skin clean and hydrated. As a personal fragrance, Magnolia Touch gives a constant comfort to your mood while uplifting and refreshing.

USES

- Use Magnolia Touch daily as your new signature personal fragrance.
- When your skin is in need of comfort, roll on Magnolia to provide a soothing touch.
- Combine topically with Bergamot or Ylang Ylang to promote healthy-looking skin and to customize your daily fragrance.
- Roll onto the bottoms of your feet to create feelings of calm and relaxation.

DIRECTIONS FOR USE

Topical use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Marjoram

Origanum majorana 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, woody

Main Chemical Components: Terpinen-4-ol, trans-sabinene hydrate, γ-terpinene

PRIMARY BENEFITS

- Valued for its calming properties and positive effect on the nervous system when taken internally*
- Supports a healthy immune system when consumed*
- May promote a healthy cardiovascular system when ingested*

Marjoram

Origanum majorana 15 mL

Part Number: 30140001

Wholesale: \$19.00

Retail: \$25.33

PV: 19



PRODUCT DESCRIPTION

Also known as “wintersweet” or “joy of the mountains,” Marjoram was known to the Greeks and Romans as a symbol of happiness. Marjoram has been used in culinary dishes, imparting a unique flavor to soups, stews, dressings, and sauces. In Germany, this herb is known as the “Goose Herb” for its traditional use in roasting geese. In modern applications, Marjoram is valued for its calming properties and its positive effect on the nervous system when used internally.* It also supports both healthy cardiovascular and immune systems when ingested.*

USES

- Apply to the back of the neck to lessen feelings of stress.
- Apply diluted to a fussy child’s feet prior to a nap.
- Replace Marjoram essential oil in your next recipe that calls for dried marjoram.
- Apply before and after exercising.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Melaleuca (Tea Tree)

Melaleuca alternifolia 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, green, leathery

Main Chemical Components: Terpinen-4-ol, γ-terpinene, α-terpinene

PRIMARY BENEFITS

- Renowned for its cleansing and rejuvenating effect on the skin
- Promotes healthy immune function when used internally*
- Ingest to protect against environmental and seasonal threats*

Melaleuca (Tea Tree)

Melaleuca alternifolia 15 mL

Part Number: 30150001

Wholesale: \$21.00

Retail: \$28.00

PV: 21



PRODUCT DESCRIPTION

More commonly known as “Tea Tree,” Melaleuca essential oil has over 92 different compounds and limitless applications. The leaves of the Melaleuca tree have been used by the Aboriginal peoples of Australia for centuries. They would apply crushed leaves directly to the skin for a cooling effect. Melaleuca is best known for its purifying properties. It can be used to cleanse and purify the skin and nails and to support a healthy complexion. Taken internally, Melaleuca promotes healthy immune function.* Melaleuca is frequently used on occasional skin irritations to soothe the skin and diffusing Melaleuca will help purify and freshen the air.

USES

- For occasional skin irritations, apply 1–2 drops of Melaleuca essential oil onto affected area.
- Add 1–2 drops to water, citrus drinks, or veggie caps to support healthy immune system function.*
- Combine 1–2 drops with your facial cleanser for added cleansing properties, or apply to skin after shaving.
- Apply to fingernails and toenails after showering to purify and keep nails looking healthy
- Add a few drops to a spray bottle with water and use on surfaces as a cleansing and purifying agent.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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dōTERRA Melaleuca Touch

Melaleuca alternifolia 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Melaleuca Leaf

Aromatic Description: Herbaceous, green, and leathery

PRIMARY BENEFITS

- Cleanses and purifies the skin and nails
- Soothes occasional skin irritations
- Promotes a healthy complexion

dōTERRA Melaleuca Touch

Melaleuca alternifolia 10 mL Roll-on

Part Number: 60200226

Wholesale: \$12.50

Retail: \$16.67

PV: 12.5

PRODUCT DESCRIPTION

Feel the cooling, refreshing effects of dōTERRA Melaleuca (Tea Tree) Touch. Packaged in a convenient and smooth roll-on applicator, Melaleuca Touch delivers the purifying benefits of Melaleuca essential oil diluted in Fractionated Coconut Oil. Melaleuca Touch can be used to cleanse and purify the skin and nails and to promote a healthy complexion. It's ideal to soothe occasional skin irritations and to use after shaving or on the bottoms of feet for a cooling effect.

USES

- Apply to skin imperfections for a cleansing, rejuvenating effect.
- Use on occasional skin irritations by rubbing Melaleuca Touch onto affected area.
- Apply after shaving to soothe and cool skin.
- Rub on fingernails and toenails after showering to purify and keep nails looking healthy.
- Roll on bottoms of feet and inside shoes for a fresh aroma and feeling.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Melissa

Melissa officinalis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTM TG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Leaf, top

Extraction Method: Steam distillation

Aromatic Description: Citrus, herbaceous

Main Chemical Components: Geranial, germacrene D, neral, β -caryophyllene

PRIMARY BENEFITS

- May help support a healthy immune system*
- Calms tension and nerves
- Promotes feelings of relaxation

Melissa

Melissa officinalis 5 mL

Part Number: 30850001

Wholesale: \$115.00

Retail: \$153.33

PV: 100

PRODUCT DESCRIPTION

Melissa officinalis, also known as lemon balm, received the name “Melissa” because of its sweet, fresh, citrus-like fragrance, which was known to attract bees (Melissa is Greek for “honey bee”). As one of our rarest and most expensive oils, Melissa has a wide range of health benefits and uses.* Melissa is used as a flavor in teas and ice cream as well as with some fish dishes. Because of its positive effect on mood, Melissa has long been used to help calm feelings of tension and nervousness. Diffusing Melissa at night can help initiate a restful sleep environment and promote emotional well-being. Melissa may also help support a healthy immune system.*

USES

- Diffuse at night or rub on forehead, shoulders, or chest to help lessen feelings of stress and promote emotional well-being.
- Diffuse to create a relaxing environment that encourages a restful night's sleep.
- Add to moisturizer or a spray bottle with water and spritz on face to rejuvenate skin and refresh the mind.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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Myrrh

Commiphora myrrha 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Resin

Extraction Method: Steam distillation

Aromatic Description: Hot, smoky, herbaceous, woody, dry

Main Chemical Components: Furanoeudesma-1,3-diene, Curzerene, Lindastrene

PRIMARY BENEFITS

- Powerful cleansing properties, especially for the mouth and throat
- Soothing to the skin; promotes a smooth, youthful-looking complexion
- Promotes emotional balance and well-being when diffused

Myrrh

Commiphora myrrha 15 mL

Part Number: 30160001

Wholesale: \$59.00

Retail: \$78.67

PV: 50



PRODUCT DESCRIPTION

Ancient records show that Myrrh was deemed so valuable that at times it was valued at its weight in gold. Myrrh essential oil is derived from the gummy resin of the small, thorny Myrrh tree and has been used for centuries for its internal and external health benefits. Myrrh has been used throughout history as a perfume, incense, and health aid. It was also employed in embalming and religious ceremonies. Myrrh has powerful cleansing properties, especially for the mouth and throat. It is also soothing to the skin when applied topically—promoting a smooth, youthful-looking complexion—and promotes emotional balance and well-being when used aromatically.

USES

- Add 1–2 drops to toothpaste for added cleansing benefits.
- Diffuse to help promote awareness and lift your mood.
- Add to your lotion/moisturizer to help reduce the appearance of fine lines and wrinkles.
- Add 1–2 drops to a couple ounces of water and gargle for a quick mouth rinse.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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dōTERRA Neroli Touch

Citrus x aurantium 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Neroli Flower

Aromatic Description: Sweet, floral, citrusy, fresh

Main Chemical Components: Linalool, linalyl acetate, limonene, nerolidol, terpineol, terpinyl acetate

PRIMARY BENEFITS

- Promotes a positive mood
- May help reduce feelings of anxiousness
- Soothes skin
- Encourages relaxation

dōTERRA Neroli Touch

Citrus x aurantium 10 mL Roll-on

Part Number: 60201817

Wholesale: \$47.00

Retail: \$62.67

PV: 47



PRODUCT DESCRIPTION

Neroli essential oil is derived from the flowers of the bitter orange tree; in fact, there are three oils derived from this same tree—Orange is derived from the orange peels, Petitgrain from the leaves and twigs, and Neroli from the flower. Much research has been conducted regarding the aroma of Neroli essential oil. According to research, Neroli instills relaxation, uplifts mood, reduces feelings of anxiousness, and promotes overall well-being. Applied topically, Neroli can be used to soothe skin and reduce the appearance of blemishes.

USES

- Apply topically to help soothe the skin.
- Combine Neroli, Lavender, Ylang Ylang, and Marjoram essential oils for a relaxing and aromatic massage experience.
- Apply to pulse points throughout the day to uplift mood.
- Use when experiencing anxious feelings.

DIRECTIONS FOR USE

Topical use: Apply one to two drops to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Oregano

Origanum vulgare 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I D

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Main Chemical Components: Carvacrol, thymol

PRIMARY BENEFITS

- Use on surface as a powerful cleansing and purifying agent
- Supports a healthy immune system, healthy digestion, and respiratory function when used internally*
- Offers powerful antioxidants when ingested*

Oregano

Origanum vulgare 15 mL

Part Number: 30180001

Wholesale: \$22.00

Retail: \$29.33

PV: 22



PRODUCT DESCRIPTION

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical components of Oregano is carvacol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed. Additionally, Oregano should be diluted with a carrier oil when applied to the skin. One drop taken internally each day can help maintain healthy immune function; Oregano can be taken more frequently as needed to further support the immune system.* In addition to being a popular cooking spice, Oregano also supports healthy digestion and respiratory function when taken internally.* Oregano's aroma acts as an enhancer and equalizer in essential oil blends.

USES

- Take one drop in a veggie cap or 4 fl. oz. of liquid daily to maintain healthy immune function.*
- Add one to two drops to a veggie capsule to support healthy respiratory function.*
- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.
- Put 10 drops in a 16-ounce spray bottle with water for a surface cleaner.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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dōTERRA Oregano Touch

Origanum vulgare 10 mL Roll-On

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Fractionated Coconut Oil, Oregano Leaf

Aromatic Description: Herbaceous, sharp, green, camphoraceous

PRODUCT DESCRIPTION

Now available in a Touch version, Oregano essential oil is one of the most powerful and potent essential oils available. Carvacol and thymol, the two main chemical components in Oregano essential oil, possess strong purifying properties. Diluted with Fractionated Coconut Oil, Oregano Touch is perfect for those with sensitive skin. Apply to the bottoms of feet to deliver the benefits of Oregano essential oil or rub on skin or nails for its immunesupportive effects. dōTERRA Oregano Touch delivers the purifying benefits of Oregano essential oil in a gentle formula and convenient roll-on applicator.

USES

- Rub on the bottoms of feet to deliver the benefits of Oregano essential oil.
- Apply to skin imperfections.
- Use to purify skin and nails when needed.
- Apply a small amount to hands and rub together for cleansing benefit.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PRIMARY BENEFITS

- Provides immune-supportive benefits
- Powerful cleansing and purifying agent
- Ideal for delivering the benefits of Oregano essential oil
- Reduces the appearance of blemishes

dōTERRA Oregano Touch

Origanum vulgare 10 mL roll-on

Part Number: 60200227

Wholesale: \$14.50

Retail: \$19.33

PV: 14.5



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Patchouli

Pogostemon cablin 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Rich, woody, musky, earthy

Main Chemical Components: Patchouli alcohol, α -Bulnesene, α -Guaiene

PRIMARY BENEFITS

- Grounding, balancing aromatic effect on emotions
- Promotes a smooth, glowing complexion when applied to skin
- Reduces the appearance of wrinkles, blemishes, and skin imperfections when applied topically

Patchouli

Pogostemon cablin 15 mL

Part Number: 30890001

Wholesale: \$28.00

Retail: \$37.33

PV: 28



PRODUCT DESCRIPTION

Patchouli is a bushy herb from the mint family with stems reaching two or three feet in height and bearing small, pink-white flowers. Easily recognized for its rich, musky-sweet fragrance, Patchouli is regularly used in the perfume industry as well as in scented products such as laundry detergents and air fresheners. Patchouli is beneficial to the skin in many ways. It is often used topically to help reduce the appearance of wrinkles, blemishes, and minor skin imperfections and to promote a smooth, glowing complexion. The fragrance of Patchouli provides a grounding, balancing effect on emotions.

USES

- Combine with Peppermint and apply to the forehead, temples, or back of the neck after a long day of work.
- Apply one to two drops to help reduce the appearance of wrinkles, blemishes, or problem skin areas, or add to your favorite moisturizer.
- Combine with Vetiver and apply to the bottoms of feet to help calm emotions.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

Peppermint

Mentha piperita 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

PRIMARY BENEFITS

- When ingested, promotes healthy respiratory function and clear breathing*
- Promotes digestive health when taken internally*
- Repels bugs naturally

Peppermint

Mentha piperita 15 mL

Part Number: 30190001

Wholesale: \$22.00

Retail: \$29.33

PV: 22



PRODUCT DESCRIPTION

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linnaeus in 1753. A high menthol content—like that found in the dōTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Frequently used in toothpaste and chewing gum for oral hygiene, Peppermint also helps alleviate occasional stomach upset and promotes healthy respiratory function when taken internally.* Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

USES

- Use a drop of Peppermint with Lemon in water for a healthy, refreshing mouth rinse.
- Take one to two drops in a Veggie Capsule to help alleviate occasional stomach upset.*
- Add a drop to your favorite smoothie recipe for a refreshing twist.
- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a midday pick-me-up.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA Peppermint Touch

Mentha piperita 10 mL Roll-On

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application:   

Ingredients: Fractionated Coconut Oil, Peppermint Plant

Aromatic Description: Minty, fresh, herbaceous

PRIMARY BENEFITS

- Helps lessen feelings of tension
- Uplifts mood and promotes a sense of focus
- Naturally deters insects

dōTERRA Peppermint Touch

Mentha piperita 10 mL roll-on

Part Number: 60200228

Wholesale: \$14.50

Retail: \$19.33

PV: 14.5

PRODUCT DESCRIPTION

dōTERRA Peppermint Touch contains Peppermint essential oil and Fractionated Coconut Oil to provide a multitude of benefits. Its minty, fresh scent can be used aromatically and topically throughout the day to uplift mood and promote a sense of focus. Peppermint essential oil is known to lessen feelings of tension when applied to the temples or the back of the neck. dōTERRA Peppermint Touch can be applied to these areas and anywhere on the body to provide a cooling massage or to naturally deter insects.

USES

- Rub on temples when studying or when waking for a refreshing morning boost.
- Massage oil onto back of neck for a cooling sensation and to relieve feelings of tension.
- Use with Lavender and Frankincense for a soothing massage.
- Apply before attending outdoor events.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Peppermint Beadlet

Mentha piperita

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Ingredients: Peppermint Oil, Coconut Oil, Palm Oil, Agar, Guar Gum, Glycerin, Sodium Alginate, Carrageenan, Xylitol.

PRIMARY BENEFITS

- Promotes oral and respiratory health*
- Alleviates occasional stomach discomfort*
- Provides all the benefits of Peppermint essential oil
- Convenient beadlets are perfect for traveling and on-the-go

Peppermint Beadlet

Serving Size: 1 Beadlet

Servings Per Container: 125

Part Number: 38150001

Wholesale: \$12.50

Retail: \$16.67

PV: 12.5

PRODUCT DESCRIPTION

Through a unique and exclusive process, dōTERRA has captured the unique benefits of Peppermint essential oil in the convenience of a soft vegetarian beadlet. Each tiny beadlet delivers a refreshing burst of Peppermint as it dissolves in your mouth, while invigorating your senses as you breathe in the cooling aroma of pure Peppermint essential oil. More than a breath mint, dōTERRA Peppermint Beadlets can be used for oral care, respiratory health, digestive comfort, and all other situations in which Peppermint essential oil is used internally.*

USES

- Dissolve one beadlet in mouth to freshen breath.
- Take after meals to promote oral health and digestion.*
- Have a bottle on hand when traveling to ease occasional stomach upset, nausea, and motion sickness.*

DIRECTIONS FOR USE

Consume one beadlet as desired.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Petitgrain

Citrus aurantium 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Leaf, twig

Extraction Method: Steam distillation

Aromatic Description: Fresh, floral, slightly herbaceous

Main Chemical Components: Linalyl acetate, linalool, alpha-terpineol

PRIMARY BENEFITS

- May help support healthy cardiovascular function*
- May provide antioxidant support*
- May support healthy immune function*
- May help promote a restful sleep*

Petitgrain

Citrus aurantium 15 mL

Part Number: 49520001

Wholesale: \$25.00

Retail: \$33.33

PV: 25



PRODUCT DESCRIPTION

Petitgrain essential oil is derived from the bitter orange tree, which has a long history of use in traditional health practices. Historically, Petitgrain essential oil has been used for cleaning purposes and it has been used internally to support healthy immune system and nervous system function.* Emerging scientific evidence provides support for these traditional and other uses. There are three essential oils derived from the bitter orange tree. Petitgrain is distilled from the leaves and twigs of the tree, Neroli essential oil is distilled from the blossoms, and Bitter Orange oil is produced by cold pressing the rinds of the fruits. Petitgrain is widely used in the perfume industry, giving body sprays, fragrances, lotions, and colognes a fresh, herbaceous note that is popular among both women and men. By sourcing Petitgrain from Paraguay through our Co-Impact Sourcing® initiative, dōTERRA is able to support needed rural community development projects and provide diversified income for small-scale farmers. This approach provides an economically viable alternative to clear-cutting land, dramatically helping to protect the remaining patches of the Atlantic Rainforest in eastern Paraguay.

USES

- Diffuse for a calming and relaxing aroma. Blends well with other citrus oils, Cassia, Cinnamon, Eucalyptus, Geranium, and Lemongrass.
- Take internally to help ease feelings of tension, help calm the nervous system, and promote restful sleep.*
- Before going to bed, add a few drops of Petitgrain along with Lavender or Bergamot to pillows and bedding for its aromatic benefits.
- Add one to two drops to water or juice and drink to help support the health of the cardiovascular, immune, nervous, and digestive systems.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Pink Pepper

Schinus molle 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Fruit

Extraction Method: Steam distilled

Aromatic Description: Spicy, fruity, slightly woody

Main Chemical Components: Limonene,
α-Phellandrene, Myrcene

PRIMARY BENEFITS

- Supports healthy immune, digestive, and respiratory systems*
- Relaxing to the nervous system*

Pink Pepper

Schinus molle 5 mL

Part Number: 60207016

Wholesale: \$22.00

Retail: \$29.33

PV: 22

PRODUCT DESCRIPTION

The pink peppercorn, while similar in appearance to black peppercorn apart from the color, is closely related to cashews. The “molle,” or pink peppercorn tree, was considered a sacred tree to ancient Incans. Indigenous populations used all parts of the tree, including the pink peppercorn fruit, as herbal solutions to health needs. Pink Pepper essential oil is well known for its ability to help support a healthy metabolism and immune system when taken internally.* Pink Pepper may also help the body maintain healthy cellular function and overall cellular health.* Limonene and α-Phellandrene, two of the main chemical components of Pink Pepper essential oil, may be calming to the nervous system.* Additionally, Limonene may help support healthy blood sugar and cholesterol levels already in the normal range when taken internally.*

USES

- Create a soothing massage by combining one to two drops with dōTERRA Fractionated Coconut Oil.
- May help calm and soothe the nervous system when taken internally.*
- Diffuse or inhale directly to promote feelings of alertness.
- Blend with citrus or floral oils to create an invigorating aroma.
- May help promote healthy cellular immune function and response.*

DIRECTIONS FOR USE

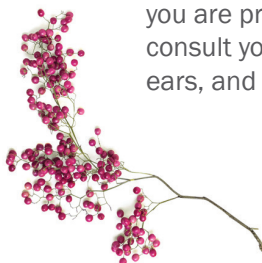
Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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Roman Chamomile

Anthemis nobilis 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Floral, sweet, herbaceous

Main Chemical Components: 4-methyl amyl angelate, isobutyl angelate, isoamyl tiglate

PRIMARY BENEFITS

- Has a calming effect on the skin, mind, and body*
- Soothes the systems of the body*
- May help support healthy immune system function*

Roman Chamomile

Anthemis nobilis 5 mL

Part Number: 30800001

Wholesale: \$45.00

Retail: \$60.00

PV: 45



PRODUCT DESCRIPTION

Roman Chamomile grows close to the ground, reaching only up to a foot in height. It has gray-green leaves, flowers that resemble a daisy, and smells like apple. The plant has been nicknamed the “plant’s physician” because it has positive effects on plants growing nearby. Ancient Romans used the oil for courage during war. While the most common use of chamomile is in teas, Roman Chamomile can also be found in face creams, drinks, hair dyes, shampoos, and perfumes. Roman Chamomile has a calming effect on the skin, mind, and body.* It soothes body systems.*

USES

- Add 1–2 drops to your favorite moisturizer, shampoo, or conditioner to promote youthful-looking skin and hair.
- Add 1–2 drops to herbal teas or hot drinks to soothe the body and mind.*
- Diffuse or apply to bottoms of feet at bedtime.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor’s care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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dōTERRA Rose Touch

Rosa damascena 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Rose Flower

Aromatic Description: Floral, dry, sweet

Main Chemical Components: Citronellol, geraniol, nerol

PRIMARY BENEFITS

- Emotionally uplifting
- Helps balance moisture levels in the skin
- Reduces the appearance of skin imperfections
- Promotes an even skin tone and healthy complexion

dōTERRA Rose Touch

Rosa damascena 10 mL Roll-on

Part Number: 60201813

Wholesale: \$70.00

Retail: \$93.33

PV: 65

PRODUCT DESCRIPTION

Rose Touch combines Fractionated Coconut Oil with Rose essential oil, one of the most precious essential oils in the world. The labor-intensive and delicate process of harvesting and distilling rose petals produces a sweet floral aroma that's renowned in the perfume and essential oil industries. Rose Touch provides the user with myriad applications and usage options that are both affordable and convenient. Rose Touch can be applied to pulse points for an uplifting aroma throughout the day. It can be used to balance moisture levels in the skin, reduce the appearance of skin imperfections, and promote a healthy and even skin tone. Rose Touch can also be applied to the neck and wrists for a beautiful and romantic personal fragrance.

USES

- Apply to pulse points to uplift mood throughout the day
- Use on areas of concern twice daily to reduce the appearance of skin imperfections
- Apply to neck and wrists for a personal fragrance

DIRECTIONS FOR USE

Topical use: Apply one to two drops to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Rosemary

Rosmarinus officinalis 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Flower/Leaf

Extraction Method: Steam distillation

Aromatic Description: Camphoraceous, herbaceous

Main Chemical Components: Eucalyptol, α -pinene, camphor

PRIMARY BENEFITS

- Supports healthy digestion*
- Supports healthy respiratory function*
- Helps reduce nervous tension and occasional fatigue*

Rosemary

Rosmarinus officinalis 15 mL

Part Number: 30200001

Wholesale: \$16.00

Retail: \$21.33

PV: 16

PRODUCT DESCRIPTION

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavor foods such as stuffings, pork, roast lamb, chicken, and turkey. Along with its culinary applications, Rosemary has many benefits. Rosemary supports healthy digestion* and internal organ function.* Long revered by experts, Rosemary was considered sacred by the ancient Greek, Roman, Egyptian, and Hebrew cultures. Rosemary's herbaceous and energizing scent is frequently used in aromatherapy. Taken internally it helps to reduce nervous tension and occasional fatigue.*

USES

- Diffuse while studying to maintain concentration.
- Take internally to help reduce nervous tension and occasional fatigue.*
- Add 1–2 drops of Rosemary essential oil to meats and favorite entrées for flavoring and to support healthy digestion.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional cautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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Sandalwood

Santalum album 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTM TG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Wood

Extraction Method: Steam distillation

Aromatic Description: Woody, dry, sweet

Main Chemical Components: α -santalol,
 β -santalol

PRIMARY BENEFITS

- Promotes healthy-looking, smooth skin
- Reduces the appearance of scars and skin imperfections
- Enhances mood
- Frequently used in meditation for its grounding and uplifting properties

Sandalwood

Santalum album 5 mL

Part Number: 30210001

Wholesale: \$70.00

Retail: \$93.33

PV: 60

PRODUCT DESCRIPTION

Sandalwood is a name given to a class of fragrant woods that, unlike other aromatic woods, can retain their fragrance for decades. Both the wood and oil have been highly valued for centuries and Sandalwood has a documented history of many applications. It was traditionally used as an incense in religious ceremonies and for enhancing meditation, and the Egyptians used sandalwood for embalming. Sandalwood is very beneficial to the skin; it can help reduce the appearance of skin imperfections and it promotes a healthy, smooth complexion. Sandalwood has a sweet, woody aroma that can enhance mood and is frequently used in meditation for its grounding effects.

USES

- For an at-home spa experience, fill a large bowl with steaming water, then apply one to two drops of Sandalwood to your face and cover head with a towel. Place your face above the steaming water. Your skin will feel nourished and rejuvenated.
- Apply one to two drops to wet hair to help restore moisture and give hair a silky shine.
- Inhale Sandalwood directly from palms or diffuse to lessen tension and balance emotions.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Hawaiian Sandalwood

Santalum paniculatum 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I N

Extraction Method: Steam distillation

Aromatic Description: Rich, honey, sweet, woody

Main Chemical Components: α -santalol,
 β -santalol, cis-lanceol

PRIMARY BENEFITS

- Promotes healthy-looking, smooth skin
- Reduces the appearance of skin imperfections
- Enhances mood
- Frequently used in meditation for its grounding and uplifting properties

Hawaiian Sandalwood

Santalum paniculatum 5 mL

Part Number: 41860001

Wholesale: \$70.00

Retail: \$93.33

PV: 60

PRODUCT DESCRIPTION

From a renewable source in Hawaii, dōTERRA's amazing Hawaiian Sandalwood essential oil delivers a variety of benefits, including smoothing skin and enhancing moods. With thousands of years of documented use, this oil has a high value to many users. Hawaiian Sandalwood has a rich, sweet, woody aroma that instills calmness and well-being, making it a perfect oil to incorporate into massage or aromatherapy. Hawaiian Sandalwood is very soothing and beneficial to the skin, making it highly sought after in body and skin care products. Hawaiian Sandalwood can reduce the appearance of skin imperfections while providing an overall youthful-looking complexion. In addition to being soothing and beneficial to the skin, Hawaiian Sandalwood provides these same effects to mood, helping to lessen tension and promote emotional well-being.

USES

- Diffuse or apply to the neck and shoulders at bedtime for a restful night's sleep.
- Add 1–2 drops to your favorite moisturizer or night cream for smooth, glowing skin.
- Add 1–2 drops to a hot bath to promote relaxation and lessen tension.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Siberian Fir

Abies sibirica 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Needle/Twig

Extraction Method: Steam distillation

Aromatic Description: Green, woody, fresh

Main Chemical Components: Bornyl acetate, Camphene, δ -3-Carene, α -Pinene

PRIMARY BENEFITS

- Helps balance emotions and soothe anxious feelings
- Diffuse for a relaxing aroma
- Provides a soothing effect when used in massage

Siberian Fir

Abies sibirica 15 mL

Part Number: 60203125

Wholesale: \$20.00

Retail: \$26.67

PV: 20

PRODUCT DESCRIPTION

The Siberian fir tree is a tall, light in color, conifer tree native to Russia and Canada. Siberian Fir essential oil has a refreshing, woody scent that is known for its calming and relaxing properties. Siberian Fir has a unique chemical composition that is predominately bornyl acetate, which provides a majority of the easing benefits of this essential oil. Siberian Fir can be very soothing to the skin, making it an ideal essential oil to add to a comforting massage. When diffused, Siberian Fir can help promote feelings of easy breathing, while calming the emotions and providing a grounding effect.

USES

- After strenuous activity, massage into skin for soothing comfort.
- When working through difficult circumstances at home, work, or school, diffuse Siberian Fir to help reduce stress.
- Apply topically to skin to help soothe minor skin irritations.
- Inhale deeply and experience the refreshing aroma.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Spearmint

Mentha spicata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I S

Plant Part: Plant

Extraction Method: Steam distillation

Aromatic Description: Sweet, minty, fresh

Main Chemical Components: Carvone, limonene

PRIMARY BENEFITS

- Promotes digestion and helps reduce occasional stomach upset when used internally*
- Promotes a sense of focus and uplifts mood when diffused
- Cleanses the mouth and promotes fresh breath

Spearmint

Mentha spicata 15 mL

Part Number: 31610001

Wholesale: \$28.00

Retail: \$37.33

PV: 28



PRODUCT DESCRIPTION

Spearmint is a perennial plant that grows 11–40 inches tall and flourishes in temperate climates. It is widely used in gums, candies, and dental products for its minty taste, and to promote fresh breath. Spearmint has been used internally for centuries for its digestive benefits*. Its sweet, refreshing aroma is cleansing and uplifting, making it ideal to evoke a sense of focus and positive mood. Spearmint is very different from Peppermint, making it a milder option to use topically on children and those with sensitive skin. In cooking, Spearmint is frequently used in salads, drinks, and desserts, but it can also be used in homemade salad dressings and to marinate meats.

USES

- Diffuse to uplift mood
- Apply to toothbrush before brushing teeth for fresh breath.
- Add a drop or two to any dessert, drink, salad, or entrée for flavoring and to promote digestion.*
- For occasional stomach upset, add 1–2 drops to water and drink.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Spikenard

Nardostachys jatamansi 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: AOTN

Plant Part: Roots

Extraction Method: Steam distillation

Aromatic Description: Woody, spicy, musty

Main Chemical Components: Jatamansone, Gurjunene

PRIMARY BENEFITS

- Uplifting aroma
- Promotes feelings of calmness and relaxation
- Frequently used in aromatherapy and meditation for its grounding properties
- Purifying to the skin

Spikenard

Nardostachys jatamansi 5 mL

Part Number: 49510001

Wholesale: \$49.50

Retail: \$66.00

PV: 49.5

PRODUCT DESCRIPTION

Spikenard, a flowering plant of the Valerian family, is native to high altitudes in the sub-alpine and alpine regions of the Himalayan mountains. Spikenard essential oil is steam distilled from the roots of the plant and has been valued for centuries, traditionally used to anoint people of high honor and in the Ayurvedic health practices of India. Historically, Spikenard was used to uplift mood and promote relaxation. Spikenard promotes clean, healthy skin. Today, the oil is commonly used in perfumes and relaxing massage oils for its woody, musty scent. By sourcing Spikenard oil from Nepal, dōTERRA is able to support much needed income streams for harvesters and partner distillers, particularly in the remote areas where it is harvested, as well as support needed rural community development projects through our Cō-Impact Sourcing® initiatives.

USES

- Diffuse or apply one to two drops to back of neck or to temples to promote feelings of calmness and relaxation.
- Create a personalized fragrance by combining Spikenard with Clove, Cypress, Frankincense, Geranium, Juniper Berry, Lavender, Myrrh, Wild Orange, Rose, and Vetiver.
- Combine with a hydrating cream to soften and smooth skin.
- Add one to two drops to your favorite cleanser or anti-aging product to promote healthy, glowing skin.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Tangerine

Citrus reticulata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Peel/Rind

Extraction Method: Cold pressed

Aromatic Description: Tangy, sweet, fresh

Main Chemical Components: Limonene

PRIMARY BENEFITS

- Supports healthy digestion and metabolism*
- Cleansing and purifying
- Supports a healthy immune system*
- Aroma uplifts mood

Tangerine

Citrus reticulata 15 mL

Part Number: 49440001

Wholesale: \$15.00

Retail: \$20.00

PV: 15



PRODUCT DESCRIPTION

Tangerine has a long history of use in Chinese culture and herbal health practices. The essential oil supports healthy digestion and metabolism.* Tangerine has a sweet, tangy aroma, similar to other citrus oils, that is uplifting. Tangerine is known for its cleansing properties, and for supporting a healthy immune and respiratory system.* Tangerine essential oil can be used to help soothe anxious feelings and manage stress. A popular and flavorful addition to desserts and drinks—from water to fruit smoothies—Tangerine can be used in any recipe calling for citrus fruits.

USES

- Add 2–3 drops as a flavoring in cake and cookie recipes.
- Add 1–2 drops in water, smoothies, teas, or lemonade for flavoring.
- To energize and uplift mood, place 1–2 drops in the palm of your hand, rub together, and cup over the nose and mouth for 30 seconds or diffuse throughout the room.
- Apply to flex points or abdomen to promote feelings of happiness. Dilute with a carrier oil to minimize sensitivity if needed.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

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Thyme

Thymus vulgaris 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I D

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Warm, herbaceous, floral, powdery

Main Chemical Components: Thymol, para-cymene

PRIMARY BENEFITS

- Provides powerful antioxidants*
- Supports a healthy immune system*
- Naturally repels insects

Thyme

Thymus vulgaris 15 mL

Part Number: 30220001

Wholesale: \$29.50

Retail: \$39.33

PV: 29.5



PRODUCT DESCRIPTION

Thought to impart courage to its bearer, Thyme was given to knights and warriors before they went into battle by ladies of the Middle Ages. During this same period, Thyme was often placed beneath pillows to help promote a peaceful sleep and to ward off nightmares. The ancient Greeks used Thyme in their baths and burned it as an incense in their temples while the Egyptians used it in their traditional ceremonies. Today, Thyme is commonly used as a seasoning, but it also produces a potent essential oil that has cleansing and purifying effects for the skin; however, due to its high thymol content, Thyme should be diluted with a carrier oil before application. Thyme has specific chemistry that supports a healthy immune system.*

USES

- Add 2 drops to veggie capsules and take during winter time to support a healthy immune system.*
- Use when gardening to naturally repel insects.
- Use 1–2 drops in meat and entrée dishes to add a fresh herbal flavor.
- Dilute with a carrier oil then apply to targeted areas on the skin to purify and promote healthy-looking skin.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Turmeric

Curcuma longa 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Rhizome

Extraction Method: Steam distillation

Aromatic Description: Warm, spicy, earthy, woody

Main Chemical Components: ar-Turmerone and Turmerone

PRIMARY BENEFITS

- Helps support healthy glucose and lipid metabolism*
- May enhance cellular antioxidant enzymes* (e.g. glutathione)
- Helps support healthy nervous and cellular function*
- Has been shown to increase curcumin potency and absorption*
- May promote healthy immune function and response*
- When diffused, Turmeric provides an emotional lift and may help improve mood
- Supports clean and healthy-looking skin while reducing the appearance of blemishes

Turmeric

Curcuma longa 15 mL

Part number: 60206973

Wholesale: \$28.00

Retail: \$37.33

PV: 28



PRODUCT DESCRIPTION

As a key botanical of the traditional Ayurvedic health practices of India, turmeric root and turmeric essential oil have a long history that has inspired modern uses of turmeric today. Steam distilled from the turmeric root, Turmeric essential oil has two unique chemical components, Turmerone and ar-Turmerone. Most commonly known for their nervous system* and emotional benefits, these components make Turmeric essential oil a staple in your daily health routine. Promoting feelings of positivity,* Turmeric is beneficial both internally and aromatically. Advantageous to the immune system, Turmeric may have soothing benefits that promote a positive immune response.* As well, Turmeric can help to promote clear, smooth, and radiant-looking skin. Use Turmeric daily to support healthy immune function and response along with healthy circulation.* In addition to the many benefits of Turmeric essential oil, Turmeric acts as a great burst of flavor to your favorite savory meals.

USES

- Take internally for daily antioxidant support and to improve immune response.*
- As metabolic support, use Turmeric when trying to get back on track.*
- When needed, use Turmeric as a spot treatment or an all-over face mask to help reduce the appearance of blemishes or for a healthy-looking overall glow.
- Diffuse Turmeric or put a drop or two into your hand and inhale to promote feelings of positivity and to improve mood.
- After strenuous activity, incorporate Turmeric into your recovery routine for a soothing experience.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal Use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Vetiver

Vetiveria zizanioides 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP™ **TG** Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Root

Extraction Method: Hydro Diffusion

Aromatic Description: Sweet, woody, caramel, smoky

Main Chemical Components: Isovalencenol, Khusimol

PRIMARY BENEFITS

- Calming, grounding effect on emotions
- Immune-supporting properties*

Vetiver

Vetiveria zizanioides 15 mL

Part Number: 30430001

Wholesale: \$41.00

Retail: \$54.67

PV: 41



PRODUCT DESCRIPTION

Vetiver, a member of the grass family, is grown for many reasons. Unlike other grasses, the root system of Vetiver grows down, making it ideal for helping to prevent erosion and providing soil stabilization. Vetiver has a rich, exotic, complex aroma that is used extensively in perfumes. Due to Vetiver's calming, grounding effect on the emotions, it is an ideal oil to use in massage therapy. It can also be rubbed on the feet before bedtime to promote a restful night's sleep. When taken internally, Vetiver can support a healthy immune system.*

USES

- Add 1–2 drops to tea or hot drinks during winter time to promote immune-supporting properties.*
- Use as a massage oil to calm emotions.
- Take a warm bath with a few drops of Vetiver essential oil for deep relaxation.
- Diffuse with Lavender, dōTERRA Serenity®, or dōTERRA Balance® to calm emotions and lessen stress.
- Use a toothpick to help get the desired amount out of container if Vetiver is too thick to get out of the bottle. A little goes a long way.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

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Wild Orange

Citrus sinensis 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I N

Plant Part: Orange rinds (peel)

Extraction Method: Cold pressed/expressed

Aromatic Description: Sweet, fresh, citrus

Main Chemical Components: Limonene

PRIMARY BENEFITS

- Powerful cleanser and purifying agent
- Supports healthy immune function*
- Uplifting to the mind and body

Wild Orange

Citrus sinensis 15 mL

Part Number: 30170001

Wholesale: \$10.00

Retail: \$13.33

PV: 10



PRODUCT DESCRIPTION

Cold pressed from the peel, Wild Orange is one of dōTERRA's top selling essential oils due to its energizing aroma and multiple health benefits.* High in monoterpenes, Wild Orange possesses stimulating and purifying qualities, making it ideal to support healthy immune system function.* It can be taken daily to cleanse the body* or used on surfaces as a natural cleaner. Diffusing Wild Orange will energize and uplift the mind and body while purifying the air. Wild Orange enhances any essential oil blend with a fresh, sweet, refreshing aroma.

USES

- Use in an all-purpose spray to cleanse and purify surfaces.
- Add a drop to your water every day for a burst of flavor and to promote overall health.*
- Diffuse to uplift mood and energy levels and to freshen the air.
- For an energizing boost, dispense one to two drops in the palm of your hand along with equal parts Peppermint and Frankincense. Rub palms together and inhale deeply from palms, then rub on the back of neck.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Wintergreen

Gaultheria fragrantissima 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T S

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Sweet, minty, refreshing

Main Chemical Components: Methyl salicylate

PRIMARY BENEFITS

- Great for a warming soothing massage after exercise
- Has a refreshing aroma that's uplifting and stimulating
- Frequently used in gum, candy, and toothpaste for flavoring

Wintergreen

Gaultheria fragrantissima 15 mL

Part Number: 31620001

Wholesale: \$22.00

Retail: \$29.33

PV: 22

PRODUCT DESCRIPTION

Wintergreen essential oil is derived from the leaves of a creeping shrub found in coniferous areas. The main chemical component in Wintergreen, methyl salicylate, is used in topical creams and massage blends because of its soothing properties. In fact, Wintergreen and Birch are the only plants in the world that contain methyl salicylate naturally. As a flavoring, small amounts of Wintergreen are used in candies, toothpaste, and chewing gum. When diffused, Wintergreen has a refreshing aroma that's uplifting and stimulating. Through dōTERRA's Cō-Impact Sourcing™ initiative, our new source of Wintergreen comes from Nepal where it is wild harvested by rural villagers then distilled by community-owned distillation facilities. This process creates increased economic opportunity for very remote regions in rural Nepal.

USES

- Wintergreen has a warming effect when applied to skin and is excellent to use as a soothing massage. A little goes a long way, so use sparingly and dilute with a carrier oil to minimize any skin sensitivity.
- For a soothing bath, add 1–2 drops of Wintergreen essential oil to warm bath water.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Not for internal use. Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Yarrow | Pom

Active Botanical Nutritive Duo 30 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: T I N

Ingredients: Pomegranate Seed Oil and Yarrow Essential Oil

Aromatic Description: Herbaceous, fruity, spicy

Main Chemical Components: Punicic acid, β -caryophyllene, chamazulene

PRIMARY BENEFITS

- Provides powerful antioxidant support*
- Promotes cellular, immune, and nervous system health*
- Supports healthy metabolic function*
- Calms the body and mind*
- Soothing to the skin

Yarrow | Pom

Active Botanical Nutritive Duo 30 mL

Part Number: 60207652

Wholesale: \$95.00

Retail: \$126.67

PV: 95

DESCRIPTION

Yarrow | Pom is an expertly crafted proprietary blend of Yarrow essential oil and cold-pressed Pomegranate seed oil designed to be your go-to for a true inside-out approach to aging, vitality, overall wellness, and, quite frankly, how to get that glow. This synergistic and first-of-its-kind blend naturally up-regulates the body's protective transcription factors while activating skin-protecting proteins (inhibiting the enzymes that breakdown elasticity and collagen) with the added benefit of promoting collagen production.* Additionally, this active botanical powerhouse can be applied topically to revitalize aging skin and taken internally to support a healthy inflammatory response at the source and promotes healthy metabolic function.* With main chemical components punicic acid (an omega 5), antioxidants, β -caryophyllene, and chamazulene, this vegan-friendly active botanical duo supports cellular, immune, and nervous system function and rejuvenation when taken internally.*

USES

- Consume one to two drops morning and night to promote a healthy metabolism.*
- To promote a healthy immune response, take one to two drops of Yarrow | Pom daily.*
- As part of your skin care routine, apply Yarrow | Pom to help promote the look of young and healthy skin, or to help reduce the appearance of blemishes.
- Create a soothing massage experience with a few drops of Yarrow | Pom to help soothe tension.

DIRECTIONS FOR USE

Internal Use: Dilute two drops in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. May stain surfaces and fabrics.



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Ylang Ylang

Cananga odorata 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **I** **N**

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Sweet, rich, spicy

Main Chemical Components: Germacrene D,
β-Caryophyllene, Farnesene

PRIMARY BENEFITS

- Provides antioxidant support when ingested*
- Promotes appearance of healthy skin and hair when applied topically
- Lifts mood while having a calming effect when diffused

Ylang Ylang

Cananga odorata 15 mL

Part Number: 30240001

Wholesale: \$37.00

Retail: \$49.33

PV: 37

PRODUCT DESCRIPTION

Ylang Ylang essential oil is derived from the star-shaped flowers of the tropical Ylang Ylang tree and is used extensively in making perfumes and in aromatherapy. Similar to Jasmine, Ylang Ylang has been used for centuries in religious and wedding ceremonies. In aromatherapy, Ylang Ylang is used to lessen tension and stress and to promote a positive outlook. Ylang Ylang is frequently used in luxurious hair and skin products for its scent and nourishing and protective properties. Taken internally, Ylang Ylang provides antioxidant support.* Ylang Ylang blends well with Bergamot, Geranium, Grapefruit, and Vetiver.

USES

- Put Ylang Ylang into an Epsom salt bath for relaxation.
- Refresh your skin with an aromatherapy steam facial using Ylang Ylang essential oil.
- Put on your wrists for a sweet, floral perfume.
- Add Ylang Ylang to a carrier oil for a deep hair conditioner.
- Take internally for antioxidant support.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



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dōTERRA Align

Centering Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Bergamot* Fruit, Coriander Seed, Marjoram Leaf, Peppermint, Geranium, Basil, Rose, Jasmine Flower essential oils in a base of Fractionated Coconut Oil

Aromatic Description: Green, fresh, herbal, lightly floral

PRIMARY BENEFITS

- Supports effective yoga practice
- Promotes feelings of self-acceptance, trust, and fluidity
- Encourages harmony and calm progress

dōTERRA Align

Centering Blend 5mL

Part Number: 60203246

Wholesale: \$17.00

Retail: \$22.67

PV: 17

Also Available in:
Yoga Collection

Part Number: 60203244

PRODUCT DESCRIPTION

Feeling disconnected and unable to control your circumstances? Aromatherapy and some simple centering yoga poses can create a new sense of peace and purpose, leading to a renewal of resolution. Remembering your own worth and remaining steady in yourself is a daily practice. Featuring Bergamot, Coriander, Marjoram, Peppermint, Jasmine absolute, and Rose essential oils in a base of Fractionated Coconut Oil, dōTERRA Align Centering Blend helps you to trust in yourself and stay open to all possibilities.

USES

- Apply over heart, wrists, and back of neck to promote feelings of self-acceptance and fluidity.
- Enjoy the aromatic benefits of Align whenever you are feeling apathetic and unfocused.
- Ideal yoga poses with Align's aroma are Warrior II, Triangle, and Gate pose.
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

Aromatic use: Apply several drops to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical use: Apply one to two drops to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Anchor

Steadying Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Lavender, Cedarwood, Frankincense, Cinnamon Bark, Sandalwood, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil

Aromatic Description: Rich, earthy, spicy, woody

PRIMARY BENEFITS

- Supports effective yoga practice
- Promotes feelings of completeness, calmness, and courage
- Encourages a steady foundational sense from which to move forward

dōTERRA Anchor

Steadying Blend 5mL

Part Number: 60203245

Wholesale: \$20.00

Retail: \$26.67

PV: 20

Also Available in:

Yoga Collection

Part Number: 60203244

PRODUCT DESCRIPTION

Sometimes in this crazy-busy, modern world, you feel uprooted and unsure of yourself, with a mile long to-do-list and uncertain priorities. Finding balance through aromatherapy and simple yoga moves can be an excellent first step. dōTERRA Anchor Steadying blend brings a firm trust in yourself so you can approach your practice and life with calming strength. Featuring Lavender, Cedarwood, Sandalwood, Cinnamon, Frankincense, Black Pepper, and Patchouli essential oils in a base of Fractionated Coconut Oil, this blend supports your connection to yourself, your community, your emotional harmony and your innate wisdom.

USES

- Apply to ankles, base of spine, and bottoms of feet to promote feelings of completeness and calmness.
- Enjoy the aromatic benefits of Anchor whenever you are feeling scattered or uprooted.
- The perfect yoga poses to pair with Anchor's aroma are Seated Meditation, Seated Twist, and Bhu Mudra (one hand on the heart, the other on the Earth).
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

Aromatic use: Apply several drops to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical use: Apply one to two drops to desired area. See additional precautions below

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Arise

Enlightening Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Lemon Peel, Grapefruit Peel, Siberian Fir, Osmanthus Flower, and Melissa Leaf essential oils in a base of Fractionated Coconut Oil

Aromatic Description: Citrus, rich floral, sweet, bright

PRIMARY BENEFITS

- Supports effective yoga practice
- Promotes feelings of happiness, clarity and courage
- Encourages rising to achieve goals and improved performance

dōTERRA Arise

Enlightening Blend 5mL

Part Number: 60203247

Wholesale: \$19.00

Retail: \$25.33

PV: 19

Also Available in:
Yoga Collection

Part Number: 60203244

PRODUCT DESCRIPTION

Challenges and discouragement are not uncommon as you strive to accomplish goals and realize dreams. With daily practice of affirmations and uplifting yoga poses and joyful aromas, you can move past these obstacles. Featuring Grapefruit, Lemon, Osmanthus, Melissa and Siberian Fir essential oils in a base of Fractionated Coconut Oil, dōTERRA's Enlightening blend inspires moments of rising up and reaching for your highest. The aromas of this blend support your stability as well as your freedom, endurance for your body, and courage and happiness in your heart.

USES

- Apply to temples, wrists, and neck to promote feelings of happiness.
- Enjoy the aromatic benefits of Arise when you are challenging yourself to achieve the next level.
- Use Arise while practicing the following yoga poses: standing, arms high and standing side stretch, and Half Moon.
- Can be used during yoga practice or any time during your day.

DIRECTIONS FOR USE

Aromatic use: Apply several drops to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical use: Apply one to two drops to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid UV rays for 12 hours after applying product.



AromaTouch®

Massage Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **T** **N**

Ingredients: Cypress Leaf, Peppermint Plant, Marjoram Leaf, Basil Leaf, Grapefruit Peel, Lavender Flower essential oils.

Aromatic Description: Clean, fresh, mint, powdery

PRIMARY BENEFITS

- Comforting and relaxing
- Helps to lessen tension
- Adds an aromatic experience to a soothing massage

AromaTouch®

Massage Blend 15 mL

Part Number: 31200001

Wholesale: \$28.00

Retail: \$37.33

PV: 28

PRODUCT DESCRIPTION

AromaTouch, dōTERRA's proprietary massage blend, combines the unique benefits of oils known to provide relaxing and comforting effects. AromaTouch combines Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender essential oils in a perfect blend that adds many important benefits to various massage techniques. This popular blend is a vital part of the dōTERRA AromaTouch Technique, a proprietary method for applying essential oils to produce a profound whole-body wellness experience.

USES

- Apply to neck and shoulders to promote feelings of relaxation and lessen tension or use with a carrier oil for massage.
- Give your loved one a hand massage using the AromaTouch Hand Technique and AromaTouch essential oil blend.
- Add to Epsom salts and enjoy soaking in a hot bath.

DIRECTIONS FOR USE

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA Balance®

Grounding Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Spruce Leaf, Ho Wood Leaf, Frankincense Resin, Blue Tansy Flower, Blue Chamomile Flower, Osmanthus Flower.

Aromatic Description: Airy, fresh, sweet, woody

PRIMARY BENEFITS

- Promotes a whole-body sense of relaxation
- May help ease anxious feelings
- Evokes feelings of tranquility and balance

dōTERRA Balance®

Grounding Blend 15 mL

Part Number: 31010001

Wholesale: \$21.00

Retail: \$28.00

PV: 21

PRODUCT DESCRIPTION

The warm, woody aroma of dōTERRA Balance Grounding Blend creates a sense of calm and well-being. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation. Spruce, one of the oils in dōTERRA Balance, was used by Native Americans for health and spiritual reasons and is still used today to bring harmony to the mind and body. Ho Wood, Blue Tansy, and Blue Chamomile can ease anxious feelings, while Frankincense provides a grounding, balancing effect on emotions.

USES

- Begin your day by putting dōTERRA Balance on the bottom of your feet to promote feelings of calmness and tranquility throughout the day.
- dōTERRA Balance is a great oil blend to use during an AromaTouch® Hand Massage.
- Apply to your wrists or neck to help ease anxious feelings.
- Diffuse in your car during road trips to create a calming, soothing environment.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Brave™

Courage Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Wild Orange, Amyris, Osmanthus, and Cinnamon in a base of Fractionated Coconut Oil

Aromatic Description: Warm citrus, floral, faintly spicy

PRIMARY BENEFITS

- Energizing and invigorating to the senses
- Supports a positive mood by helping to manage feelings of occasional stress or anxiousness
- Promotes feelings of confidence, courage, and belief in oneself

Brave™

Courage Blend 10 mL Roll-on

Part Number: 60206618

Wholesale: \$21.00

Retail: \$28.00

PV: 21

Also available in:

dōTERRA Kids Collection

Part Number: 60206616

PRODUCT DESCRIPTION

Begin each day with confidence and belief by pairing Brave Courage Blend with your positive affirmation practice. Allow yourself to reset when experiencing feelings of doubt and stress by rolling Brave onto the back of your neck and pulse points. Wild Orange, Amyris, Osmanthus, and Cinnamon Bark combined in a gentle, quick application method, mixed expertly with Fractionated Coconut Oil, Brave is an essential emotional boost to your day. With a bright and warm aroma, Brave is the perfect blend to invigorate and empower you when you're feeling unmotivated. Featuring the unique essential oil from Amyris Wood, Brave helps promote a calm environment while reducing feelings of anxiousness and stress. Before tackling life's big (or small) moments, roll Brave onto the bottoms of your feet and the backs of your hands to instill courage and positivity, with the reassurance that you can accomplish anything.

USES

- Comfortably use Brave Courage Blend throughout the day to encourage tranquility and reduce feelings of occasional tension and anxiousness.
- Use Brave before new or different situations to promote feelings of courage and confidence.

DIRECTIONS FOR USE

Aromatic Use: Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical Use: Apply to desired area. Intended for use with adult supervision.

CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



Calmer™

Restful Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a base of Fractionated Coconut Oil

Aromatic Description: Sweet, floral, soft woody

PRIMARY BENEFITS

- Creates a restful atmosphere conducive to sleep
- Promotes a positive and stress-free mood
- Provides soothing and relaxing feelings throughout the body

Calmer™

Restful Blend 10 mL Roll-on

Part Number: 60206632

Wholesale: \$19.00

Retail: \$25.33

PV: 19

Also available in:

dōTERRA Kids Collection

Part Number: 60206616

PRODUCT DESCRIPTION

Calmer Restful Blend promotes a serene atmosphere, allowing bedtime to be a peaceful and welcomed experience. Rolling Calmer onto the bottoms of feet and the back of the neck helps create a stress-free mood when tensions are high. Combining the soothing properties of Lavender, Cananga, Buddha Wood, and Roman Chamomile essential oils in a convenient and safe delivery method along with the skin moisturizing benefits of Fractionated Coconut Oil, Calmer can be used as part of your nightly ritual. Cananga and Buddha Wood essential oils, unique to Calmer, promote feelings of relaxation while reducing occasional feelings of stress and anxiousness. When it's time to restore your mind and body, apply Calmer to your wrists, breathe, and relax.

USES

- Roll on to the back of the neck and chest to promote a restful and calm sleep.
- Apply Calmer to wrists at the end of the day to help diminish worry and to quiet restlessness.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep.

DIRECTIONS FOR USE

Aromatic Use: Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical Use: Apply to desired area. Intended for use with adult supervision.

CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



dōTERRA Cheer®

Uplifting Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T S

Ingredients: Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb

Aromatic Description: Fresh, spicy, warm

PRIMARY BENEFITS

- Promotes feelings of optimism, cheerfulness, and happiness
- Counteracts negative emotions of feeling down, blue, or low

dōTERRA Cheer®
Uplifting Blend 5 mL

Part Number: 31720001
Wholesale: \$25.00
Retail: \$33.33
PV: 25

PRODUCT DESCRIPTION

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But, sometimes no amount of positive self-talk is enough to avoid the blues. dōTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its sunny, fresh, optimistic aroma will brighten any moment of your day.

USES

- Diffuse at home, work, or school to promote a positive, uplifting environment.
- Apply to a cotton ball or terra cotta plate and place in car to experience dōTERRA Cheer's energizing aroma while driving.
- When feeling down, apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA Cheer® Touch

Uplifting Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Absolute, Ginger Root, Cinnamon Bark, Zdravetz Herb

Aromatic Description: Fresh, spicy, warm

PRIMARY BENEFITS

- Promotes feelings of optimism, cheerfulness, and happiness
- Counteracts negative emotions of feeling down, blue, or low

dōTERRA Cheer® Touch
Uplifting Blend 10 mL Roll-on

Part Number: 60200146
Wholesale: \$16.25
Retail: \$21.67
PV: 16.25

PRODUCT DESCRIPTION

dōTERRA Cheer Touch combines Fractionated Coconut Oil with the sunshiny, fresh aroma of dōTERRA Cheer essential oil blend—providing a perfect application method for children and those with sensitive skin. This convenient and gentle roll-on can be applied to the skin to counteract negative emotions and provide a boost of happiness and positivity when one is feeling down. The fragrant blend of citrus and spice essential oils in dōTERRA Cheer Touch will brighten any moment of your day.

USES

- A cheerful heart is good medicine. Rub dōTERRA Cheer Touch over your heart.
- Keep your chin up by rubbing dōTERRA Cheer Touch into the back of your neck.
- During winter time, apply to wrist and smell throughout the day for an uplifting aroma.
- Apply to the bottoms of the feet of a child who needs a boost of positivity and cheerfulness.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



Citrus Bliss®

Invigorating Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute.

Aromatic Description: Citrus, sweet

PRIMARY BENEFITS

- Cleanses and purifies the air
- Helps reduce stress and uplifts mood
- Positively affects mood with energizing and refreshing properties

Citrus Bliss®

Invigorating Blend 15 mL

Part Number: 31020001

Wholesale: \$18.00

Retail: \$24.00

PV: 18

PRODUCT DESCRIPTION

Citrus Bliss Invigorating Blend merges the benefits of citrus essential oils. We combine the powerful essences of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine with a hint of Vanilla Absolute to form this unique and harmonious blend. Citrus Bliss has natural, potent compounds with cleansing properties. Mixed with water, Citrus Bliss is a perfect solution for wiping down countertops and other surfaces while producing a fresh, sweet scent.

USES

- Diffuse to help lift mood.
- Put 1 drop on your wrist and rub both wrists together for a great everyday perfume.
- Add 2–3 drops to dryer sheets to add a refreshing aroma to your laundry.
- Add to a carrier oil for a cheerful hand massage.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



ClaryCalm®

Monthly Blend for Women 10 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Clary Sage Flower, Lavender Flower, FCF Bergamot Peel, Roman Chamomile Flower, Ylang Ylang Flower, Cedarwood Wood, Geranium Stem/Leaf, Fennel Seed, Carrot Seed, Palmarosa Herb, and Vitex Leaf/Berry essential oils.

Aromatic Description: Floral, herbal, coniferous

PRIMARY BENEFITS

- Provides a soothing and calming effect during a woman's menstrual cycle
- Calming aroma helps soothe and balance heightened emotions
- Helps balance mood throughout the month

ClaryCalm®

Monthly Blend for Women 10 mL

Part Number: 49480001

Wholesale: \$27.00

Retail: \$36.00

PV: 27

PRODUCT DESCRIPTION

ClaryCalm is a proprietary blend of essential oils that provides a soothing and calming effect during a woman's menstrual cycle. A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex, ClaryCalm provides a cooling effect to the skin and helps balance emotions.

USES

- During your menstrual cycle, apply to abdomen to experience a soothing and calming massage.
- During moments of heat, apply to the skin for a cooling, soothing effect.
- Diffuse for a calming aroma that helps soothe heightened emotions.

DIRECTIONS FOR USE

Topical use: Apply topically to the back of the neck, on temples, and bottoms of feet. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Console®

Comforting Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Stem/Twig, Amyris Bark, Sandalwood Wood, Rose Flower, Osmanthus Flower

Aromatic Description: Sweet, musky, floral

PRIMARY BENEFITS

- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, and hopelessness

dōTERRA Console®

Comforting Blend 5 mL

Part Number: 31730001

Wholesale: \$37.00

Retail: \$49.33

PV: 37

PRODUCT DESCRIPTION

Losing something or someone you love can be deeply disorienting and painful. Words unspoken and questions unanswered may keep you worried and unsettled. dōTERRA Console Comforting Blend of floral and tree essential oils will help you close the door on sadness and take your first steps on a hopeful path toward emotional healing. Bind your broken heart with Console Comforting Blend.

USES

- Diffuse during times of loss to comfort the soul and evoke feelings of hope.
- Apply over the heart morning and night as a reminder to be patient with healing and to think positive thoughts.
- Apply one to two drops to a shirt collar or scarf and smell throughout the day to ward off feelings of grief and sadness.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Console® Touch

Comforting Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Frankincense Resin, Patchouli Leaf, Ylang Ylang Flower, Labdanum Twig/Stem, Amyris Bark, Sandalwood Wood, Rose Flower, Osmanthus Flower

Aromatic Description: Sweet, musky, floral

PRIMARY BENEFITS

- Promotes feelings of comfort and hope
- Counteracts negative emotions of grief, sadness, and hopelessness

dōTERRA Console® Touch

Comforting Blend 10 mL Roll-on

Part Number: 60200147
Wholesale: \$24.00
Retail: \$32.00
PV: 24

PRODUCT DESCRIPTION

dōTERRA Console Touch promotes feelings of comfort and hope during times of loss. This proprietary blend combines the sweet and musky aroma of dōTERRA Console essential oil blend with Fractionated Coconut Oil for gentle application. Apply to the heart when feeling worried, sad, or unsettled. dōTERRA Console Touch will help you close the door on sadness and take your first steps on a hopeful path toward emotional healing.

USES

- During times of loss, apply to the heart or bottom of feet in the morning.
- Relieve the weight of the world by massaging dōTERRA Console Touch into your shoulders.
- Apply to a sachet and place in drawers or closets to give clothes a comforting aroma.
- Keep this convenient roll-on in your purse or pocket and inhale directly or apply to the wrists throughout the day when feeling sad or unsettled.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



DigestZen®

Digestive Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T I N

Ingredients: Anise Seed, Peppermint Plant, Ginger Root, Caraway Seed, Coriander Seed, Tarragon Plant, and Fennel Seed essential oils.

Aromatic Description: Spicy, sweet, minty, licorice

PRIMARY BENEFITS

- Supports healthy digestion when used internally*
- Consume to soothe occasional stomach upset*
- Take orally to help reduce bloating, gas, and occasional indigestion*

DigestZen®

Digestive Blend 15 mL

Part Number: 31030001

Wholesale: \$33.00

Retail: \$44.00

PV: 33

*Also available as a softgel

PRODUCT DESCRIPTION

DigestZen is well known for its ability to aid in digestion, soothe occasional stomach upset, and maintain overall digestive health when taken internally.* This unique blend contains Ginger, Fennel, and Coriander to help ease occasional stomach discomfort, including motion sickness and indigestion, while Peppermint, Tarragon, Anise, and Caraway aid with digestion and help maintain a healthy gastrointestinal tract.* DigestZen is great to have on hand when stomach upset occurs and is safe and effective. Internal use of DigestZen is a healthy, natural, and gentle way to soothe an upset stomach or maintain a healthy digestive system.*

USES

- Add a few drops to water to take internally.
- Rub on the stomach before flying or taking a road trip for a calming aroma.
- Take DigestZen internally when traveling or trying new foods to soothe occasional stomach upset.*
- Add to water or tea to maintain a healthy gastrointestinal tract.*

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA DigestZen® Touch

Digestive Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Anise Seed, Peppermint Plant, Ginger Root, Caraway Seed, Coriander Seed, Tarragon Plant, and Fennel Seed essential oils.

Aromatic Description: Spicy, sweet, minty, licorice

PRIMARY BENEFITS

- Calming aroma may ease the effects of motion sickness
- Provides a soothing abdominal massage

dōTERRA DigestZen® Touch

Digestive Blend 10 mL Roll-on

Part Number: 60200223
Wholesale: \$22.00
Retail: \$29.33
PV: 22

PRODUCT DESCRIPTION

dōTERRA DigestZen Touch is the perfect oil to have on hand at home, work, or when traveling. The calming aroma of DigestZen essential oil blend is combined with Fractionated Coconut Oil in DigestZen Touch for gentle topical application. The essential oils of Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon, and Fennel are known for their ability to ease the effects of motion sickness and stomach upset when inhaled or applied topically. dōTERRA DigestZen Touch is perfect for those who want the benefits of DigestZen essential oil in a diluted version for gentle or sensitive skin.

USES

- Take on a road trip to ease the effects of motion sickness.
- Apply to the stomach or bottoms of feet after eating a large meal.
- Have on hand when flying or traveling.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Elevation

Joyful Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Lavandin Flower, Tangerine Peel, Lavender Flower, Amyris Bark, Clary Sage Flower/Leaf, Hawaiian Sandalwood Wood, Ylang Ylang Flower, Ho Wood Leaf, Osmanthus Flower, Lemon Myrtle Leaf, Melissa Flower/Leaf

Aromatic Description: Floral, sweet, citrus

PRIMARY BENEFITS

- Elevates mood and increases vitality
- Energizing and refreshing aroma
- Promotes a revitalizing environment

Elevation

Joyful Blend 15 mL

Part Number: 31040001

Wholesale: \$43.00

Retail: \$57.33

PV: 43

PRODUCT DESCRIPTION

Elevation is the perfect blend for those moments when you need to be revitalized. This exciting blend provides an invigorating combination of essential oils that can elevate your mood and increase your energy. Elevation combines the uplifting and euphoric floral scents of Lavandin, Lavender, Melissa, Ylang Ylang, and Osmanthus with Tangerine, Amyris, Clary Sage, Hawaiian Sandalwood, Ho Wood, and Lemon Myrtle to create a unique blend that promotes a positive mood and feelings of confidence.

USES

- Diffuse Elevation to promote feelings of self-worth while also helping to lessen restless feelings.
- Diffuse Elevation in the mornings before waking kids to create a positive and energized mood.
- Rub Elevation essential oil over your heart, temples, or wrists to elevate mood and promote vitality.
- After a long, stressful day, add to a bath for a restful, uplifting experience.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA Forgive®

Renewing Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T S

Ingredients: Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Gum Resin, Arborvitae Wood, Nootka Tree Wood, Thyme Leaf, Citronella Herb

Aromatic Description: Herbaceous, fresh, woody

PRIMARY BENEFITS

- Promotes feelings of contentment, relief, and patience
- Counteracts negative emotions of anger and guilt

dōTERRA Forgive®
Renewing Blend 5 mL

Part Number: 31750001
Wholesale: \$20.00
Retail: \$26.67
PV: 20

PRODUCT DESCRIPTION

Are you carrying a burden that grows heavier with time? Would you be better off just letting it go and facing a future unfettered by anger and guilt? When you are ready to move forward, dōTERRA Forgive Renewing Blend of tree and herb essential oils will help you discover the liberating action of forgiving, forgetting, and moving on. Start each of your tomorrows relieved and content with Forgive Renewing Blend.

USES

- Diffuse when meditating to help release harbored feelings of anger and guilt.
- Apply to pulse points and heart throughout the day to feel grounded and content.
- Have dōTERRA Forgive on hand throughout the day to counteract negative emotions that may arise from undesirable situations.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Topical use: Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA Forgive® Touch

Renewing Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Fractionated Coconut Oil, Spruce Leaf, Bergamot Peel, Juniper Berry Fruit, Myrrh Resin, Arborvitae Wood, Nootka Tree Wood, Thyme Leaf, Citronella Herb

Aromatic Description: Herbaceous, fresh, woody

PRIMARY BENEFITS

- Promotes feelings of contentment, relief, and patience
- Counteracts negative emotions of anger and guilt

dōTERRA Forgive® Touch
Renewing Blend 10 mL Roll-on

Part Number: 60200148
Wholesale: \$13.00
Retail: \$17.33
PV: 13

PRODUCT DESCRIPTION

dōTERRA Forgive Touch contains the tree and herb essential oils found in our proprietary Forgive essential oil blend along with Fractionated Coconut Oil for gentle application and ease of use. dōTERRA Forgive Touch was developed to help you discover the liberating action of forgiving, forgetting, and moving on. The herbaceous, fresh, and woody aroma promotes feelings of contentment and relief, creating a path to let go of burdens and guilt.

USES

- Rub dōTERRA Forgive Touch over your heart to help you forgive yourself and others.
- To help you forgive and forget, rub dōTERRA Forgive Touch into your temples.
- Have dōTERRA Forgive Touch on hand throughout the day to counteract negative emotions that may arise from undesirable situations.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA® Hope Touch

Essential Oil Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Bergamot Fruit*, Ylang Ylang Flower, Frankincense Oil, Vanilla Bean Absolute

*FCF Bergamot does not cause sun sensitivity.

Aromatic Description: Bright, fresh, sweet

PRIMARY BENEFITS

- Uplifts mood with a bright, fresh, scent
- Provides a unique aroma profile for a personalized fragrance

dōTERRA® Hope Touch
Essential Oil Blend 10 mL Roll-on

Part Number: 60200879
Wholesale: \$20.00
PV: 0

PRODUCT DESCRIPTION

dōTERRA Hope Touch is a distinct essential oil blend combining the fresh scent of Bergamot with Ylang Ylang and Frankincense, then sweetened slightly with the warming aroma of Vanilla Bean Absolute. dōTERRA Hope Touch can be applied to the neck, wrists, and pulse points to experience a refreshing scent throughout the day. Its inviting scent is only one thing that makes dōTERRA Hope Touch truly unique. With each application of dōTERRA Hope Touch, breathe in its uplifting scent while knowing your purchase is part of a bigger cause—to help rescue precious children throughout the world. With each purchase of dōTERRA Hope Touch the full purchase price (\$20.00) is donated to the dōTERRA Healing Hands Foundation* which supports OUR Rescue, an organization of the world's experts in extraction operations and anti-child-trafficking efforts who have come together to bring an end to child slavery and sex trafficking.

*Net of tax

USES

- Apply to wrists, neck, and pulse points for a personalized fragrance.
- Keep in purse and apply throughout the day to uplift mood.
- Roll on a sachet and keep in drawers or closets to give clothes a fresh scent

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



InTune®

Focus Blend 10 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Amyris Bark, Patchouli Leaf, Frankincense Resin, Lime Peel, Ylang Ylang Flower, Hawaiian Sandalwood Wood, Roman Chamomile Flower essential oils

Aromatic Description: Musky, spicy, earthy

PRIMARY BENEFITS

- Enhances and sustains a sense of focus
- Supports efforts of those who have difficulty paying attention and staying on task
- Study-time blend

InTune®

Focus Blend 10 mL

Part Number: 41840001

Wholesale: \$34.50

Retail: \$46.00

PV: 34.5

PRODUCT DESCRIPTION

InTune is a proprietary blend of essential oils carefully selected for their ability to enhance and sustain a sense of focus. No matter your age, staying focused on the task at hand is sometimes difficult. This is especially critical during the formative years when learning and growing create habits and a foundation for life. The carefully selected essential oils in dōTERRA InTune Focus Blend work together, supporting efforts of those who have difficulty paying attention and staying on task. Hawaiian Sandalwood, Frankincense, and Lime promote a sense of clarity, while the benefits of Patchouli, Ylang Ylang, and Roman Chamomile are calming and soothing. The pleasing aroma of InTune Focus Blend makes this essential oil blend an easy and delightful one to use.

USES

- Apply to the temples and back of neck when doing tasks that require concentration.
- Apply to wrists or back of hands and inhale deeply to promote a sense of clarity.
- Use InTune at work to stay on task or when feeling tired mid-afternoon.
- Dispense InTune on a clay pendant and place on a desk or in other key areas in a classroom.

DIRECTIONS FOR USE

Topical use: Apply topically to the back of the neck, on temples, and bottoms of feet. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes, inner ears, and sensitive areas. Dilute with a carrier oil to minimize any skin sensitivity.



dōTERRA Motivate®

Encouraging Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T S

Ingredients: Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf, Rosemary Leaf, Vanilla Bean Absolute

Aromatic Description: Fresh, Clean, Minty

PRIMARY BENEFITS

- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism

dōTERRA Motivate®

Encouraging Blend 5 mL

Part Number: 31740001

Wholesale: \$23.00

Retail: \$30.67

PV: 23

PRODUCT DESCRIPTION

Are you frustrated at work? Have setbacks in spite of your best efforts shaken your confidence? Or has misplaced trust left you cynical more often than your best self should be? Then stop, reset, and restart with dōTERRA Motivate Encouraging Blend of mint and citrus essential oils. dōTERRA Motivate will help you unleash your creative powers and find the courage that comes from believing in yourself again. Go ahead and raise the bar—you can do it!

USES

- Apply to the bottom of feet in the morning to jump-start your day
- Diffuse when working on a project at work or school to stay motivated.
- Apply to pulse points before participating in sporting events or other competitions.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA Motivate® Touch

Encouraging Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Peppermint Plant, Clementine Peel, Coriander Seed, Basil Herb, Yuzu Peel, Melissa Leaf, Rosemary Leaf, Vanilla Bean Absolute

Aromatic Description: Fresh, Clean, Minty

PRIMARY BENEFITS

- Promotes feelings of confidence, courage, and belief
- Counteracts negative emotions of doubt, pessimism, and cynicism

dōTERRA Motivate® Touch
Encouraging Blend 10 mL Roll-on

Part Number: 60200149
Wholesale: \$15.00
Retail: \$20.00
PV: 15

PRODUCT DESCRIPTION

dōTERRA Motivate Touch provides gentle and quick application of dōTERRA Motivate mint and citrus essential oil blend. The fresh, minty aroma promotes feelings of confidence, courage, and belief. We all have setbacks in our lives, causing us to doubt ourselves or feel pessimistic. dōTERRA Motivate Touch will help you unleash your creative powers and find the courage that comes from believing in yourself again.

USES

- Rub dōTERRA Motivate Touch into your temples to set your focus for the day.
- Prime your wrists for a day of hard work with a rub with dōTERRA Motivate Touch.
- Apply to the back of the neck before giving a speech to instill feelings of confidence.
- Apply to pulse points before participating in sporting events or other competitions.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA Passion®

Inspiring Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T S

Ingredients: Fractionated Coconut Oil, Cardamom Seed, Cinnamon Bark, Ginger Rhizome, Clove Bud, Sandalwood Wood, Jasmine Flower Absolute, Vanilla Bean Absolute, Damiana Leaf

Aromatic Description: Spicy, Warm, Rich

PRIMARY BENEFITS

- Ignites feelings of excitement, passion, and joy
- Counteracts negative feelings of boredom and disinterest

dōTERRA Passion®

Inspiring Blend 5 mL

Part Number: 31760001

Wholesale: \$42.00

Retail: \$56.00

PV: 42.00

PRODUCT DESCRIPTION

Have you lost your why, your mojo, your passion? Too much of even a good thing can become predictable and boring over time. dōTERRA Passion Inspiring Blend of spice and herb essential oils will help you rekindle excitement in your life. Jump out of an airplane, dive into an ocean, or try something really scary like dancing. With dōTERRA Passion, you will find the daring to try something new, as well as discover renewed joy for the current blessings in your life.

USES

- Diffuse in the morning to start the day feeling energized and enthusiastic.
- Apply to pulse points and heart throughout the day to feel inspired and passionate.
- Diffuse at work to spark creativity, clarity, and wonder.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Passion® Touch

Inspiring Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Fractionated Coconut Oil, Cardamom Seed, Cinnamon Bark, Ginger Root, Clove Bud, Sandalwood Wood, Jasmine Flower Absolute, Vanilla Bean Absolute, Damiana Leaf

Aromatic Description: Spicy, warm, rich

PRODUCT DESCRIPTION

Have you lost your why or passion for life? dōTERRA Passion Touch combines Fractionated Coconut Oil with the spice and herb blend of dōTERRA Passion to help you rekindle the excitement in your life. Packaged in a convenient 10 mL roll-on, this spicy, warm essential oil blend can be used as a personal fragrance or applied to pulse points or the sternum to ignite feelings of excitement, passion, and joy. With dōTERRA Passion Touch, you will find the daring to try something new, as well as discover renewed joy for the current blessings in your life.

USES

- Passion starts with the heart. Rub dōTERRA Passion Touch over your heart.
- Apply dōTERRA Passion Touch on your wrists to spark creativity, clarity, and wonder.
- Use as a personal fragrance by applying to the back of neck, wrists, and décolletage.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PRIMARY BENEFITS

- Ignites feelings of excitement, passion, and joy
- Counteracts negative feelings of boredom and disinterest

dōTERRA Passion® Touch

Inspiring Blend 10 mL Roll-on

Part Number: 60200150

Wholesale: \$27.25

Retail: \$36.33

PV: 27.25



PastTense®

Tension Blend 10 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Wintergreen Leaf, Lavender Flower, Peppermint Plant, Frankincense Resin, Cilantro Herb, Marjoram Leaf, Roman Chamomile Flower, Basil Leaf, and Rosemary Leaf essential oils.

Aromatic Description: Fresh, mint, herbal

PRIMARY BENEFITS

- Helps provide grounding and balanced emotions
- Helps ease stressful feelings
- Packaged for convenient application in a roll-on bottle

PastTense®

Tension Blend 10 mL

Part Number: 31350001

Wholesale: \$19.50

Retail: \$26.00

PV: 19.5

PRODUCT DESCRIPTION

PastTense is a distinctive blend of essential oils known to help provide grounding and balanced emotions. Known for their soothing effects on both the mind and body, the essential oils in PastTense quickly, promote feelings of relaxation and calm emotions. PastTense comes in a convenient 10 mL roll-on for easy application when at work, school, or home. Simply apply to the neck, shoulders, or behind the ears to help calm emotions while breathing in the cooling, distinctive aroma of PastTense.

USES

- Massage into shoulders, neck, and back for a cooling, soothing sensation.
- Add to temples and back of neck before taking a test or presenting in public.
- Apply to the wrists while traveling to help calm emotions.

DIRECTIONS FOR USE

Topical use: Apply to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Peace®

Reassuring Blend 5mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Vetiver Root, Lavender Flower, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower, Marjoram Leaf, Labdanum Twig Absolute, Spearmint Leaf/Flower

Aromatic Description: Sweet, rich, minty

PRIMARY BENEFITS

- Promotes feelings of peace, reassurance, and contentment
- Counteracts anxious and fearful emotions

dōTERRA Peace®
Reassuring Blend 5 mL

Part Number: 31710001
Wholesale: \$30.00
Retail: \$40.00
PV: 30

PRODUCT DESCRIPTION

Are life's anxious moments leaving you feeling overwhelmed and afraid? dōTERRA Peace Reassuring Blend of floral and mint essential oils is a positive reminder you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you. Everything turning out fine begins with believing it will—and a few drops of Peace Reassuring Blend.

USES

- Diffuse at night time to promote a calming environment and restful sleep.
- When experiencing anxious feelings, apply one drop to hands, rub together, and inhale deeply.
- Diffuse or inhale before taking a test, presenting to a large group, or in times of worry or distress.
- To calm an upset or restless child, apply to bottoms of feet.

DIRECTIONS FOR USE

Diffusion: Use one to two drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



dōTERRA Peace® Touch

Reassuring Blend 10 mL Roll-On

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Vetiver Root, Lavender Plant, Ylang Ylang Flower, Frankincense Resin, Clary Sage Flower/Leaf, Marjoram Leaf, Labdanum Leaf/Stalk, Spearmint HerbAromatic

Description: Sweet, rich, minty

PRIMARY BENEFITS

- Promotes feelings of peace, reassurance, and contentment
- Counteracts anxious and fearful emotions

dōTERRA Peace® Touch

Reassuring Blend 10 mL roll-on

Part Number: 60200151

Wholesale: \$20.00

Retail: \$26.67

PV: 20

PRODUCT DESCRIPTION

In today's fast-paced society, it's easy to feel anxious, overwhelmed, and fearful—no matter what your age. dōTERRA Peace Reassuring Blend of floral and mint essential oils is a positive reminder you don't have to be perfect to find peace. Slow down, take a deep breath, and reconnect with the composed, collected you. Use dōTERRA Peace Touch Reassuring Blend to promote feelings of contentment, composure, and reassurance when anxious feelings overwhelm your emotions.

USES

- Give yourself peace of mind by rubbing dōTERRA Peace Reassuring Blend into your temples.
- Apply dōTERRA Peace Reassuring Blend to tense shoulders.
- When experiencing anxious feelings, apply one drop to hands, rub together, and inhale deeply.
- To calm an upset or restless child, apply to bottoms of feet.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Purify

Cleansing Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Lemon Peel, Siberian Fir Needle, Citronella Grass, Lime Peel, Melaleuca (Tea Tree) Leaf, Cilantro Herb essential oils.

Aromatic Description: Fresh, airy, herbal

PRIMARY BENEFITS

- Refreshing aroma
- Replaces unpleasant odors and clears the air
- Protects against environmental threats

Purify

Cleansing Blend 15 mL

Part Number: 31060001

Wholesale: \$20.00

Retail: \$26.67

PV: 20

PRODUCT DESCRIPTION

Purify is an exclusive combination of essential oils that purify and eradicate odors in a natural, safe way. This uplifting blend combines citrus and fir essential oils that leave an airy, fresh scent on surfaces and in the air. A favorite among dōTERRA users, Purify can replace foul odors quickly and be an effective cleaner throughout the home. Purify contains Lemon and Lime essential oils, known for their powerful cleaning properties, along with Siberian Fir to purify the air and protect against environmental threats. The addition of Citronella, Melaleuca (Tea Tree), and Cilantro give this blend an enticing aroma that's uniquely dōTERRA and unmatched in purification properties.

USES

- Diffuse to purify and freshen the air.
- Freshen smaller rooms (or a car) by placing a few drops of Purify Cleansing Blend on a cotton ball and putting it into the air vent.
- Add 5 drops to a small spray bottle with water and use to wipe down countertops.
- Use to soothe away irritations from bug bites.
- Add a few drops to the rinse cycle when doing laundry to help eliminate odor.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



Rescuer™

Soothing Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Copaiba, Lavender, Spearmint, and Zanthoxylum essential oils in a base of Fractionated Coconut Oil

Aromatic Description: Woody, minty, floral

PRIMARY BENEFITS

- Helps reduce feelings of tension
- Comforting and soothing to the skin
- Supports feelings of vitality and comfort

Rescuer™

Soothing Blend 10 mL Roll-on

Part Number: 60206635

Wholesale: \$15.00

Retail: \$20.00

PV: 15

Also available in:

dōTERRA Kids Collection

Part Number: 60206616

PRODUCT DESCRIPTION

After a busy day of activity, apply Rescuer Soothing Blend for a relaxing sensation and to reduce feelings of tension for growing, tired legs. Copaiba, Lavender, Spearmint, and Zanthoxylum are expertly combined with Fractionated Coconut Oil to soothe and promote resilience while being gentle enough for sensitive skin. Roll Rescuer onto your legs, hands, or shoulders after exercising or a long day of physical activity to provide feelings of comfort and relief. Zanthoxylum, an essential oil unique to this dōTERRA blend, is known for its calming and soothing benefits. Rescuer has a fresh, yet calming aroma that provides soothing support while comforting the emotions.

USES

- Roll Rescuer onto tired legs before bedtime or after strenuous activity.
- Apply to temples and back of the neck to reduce feelings of tension.
- Massage into shoulders, neck, and back for a comforting and soothing experience.

DIRECTIONS FOR USE

Aromatic Use: Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical Use: Apply to desired area. Intended for use with adult supervision.

CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



dōTERRA Serenity®

Restful Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood

Aromatic Description: Warm, floral, herbal

PRIMARY BENEFITS

- Promotes relaxation and a restful sleeping environment
- Lessens feelings of tension and calms emotions
- Calms the mind and soothes the senses
- When accompanied with dōTERRA Serenity Restful Complex Softgels, provides a natural solution for a restful night's sleep*

dōTERRA Serenity® Restful Blend 15 mL

Part Number: 49530001
Wholesale: \$32.00
Retail: \$42.67
PV: 32

Serenity Combo Pack 15 mL bottle and 1 bottle of dōTERRA Serenity™ softgels

Part Number: 60200524
Wholesale: \$45.00
Retail: \$60.00
PV: 40

PRODUCT DESCRIPTION

The newly updated dōTERRA Serenity Restful Blend has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced, tranquil blend can be felt immediately, transporting the user to a state of blissful repose. dōTERRA Serenity combines essential oils renowned for their ability to lessen feelings of tension and calm emotions, and support a restful sleep when used aromatically. Apply one to two drops to the hands and inhale throughout the day to help reduce worry from life's daily stressors, or diffuse at night to help quiet a restless baby or child. The addition of Cedarwood, Ho Wood, and Vetiver essential oils gives dōTERRA Serenity a grounding aroma that calms the mind and soothes the senses. dōTERRA Serenity can be used in conjunction with dōTERRA Serenity Restful Complex Softgels. The dōTERRA Serenity essential oil blend creates a relaxing environment while the softgels promote a restful night's sleep.*

USES

- Diffuse at night to calm a restless baby or child.
- Apply to bottoms of feet at bedtime to help unwind before going to sleep. Use in conjunction with dōTERRA Serenity Restful Complex Softgels for an enhanced effect.
- Inhale directly from hands or diffuse throughout the day to help lessen tension.
- Add 2–3 drops into a warm bath with Epsom salts to create a relaxing, renewing experience.
- Apply 2–3 drops to the back of the neck or on the heart for feelings of calmness and peace.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Slim & Sassy®

Metabolic Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T I S

Ingredients: Grapefruit Peel, Lemon Peel, Peppermint Plant, Ginger Root, and Cinnamon Bark essential oils.

Aromatic Description: Minty, spicy, herbal

PRIMARY BENEFITS

- Promotes healthy metabolism when ingested*
- Helps manage hunger cravings when taken with water*
- Diuretic-, stimulant-, and calorie-free

Slim & Sassy®
Metabolic Blend 15 mL

Part Number: 31370001

Wholesale: \$26.00

Retail: \$34.67

PV: 26

*Also available as a softgel

PRODUCT DESCRIPTION

Slim & Sassy, our proprietary metabolic blend, combines powerful essential oils known to promote a healthy metabolism when ingested.* The flavorful blend of Slim & Sassy taken with water helps manage cravings throughout the day while supporting healthy metabolism in a natural way.* Its flavor and aroma also promote a positive mood. Slim & Sassy contains Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon. When taken internally with a healthy eating and exercise plan, Slim & Sassy Metabolic Blend can help you reach your weight management goals.*

USES

- Add to water or tea and drink before working out for a revitalizing boost.
- Consume with water before meals to help control appetite and overeating.*
- Take internally as a part of a healthy weight management program.*
- Add a few drops to Slim & Sassy TrimShake or V Shake.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



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Steady™

Grounding Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Amyris, Balsam Fir, Coriander, and Magnolia in a base of Fractionated Coconut Oil

Aromatic Description: Piney, fruity, soft woody

PRIMARY BENEFITS

- Evokes a calm and balanced mood
- Promotes feelings of relaxation and calm
- Helps focus your mind on what is most important

Steady™

Grounding Blend 10 mL Roll-on

Part Number: 60206617

Wholesale: \$15.00

Retail: \$20.00

PV: 15

Also available in:

dōTERRA Kids Collection

Part Number: 60206616

PRODUCT DESCRIPTION

Perfect for daily use or as needed, Steady Grounding Blend has a soft, inviting, and slightly fruity aroma that can help soothe feelings of stress or anxiousness. Steady draws on the unique benefits of essential oils such as Amyris, Balsam Fir, Coriander, and Magnolia perfectly blended with Fractionated Coconut Oil to deliver a calming effect perfect for all skin types. Amyris and Balsam Fir are warm wood oils that help manage feelings of stress while reducing occasional anxiousness. When feeling overwhelmed, roll Steady onto the back of your neck or wrists and take a deep breath, allowing your mood to find balance. Soothing to the skin and reassuring to the emotions, Steady is a great every day blend.

USES

- Calming to the skin and emotions, Steady can be used during times of distress to quiet the mind and soothe the body.
- Use Steady to help instill tranquility when experiencing anxious or nervous feelings.
- Apply to the back of the neck or bottoms of the feet after an event-filled day to steady the emotions.

DIRECTIONS FOR USE

Aromatic Use: Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical Use: Apply to desired area. Intended for use with adult supervision.

CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



Stronger™

Protective Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Cedarwood, Litsea, Frankincense, and Rose in a base of Fractionated Coconut Oil

Aromatic Description: Bright, sharp lemony, lightly herbal

PRIMARY BENEFITS

- Promotes feelings of wellness and vitality
- Comforting to occasional skin irritations
- Soothing to the emotions during times of distress
- Promotes clear and healthy-looking skin

Stronger™

Protective Blend 10 mL Roll-on

Part Number: 60206654

Wholesale: \$14.00

Retail: \$18.67

PV: 14

Also available in:

dōTERRA Kids Collection

Part Number: 60206616

PRODUCT DESCRIPTION

Stronger Protective Blend evokes feelings of wellness and vitality when needed most. Featuring Cedarwood, Litsea, Frankincense, and Rose in a gentle and convenient format combined with Fractionated Coconut Oil, this uniquely supportive blend is perfect for sensitive skin and provides a sense of resiliency when needed most. Litsea, one of the main ingredients in Stronger, helps to keep skin healthy-looking and clean while promoting positive feelings. The bright and uplifting aroma of Stronger is refreshing to the senses and works as the perfect blend for daily resiliency or when you are not feeling your best. With the powerful rejuvenating benefits of wood and floral oils, Stronger works as the perfect every day skin health essential oil blend.

USES

- When environmental threats are high, use Stronger to promote feelings of wellness and vitality.
- Roll onto hands, knees, and feet after a long day of activity.
- Soothing to occasional skin irritations, Stronger is a great blend to have on hand during extensive activities.
- Use Stronger to help soothe and comfort distressed skin and to promote a healthy appearance.

DIRECTIONS FOR USE

Aromatic Use: Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical Use: Apply to desired area. Intended for use with adult supervision.

CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



TerraShield®

Outdoor Blend 15 mL & 30 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Ylang Ylang Flower, Tamanu Seed, Nootka Wood, Cedarwood Wood, Catnip Plant, Lemon Eucalyptus Leaf, Litsea Fruit, Vanilla Bean Absolute, Arborvitae Wood

Aromatic Description: Herbaceous, woody, pungent

PRIMARY BENEFITS

- Acts as an effective, natural barrier
- Can be used safely by everyone in the family

TerraShield®

Outdoor Blend 15 mL

Part Number: 31700001
Wholesale: \$10.50
Retail: \$14.00
PV: 10.50

30 mL

Part Number: 31600001
Wholesale: \$19.50
Retail: \$26.00
PV: 17

PRODUCT DESCRIPTION

When it comes to outdoor protection, no defense is better than Mother Nature's offerings. Among these are essential oils which provide a vapor barrier for plants, protecting them from potential threats in their environment.

TerraShield Outdoor Blend contains powerful essential oils and other plant oils known to provide outdoor protection in a natural, safe way. This newly updated formula contains a select blend of essential oils including Ylang Ylang, Cedarwood, Catnip, Lemon Eucalyptus, Litsea, Arborvitae, Nootka, and Vanilla Bean Absolute—all of which possess specific chemical compounds known to protect against environmental annoyances. The addition of Tamanu oil provides added support and through dōTERRA's Co-Impact Sourcing®, the harvesting of Tamanu oil is positively affecting the livelihood of harvesters in Madagascar. Now available in both a 15mL bottle and new 30mL sprayer, TerraShield Outdoor Blend is a powerful yet safe formula that can be used by every member of the family, outdoors and throughout the home.

USES

- Apply TerraShield to the legs, arms, and neck before going outdoors or diffuse on your patio.
- Take TerraShield on camping trips or to outdoor events.
- Spray TerraShield around your door, window seals, and tent.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply to desired areas before outdoor activity. Reapply every few hours as needed.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Thinker™

Focus Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Vetiver, Peppermint, Clementine, and Rosemary in a base of Fractionated Coconut Oil

Aromatic Description: Earthy, minty, herbal

PRIMARY BENEFITS

- Helps prevent mental distraction
- Instills a sense of alertness and focus
- Helps reduce feelings of mental stress

Thinker™

Focus Blend 10 mL Roll-on

Part Number: 60206633

Wholesale: \$16.00

Retail: \$21.33

PV: 16

Also available in:

dōTERRA Kids Collection

Part Number: 60206616

PRODUCT DESCRIPTION

Ideal for everyone and for daily use, Thinker Focus Blend is the optimal support to use when distractions are high. Designed to create a sense of alertness and clarity, Thinker is the perfect go-to when it's time to pay attention and concentrate. Featuring Vetiver, Peppermint, Clementine, and Rosemary perfectly combined with Fractionated Coconut Oil for sensitive skin, Thinker is a natural way to feel more focused. Roll Thinker onto your temples, wrists, and the back of your neck to help bring a sense of clarity to the situation at hand. Embracing the uplifting benefits of Clementine, Thinker can help with mental energy while promoting a stronger sense of concentration. Herbal and slightly sweet, the unique aroma helps instill feelings of clarity during times of confusion. To create a supportive and positive environment for enhanced creativity and focus, incorporate Thinker into your daily learning practice.

USES

- Keep Thinker on hand in your purse or child's backpack and apply in the afternoon to remain on task.
- Roll onto wrists or hands and inhale deeply to promote a sense of clarity and alertness.
- Uplifting to the mood, use Thinker when experiencing feelings of sadness or stress.
- Promote learning and support creativity by applying Thinker throughout study time.

DIRECTIONS FOR USE

Aromatic Use: Roll on to diffusing jewelry, natural dolomite, or lava diffusing rocks.

Topical Use: Apply to desired area. Intended for use with adult supervision.

CAUTIONS

Keep out of reach of children under 3. Possible skin sensitivity. If under a doctor's care, consult your physician. Keep out of eyes, inner ears, mouth, and sensitive areas.



Whisper®

Blend for Women 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A | T | N

Ingredients: Fractionated Coconut Oil, Patchouli Leaf, Bergamot Peel, Hawaiian Sandalwood Wood, Rose Flower, Vanilla Bean Absolute, Jasmine Flower, Cinnamon Bark, Vetiver Root, Labdanum Leaf/Stem, Cocoa Seed, Ylang Ylang Flower

Aromatic Description: Musky, warm, spicy, soft, sweet

PRIMARY BENEFITS

- Combines with each individual's chemistry to create a beautiful, unique, and personal fragrance
- Provides a warming, musky aroma
- Entices and intrigues the senses

Whisper

Blend for Women 5 mL

Part Number: 31080001

Wholesale: \$24.00

Retail: \$32.00

PV: 24

PRODUCT DESCRIPTION

dōTERRA Whisper Blend for Women is a complex and diverse blend that combines with each individual's chemistry to create a uniquely personal fragrance. Each essential oil in the blend provides an inviting aroma of its own, but when combined, these oils offer a distinct scent that intrigues the senses of both the wearer and those passing by. Regarded as the most precious flowers in the perfume and aromatherapy industries, Jasmine and Ylang Ylang's euphoric aromas combine with the warm and spicy scents of Patchouli, Vanilla, Cinnamon, and Cocoa to make this blend unmatched in complexity and aromatic influence.

USES

- Apply to wrists, back of neck, and pulse points for a distinct and individual fragrance.
- Diffuse or add to clay pendants for a unique aromatic experience.
- Dispense one to two drops in the palm of the hand and rub on clothing, scarves, and coats to experience calming emotions throughout the day.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



Zendocrin[®]

Detoxification Blend 15 mL

dōTERRA[®]

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade[®]

Application: A T I N

Ingredients: Tangerine Peel, Rosemary Leaf, Geranium Flower/Leaf, Juniper Berry, Cilantro Herb essential oils.

Aromatic Description: Herbaceous, pungent, floral

PRIMARY BENEFITS

- Supports the body's natural ability to rid itself of unwanted substances*
- Supports healthy liver function*
- Purifying and detoxifying to the body's systems*

Zendocrin[®]
Detoxification Blend 15 mL

Part Number: 31460001

Wholesale: \$24.00

Retail: \$32.00

PV: 24

PRODUCT DESCRIPTION

Zendocrin essential oil blend supports the body's natural ability to rid itself of unwanted substances.* This powerful blend combines Rosemary, Cilantro, and Juniper Berry, known for their detoxifying properties and ability to support healthy liver and kidney function, while Tangerine and Geranium have purifying effects against unhealthy substances.* Zendocrin helps cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.*

USES

- Add 1–2 drops to citrus drinks, teas, or water to support healthy liver function.*
- Take one drop daily for one week as part of an internal cleansing regimen or to kick-start a New Year's resolution.*
- Apply to abdomen or bottoms of feet to support the body's natural detoxification system.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Anti-Aging Eye Cream

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Meadowfoam seed oil provides deep moisture
- Biopolymers made from Pullulan and Red Algae Extract provide a noticeable tightening and lifting effect from the first use
- Bakuchiol helps tone and tighten the skin, which helps improve the appearance of fine lines and wrinkles and helps prevent future signs of aging

Anti-Aging Eye Cream

0.5 fl. oz./15 mL

Part Number: 60201776

Wholesale: \$45.00

Retail: \$60.00

PV: 45

PRODUCT DESCRIPTION

dōTERRA Anti-Aging Eye Cream combines clinically proven ingredients with CPTG® essential oils of Frankincense, Ylang Ylang, and Blue Tansy to target the signs of aging around the delicate eye area, helping to reduce the appearance of fine lines and wrinkles over time. This innovative formula moisturizes, decreases the appearance of dark circles, and improves skin firmness and tone. Bakuchiol is a plant-based ingredient that helps reduce the appearance of fine lines and wrinkles and protects skin from future signs of aging. The unique steel rollerball applicator cools and soothes under-eye skin helping reduce the appearance of puffiness and dark circles while gently applying cream to targeted areas.

DIRECTIONS FOR USE

Press pump until small amount of product appears around the rollerball. Using gentle pressure, apply to under-eye area until absorbed. Use morning and night.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), Caprylic/Capric Triglyceride, *Limnanthes alba* (Meadowfoam) Seed Oil, Dimethicone, Cetyl Palmitate, Cetyl Alcohol, *Butyrospermum parkii* (Shea) Butter, Behenyl Alcohol, Polyglyceryl-6 Stearate, Pentylene Glycol, Glyceryl Stearate, Glycerin, *Aloe barbadensis* (Aloe Vera) Leaf Juice, *Boswellia carterii* (Frankincense) Oil, *Cananga odorata* (Ylang Ylang) Flower Oil, *Tanacetum annuum* (Blue Tansy) Flower Oil, *Porphyridium cruentum* (Red Algae) Extract, Bakuchiol, Cetearyl Alcohol, Dimethicone Crosspolymer, Stearic Acid, Sodium Lauroyl Glutamate, Polyglyceryl-6 Behenate, Carbomer, Dimethicone/Vinyl Dimethicone Crosspolymer, Beeswax (Cera Alba), Trisodium Ethylenediamine Disuccinate, Hydroxypropyl Methylcellulose, Pullulan, Silica Silylate, Silica, Sodium Hydroxide, Citric Acid, Hydroxyacetophenone



Brightening Gel

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Daisy Extract is a natural, skin-brightening agent that acts by promoting even skin tone and reducing the appearance of dark spots
- Ginger Root Extract promotes even skin tone and radiant-looking skin
- Vitamin C helps keep the skin looking youthful while providing skin-brightening benefits
- Microencapsulation technology protects vitamin C from breakdown due to oxygen exposure, ensuring both the stability and efficient delivery of the vitamin to the skin

Brightening Gel

1 fl. oz./30 mL

Part Number: 60201777

Wholesale: \$34.50

Retail: \$46.00

PV: 34.5

PRODUCT DESCRIPTION

CPTG® essential oils of FCF Bergamot, Juniper Berry, and Melissa combine with natural extracts, vitamins, and cutting edge ingredient technologies to brighten and even skin tone. dōTERRA Brightening Gel is a gentle and effective way to noticeably brighten the skin by reducing the appearance of dark spots and hyperpigmentation without the harsh chemicals used in other brightening products. Can be used as an all-over facial product or to target dark spots.

DIRECTIONS FOR USE

Keep jar upright. Using gentle, even pressure, press bottom of jar until product appears around the black valve. Apply a small amount of gel evenly to face and neck or to specific areas of concern. Keep valve clean and free of buildup. Replace cap after use.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), Pentylene Glycol, *Bellis perennis* (Daisy) Flower Extract, Glycerin, Sclerotium Gum, *Zingiber officinale* (Ginger) Root Extract, *Citrus aurantium bergamia* (Bergamot) Fruit Oil, *Juniperus communis* (Juniper Berry) Fruit Oil, *Melissa officinalis* (Melissa) Leaf Oil, Ascorbyl Tetraisopalmitate, Biosaccharide Gum-1, Polymethyl Methacrylate, Hydroxyacetophenone, Hydroxyethylcellulose, Chlorophenesin, Trisodium Ethylenediamine Disuccinate, Citric Acid, Sodium Hydroxide



Facial Cleanser

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Yucca Root Extract and Soapbark Extract are rich in saponins, natural cleansers that clarify and soothe skin
- Macadamia seed oil conditions the skin
- Vitamin E supports healthy-looking skin
- Sodium PCA is derived from proline, a natural amino acid, and acts as a humectant which helps retain skin's natural moisture

Facial Cleanser

4 fl. oz./118 mL

Part Number: 60201753

Wholesale: \$16.50

Retail: \$22.00

PV: 16.5

PRODUCT DESCRIPTION

dōTERRA Facial Cleanser contains Melaleuca and Peppermint CPTG Certified Pure Therapeutic Grade® essential oils. These oils are known for their ability to purify and tone skin and support a healthy complexion. Natural cleansers of Yucca Root Extract and Soapbark Extract gently wash away impurities leaving skin looking clean, fresh, and smooth.

DIRECTIONS FOR USE

Dispense cleanser into palm of hand. Apply to dry face and neck in a circular motion. Rinse with warm water and towel dry.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), Sodium Cocoyl Isethionate, Stearic Acid, Glycerin, Glyceryl Stearate SE, Cetearyl Alcohol, *Quillaja saponaria* (Soapbark) Bark Extract, *Yucca filamentosa* (Yucca) Root Extract, *Melaleuca alternifolia* (Tea Tree) Leaf Oil, *Mentha piperita* (Peppermint) Oil, *Macadamia ternifolia* (Macadamia) Seed Oil, Xanthan Gum, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Sodium Benzoate, Sodium Phytate, Dehydroacetic Acid, Sodium PCA, Tocopherol, Citric Acid, Potassium Hydroxide, Ethylhexylglycerin, Benzyl Alcohol



Invigorating Scrub

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Gentle exfoliating action comes from biodegradable Jojoba esters known for their moisturizing properties
- Greater Burdock Extract helps purify and tone skin
- Botanical and fruit extracts enhance the aromatic experience

Invigorating Scrub

2.5 oz/70 g

Part Number: 60201773

Wholesale: \$18.00

Retail: \$24.00

PV: 18

PRODUCT DESCRIPTION

Experience fresh, renewed skin with dōTERRA Invigorating Scrub. Grapefruit and Peppermint CPTG® essential oils make exfoliating a refreshing aromatic experience while jojoba esters polish your skin. Botanicals of Mandarin Orange Extract, Jasmine Extract, and Greater Burdock Extract tone, smooth, and hydrate skin.

DIRECTIONS FOR USE

Massage moderate amount over wet skin for 15–30 seconds. For additional moisturizing effect, massage one minute. Rinse with warm water. Use two to three times per week as needed.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), Glycerin, Jojoba Esters, Sodium Lauroamphoacetate, Xanthan Gum, Caprylyl/Capryl Glucoside, Sodium Methyl Cocoyl Taurate, *Jasminum officinale* (Jasmine) Flower/Leaf Extract, *Citrus nobilis* (Mandarin Orange) Fruit Extract, *Arctium lappa* Root Extract, *Mentha piperita* (Peppermint) Oil, *Citrus paradisi* (Grapefruit) Peel Oil, Sodium Phytate, Glyceryl Caprylate, Acrylates Copolymer, Glycol Stearate, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Polyglyceryl-5 Oleate, Sodium Cocoyl Glutamate, Ethylhexylglycerin, Sodium Hydroxide, Citric Acid, Dehydroacetic Acid, Chlorphenesin, Benzyl Alcohol



Pore Reducing Toner

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Aloe, watermelon, and apple extracts tone and balance the skin
- Rich in oligosaccharides, Lentil Extracts increase skin hydration, reduce the appearance of oily skin, tone the skin, and visibly reduce the appearance of pores
- Witch Hazel is a natural astringent that helps remove excess oil from the skin and reduces the appearance of pores

Pore Reducing Toner

4 fl. oz./118 mL

Part Number: 60201772

Wholesale: \$21.00

Retail: \$28.00

PV: 21

PRODUCT DESCRIPTION

Formulated to visibly reduce the appearance of pores, dōTERRA Pore Reducing Toner contains CPTG Certified Pure Therapeutic Grade® essential oils of Lavender, Ylang Ylang, and German Chamomile to calm sensitive skin while innovative fruit and plant extracts tone and balance the skin, increase hydration, and visibly reduce the appearance of pores to support a healthy-looking complexion

DIRECTIONS FOR USE

After cleansing, lightly apply to face and neck using cotton pad.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), *Aloe barbadensis* (Aloe Vera) Leaf Juice, Glycerin, Pentylene Glycol, Caprylyl/Capryl Glucoside, *Hamamelis virginiana* (Witch Hazel) Water, *Lavandula angustifolia* (Lavender) Oil, *Chamomilla recutita* (German Chamomile) Flower Oil, *Cananga odorata* (Ylang Ylang) Flower Oil, *Citrullus lanatus* (Watermelon) Fruit Extract, *Pyrus malus* (Apple) Fruit Extract, *Lens esculenta* (Lentil) Seed Extract, *Lens esculenta* (Lentil) Fruit Extract, Polyglyceryl-5 Oleate, Sodium Cocoyl Glutamate, Sodium Phytate, Sodium Lactate, Sodium PCA, Ethylhexylglycerin, Citric Acid, Glyceryl Caprylate, Hydroxyacetophenone, Chlorphenesin, Sodium Hydroxide



Tightening Serum

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Contains rhizobian and acacia gum which provides “lifting” benefits
- Beech Tree Bud Extract tightens and smooths the appearance of skin
- Perfluorodecalin rejuvenates skin as it helps improve skin renewal and elasticity
- Betaine is a nature mimetic humectant that helps protect skin cells against dehydration

Tightening Serum

1 fl. oz./30 mL

Part Number: 60201752

Wholesale: \$49.50

Retail: \$66.00

PV: 49.5

PRODUCT DESCRIPTION

Featuring CPTG Certified Pure Therapeutic Grade® essential oils of Frankincense, Hawaiian Sandalwood, and Myrrh, dōTERRA Tightening Serum is scientifically formulated to reduce the appearance of fine lines and wrinkles and promote skin hydration. Natural extracts and gums combine with powerful anti-aging ingredients for firmer, younger-looking skin.

DIRECTIONS FOR USE

Apply to face and neck in an upward, outward motion. Follow with the dōTERRA Essential Skin Care moisturizer of your choice.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), Perfluorodecalin, Glycerin, Pentylene Glycol, Betaine, *Acacia senegal* Gum, Polyglyceryl-6 Distearate, Jojoba Esters, *Boswellia carterii* (Frankincense) Oil, *Santalum paniculatum* (Hawaiian Sandalwood) Wood Oil, *Commiphora myrrha* (Myrrh) Oil, *Fagus sylvatica* (European Beech) Bud Extract, Hydrolyzed Rhizobian Gum, Allantoin, Sclerotium Gum, Xanthan Gum, Carbomer, Polyglyceryl-3 Beeswax, Cetyl Alcohol, Behenyl Alcohol, Sodium Phytate, Sodium PCA, Sodium Benzoate, Chlorphenesin, Sodium Hydroxide



Anti-Aging Moisturizer

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Contains natural, aqueous extract of dormant Summer Snowflake (*Leucojum aestivum*) bulbs to promote a clearer, more even skin tone
- Contains ingredients that nourish the skin, helping reduce the appearance of wrinkles
- Olive Fruit extract is a natural ingredient specifically designed for moisturizing and overall skin care
- Peptides help to firm and smooth skin, improving skin tone and texture and helping to reduce the appearance of fine lines and wrinkles

Anti-Aging Moisturizer

1.7 fl. oz./50 mL

Part Number: 60201750

Wholesale: \$34.50

Retail: \$46.00

PV: 34.50



PRODUCT DESCRIPTION

dōTERRA Anti-Aging Moisturizer combines cutting-edge ingredients with the CPTG® essential oils of Lavender, Jasmine, Geranium, and Frankincense to moisturize and soften skin while providing anti-aging benefits. Peptides and botanicals target the visible signs of aging by improving skin tone and moisturizing the skin, helping to keep skin looking young and vibrant and helping reduce future visible signs of normal aging.

DIRECTIONS FOR USE

After cleansing and toning, apply with a light touch over face and neck. Use morning and/or night.

CAUTIONS

For external use only. Avoid direct contact with the eyes. If skin irritation occurs, discontinue use

INGREDIENTS

Water (Aqua), Cetearyl Alcohol, Glycerin, Glyceryl Stearate, Caprylic/Capric Triglyceride, *Olea europaea* (Olive) Fruit Unsaponifiables, Betaine, Silica, *Vitis vinifera* (Grape) Seed Oil, *Lavandula angustifolia* (Lavender) Oil, *Pelargonium graveolens* (Geranium) Oil, *Boswellia carterii* (Frankincense) Oil, *Jasminum grandiflorum* (Jasmine) Extract, *Leucojum aestivum* Bulb Extract, *Yucca schidigera* Root Extract, Palmitoyl Tripeptide-5, Acetyl Tetrapeptide-2, Tocopherol, Glyceryl Caprylate, Sodium Stearoyl Lactylate, Carbomer, Sodium Phytate, Xanthan Gum, Dimethicone, Caprylhydroxamic Acid, Tocopheryl Acetate, Sodium Hydroxide, Caprylyl Glycol, Chlorphenesin, Phenethyl Alcohol

Hydrating Cream

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Cocoa seed butter is a nutrient-rich emollient that helps keep skin hydrated in addition to acting as a conditioning agent
- Lactococcus Ferment Lysate helps to reinforce the skin's natural barrier, helping to promote overall skin health and a youthful appearance
- *Laminaria digitata* (Oarweed) extract comes from an algae rich in amino acids and polypeptides and is combined with mugwort extract to soothe skin and calm the skin

Hydrating Cream

Net wt. 1.7 oz./48 g

Part Number: 60201774

Wholesale: \$36.00

Retail: \$48.00

PV: 36

PRODUCT DESCRIPTION

The intensive moisture your skin has been waiting for. dōTERRA's Hydrating Cream is packed with emollient-rich ingredients and probiotics to provide intense hydration and nourishment to the skin, helping reduce the appearance of fine lines and wrinkles and aiding with skin barrier renewal for suppler, younger-looking skin. Its rich formula provides a burst of active moisture without leaving an oily residue. Carefully chosen ingredients are designed to rejuvenate the look of mature skin, as well as to help reduce the visible signs of aging due to both natural and environmental causes. Probiotics reinforce the skin's natural barrier, helping to improve skin's natural health and beauty. Perfect for day or night use.

DIRECTIONS FOR USE

Apply to clean face and neck. Use morning and night.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), Butylene Glycol, Glycerin, Glyceryl Stearate, Cetearyl Alcohol, Caprylic/Capric Triglyceride, Lactococcus Ferment Lysate, Betaine, Behenyl Alcohol, Isododecane, Sodium Stearoyl Lactylate, *Theobroma cacao* (Cocoa) Seed Butter, Phytosteryl Isostearate, Dimethicone, Nylon-12, *Lavandula angustifolia* (Lavender) Oil, *Pelargonium graveolens* (Geranium) Oil, *Boswellia carterii* (Frankincense) Oil, *Jasminum grandiflorum* (Jasmine) Flower Extract, *Laminaria digitata* (Oarweed) Extract, *Artemisia vulgaris* (Mugwort) Extract, *Ascophyllum nodosum* (Brown Algae) Extract, Biosaccharide Gum-1, Homarine HCl, Erythritol, Dimethicone Crosspolymer, Cetearyl Methicone, Ammonium Acryloyldimethyltaurate/VP Copolymer, Carbomer, Xanthan Gum, Sodium Phytate, Ethylhexylglycerin, Sorbitan Laurate, Dehydroacetic Acid, Hydroxyethylcellulose, Acetyl Diipeptide-1 Cetyl Ester, Lactic Acid, Chlorphenesin, Sodium Benzoate, Sodium Chloride, Sodium Hydroxide, Benzyl Alcohol



Immortelle

Anti-Aging Blend 10 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Frankincense Resin, Hawaiian Sandalwood, Lavender Flower, Myrrh Gum Resin, Helichrysum Flower, Rose Flower essential oils.

Aromatic Description: Woody, spicy, rich, fresh

PRIMARY BENEFITS

- Helps reduce the appearance of fine lines and wrinkles
- Helps reduce contributing factors to the appearance of aging skin
- Promotes smoother, more radiant, and youthful-looking skin

Immortelle

Anti-Aging Blend 10 mL

Part Number: 60202652

Wholesale: \$69.00

Retail: \$92.00

PV: 65

PRODUCT DESCRIPTION

Powerfully renewing, this proprietary blend combines rare essential oils that have been used throughout history for their beautifying benefits. Immortelle Anti-Aging Blend is formulated to support and nourish the skin while helping reduce contributing factors to the appearance of aging skin. These unique essential oils were expertly selected to help sustain smoother, more radiant, and youthful-looking skin. Immortelle easily absorbs into the skin and can be used on the face, neck, and décolletage to reduce the appearance of fine lines, wrinkles, and aging skin.

USES

- Apply a thin layer of Immortelle to the face, neck, and décolletage, then repeat application to targeted areas of concern. Follow with the dōTERRA moisturizer of your choice.
- Apply to reduce the appearance of blemishes.
- Use as part of your morning and night facial routine.

DIRECTIONS FOR USE

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Reveal Facial System

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Wild Orange and Lime CPTG Certified Pure Therapeutic Grade® essential oils provide a cleansing and purifying boost to the skin.
- Pumpkin enzyme assists in the exfoliation process without stressing or irritating the skin and assists in removing dead skin cell buildup.
- Supports youthful-looking skin.
- Natural Bamboo silk beads provide gentle, effective exfoliation revealing fresher, younger-looking skin

Reveal Facial System

2 Tubes—
1.7 fl. oz./50 mL each

Part Number: 37340001

Wholesale: \$60.00

Retail: \$80.00

PV: 60

PRODUCT DESCRIPTION

Enjoy a spa-like facial treatment in the comfort of your home with the Reveal Facial System—a carefully formulated, two-step process that gives your skin an amazing, youthful glow.

DIRECTIONS FOR USE

- Use once or twice a week, or as needed, morning or night.
- After washing face thoroughly with a dōTERRA cleanser, apply a thin layer of Step 1: Refining Polish on damp, freshly cleaned skin.
- Massage gently in upward circular motions for 1 to 2 minutes. Do not wash off until Step 2 is complete.
- Place a thin layer of Step 2: Peptide Activator on the skin over Refining Polish. Continue to massage for an additional 1 to 2 minutes. This step may cause slight foaming and a warm, tingling sensation.
- Rinse off with warm water or a damp towel.
- Proceed with your regular facial routine of toner, serum, and moisturizer. For best results, use in conjunction with dōTERRA Essential Skin Care products.

CAUTIONS

If skin irritation occurs, discontinue use. Avoid eye area.

INGREDIENTS:

STEP 1: Refining Polish Ingredients: Aqua (Water), Kaolin, *Bambusa arundinacea* (Bamboo) Stem Extract, Sodium Bicarbonate, Bentonite, Butylene Glycol, Glycerin, PEG-8, Cetearyl Alcohol, Hydrogenated Didecene, Polyglyceryl-2 Stearate, Caprylic/Capric Triglyceride, Cetearyl Dimethicone, C12-15 Alkyl Benzoate, Lactobacillus/Pumpkin Fruit Ferment Filtrate, *Citrus aurantifolia* (Lime) Oil, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, Palmitoyl Hexapeptide-12, Tribehnenin, Stearalkonium Hectorite, Tocopheryl Acetate, Caprylyl Glycol, Propylene Carbonate, Hexylene Glycol, Tetrahexyldecyl Ascorbate, Tetrasodium Glutamate Diacetate, Cetearyl Phosphate, Ceramide 2, PEG-10 Phytosterol, Ethylhexylglycerin, Leuconostoc/Radish Root Ferment Filtrate, Phenoxyethanol

STEP 2: Peptide Activator Ingredients: Aqua (Water), Glycerin, Hydroxyethylcellulose, Polysorbate 20, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, *Camellia oleifera* Leaf Extract, *Chlorella vulgaris* Extract, Lactic Acid, Palmitoyl Tripeptide-38, Acetyl Hexapeptide-8, Acetyl Octapeptide-3, *Aloe barbadensis* (Aloe) Leaf Juice, Tocopheryl Acetate, Panthenyl Triacetate, Retinyl Palmitate, Caprylyl Glycol, Ethylhexylglycerin, Hexylene Glycol, Hydroxypropyl Cyclodextrin, Tetrahexyldecyl Ascorbate, Phenoxyethanol

Veráge® Cleanser

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Wild Orange and Basil are known for their ability to cleanse and purify
- Melaleuca (Tea Tree) is renowned for its cleansing and rejuvenating effect on the skin
- Amino acids and lipids nourish and hydrate skin
- Coconut oil boosts the effectiveness of natural surfactants
- Olive oil hydrates the skin and keeps the skin looking soft and youthful

Veráge® Cleanser

60 mL/2 fl. oz.

Part Number: 37380001

Wholesale: \$25.00

Retail: \$33.33

PV: 25

PRODUCT DESCRIPTION

Healthy, smooth skin begins with Veráge Cleanser. Infused with CPTG® essential oils of Wild Orange, Melaleuca (Tea Tree), and Basil, this natural gel formula cleanses and invigorates skin while emollients nourish and hydrate, leaving a glowing, youthful-looking complexion. Verage Cleanser gently lifts dirt and makeup away, yet reaches deep into pores to purify skin. Vital macromolecules of amino acids, lipids, and fructose provide nutrients that help keep the skin looking hydrated and healthy. As the first step in your daily skin care regimen, Verage Cleanser leaves skin feeling clean and soft while its fresh, herbaceous aroma energizes the senses.

DIRECTIONS FOR USE

Apply a small amount to damp face and neck and massage in an upward circular motion. Thoroughly rinse with water and towel dry. Use morning and night; follow with Veráge Toner.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), Decyl Glucoside, Lauryl Glucoside, Glycerin, Xanthan Gum, Polyglyceryl-4 Caprate, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, *Ocimum basilicum* (Basil) Herb Oil, *Melaleuca alternifolia* (Tea Tree) Leaf Oil, Sodium Cocoyl Amino Acids, Potassium Olivoyl/Lauroyl Wheat Amino Acids, Fructose, Coco-Glucoside, Glyceryl Oleate, Ascorbic Acid, Tocopherol, Sodium Levulinate, Citric Acid, Sodium Anisate, *Citrus aurantium amara* (Bitter Orange) Fruit Extract, *Citrus reticulata* (Tangerine) Fruit Extract, *Citrus sinensis* (Orange) Fruit Extract, Benzyl Alcohol, Lactic Acid, Sodium Phytate



Veráge® Toner

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Ylang Ylang soothes the skin
- Coriander and Cypress are known for their toning, soothing, and rejuvenating benefits to the skin
- Palmarosa is known to help revive and balance the skin; perfect for an every day toner
- Witch hazel provides many skin benefits, and is especially calming to the skin
- Aloe has been used for centuries to soothe and moisturize skin

Veráge® Toner

50 mL/1.7 fl. oz.

Part Number: 37390001

Wholesale: \$22.00

Retail: \$29.33

PV: 22

PRODUCT DESCRIPTION

Veráge Toner combines CPTG® essential oils with nourishing plant extracts to tighten, tone, and smooth skin anytime, anywhere. This hydrating toner fortifies and refreshes the skin while invigorating the senses for an energizing boost and a glowing complexion. This second step in the Veráge Skin Care Collection prepares skin for the rich emollients and nutrients found in Veráge Hydrating Serum and Moisturizer. Incorporating witch hazel, aloe, and other beneficial skin care ingredients, Veráge Toner refines and tightens the pores, and improves texture and clarity, when used on a daily basis. This cool, invigorating formula can be used as a refreshing mist throughout the day for a fresh, dewy complexion.

DIRECTIONS FOR USE

Use morning and night or throughout the day as desired. For best results, follow with Veráge Immortelle Hydrating Serum.

CAUTIONS

For external use only. Close eyes before misting face and avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS:

Aqua (Water), *Aloe barbadensis* (Aloe Vera) Leaf Juice, *Hamamelis virginiana* (Witch Hazel) Water, Propanediol, Heptyl Glucoside, *Cananga odorata* (Ylang Ylang) Flower Oil, *Cymbopogon martini* (Palmarosa) Oil, *Cupressus sempervirens* (Cypress) Oil, *Coriandrum sativum* (Coriander) Seed Oil, Copper PCA, Gluconic Acid, Sodium Benzoate, Malachite Extract, Decyl Glucoside, Sodium Hydroxide



Veráge® Immortelle Hydrating Serum

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

Experience the age-defying effects of Veráge Immortelle Hydrating Serum. This powerful formula combines CPTG® essential oils with a specialized plant technology to promote optimal lipid balance for smoother, more youthful-looking skin. Harnessing a natural, yet scientific approach to skin hydration, the lipid complex used in Immortelle Hydrating Serum goes above and beyond a typical moisturizing serum by using lipids similar to those found in skin when at its peak of optimum health and youth. Veráge Immortelle Hydrating Serum is an innovative, highly effective formula that produces results you can see and feel, instantly.

DIRECTIONS FOR USE

Apply to clean face and neck in an upward motion, morning and night. Follow with Veráge Moisturizer.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

KEY INGREDIENTS AND BENEFITS

- CPTG essential oils of Frankincense, Hawaiian Sandalwood, Lavender, Myrrh, Helichrysum, and Rose play a fundamental role in supporting healthy looking skin
- The lipid complex goes above and beyond a typical moisturizer by using lipids similar to those naturally found in skin in its prime
- Hydrates deeply to reduce the appearance of fine lines and wrinkles
- Advanced formula combines the lipids of olive, jojoba, and macadamia oils to produce amazingly soft and smooth skin

INGREDIENTS

Jojoba/Macadamia Seed Oil Esters, *Boswellia carterii* (Frankincense) Oil, Squalene, *Santalum paniculatum* (Hawaiian Sandalwood) Wood Oil, *Lavandula angustifolia* (Lavender) Oil, *Commiphora myrrha* (Myrrh) Oil, Phytosteryl Macadamiate, *Helichrysum italicum* (Helichrysum) Flower Oil, *Rosa damascena* (Rose) Flower Oil, Phyosterols, Tocopherol

Veráge® Immortelle Hydrating Serum

15 mL/.5 fl. oz.

Part Number: 37400001

Wholesale: \$65.00

Retail: \$86.66

PV: 65



Veráge® Moisturizer

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

Perfect for all skin types, Veráge Moisturizer combines the CPTG® essential oils of Jasmine, Geranium, Sea Buckthorn Berry, and Juniper Berry with plant extracts for deep hydration and skin nourishment. Using advanced plant technology, this light, non-greasy moisturizer absorbs quickly, but hydrates deeply with rich shea butter and emollients. Veráge Moisturizer promotes an ideal moisture balance in the skin and helps reduce the appearance of fine lines and wrinkles, resulting in a smooth, even complexion.

DIRECTIONS FOR USE

Apply to clean face and neck in an upward circular motion until absorbed. Use both morning and night. For best results, use in conjunction with the Veráge Skin Care Collection.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

KEY INGREDIENTS AND BENEFITS

- CPTG essential oils of Jasmine, Geranium, Sea Buckthorn Berry, and Juniper Berry help improve the overall appearance of the skin
- Juniper Berry is used to help improve the appearance of aging skin
- Sea Buckthorn Berry nourishes and softens skin
- Rich in vitamin E and fatty acids, rice bran oil penetrates deeply into the skin, acting as an effective moisturizer
- Shea Butter contains fatty acids that help keep the skin looking healthy
- Amur Corktree bark extract conditions and soothes the skin

INGREDIENTS

Aqua (Water), *Aloe barbadensis* (Aloe Vera) Leaf Juice, Propanediol, Coconut Alkanes, Glycerin, *Glycine soja* (Soybean) Oil, Polyglyceryl-10 Distearate, Cetearyl Alcohol, Tapioca Starch Polymethylsilsesquioxane, *Hordeum distichon* (Barley) Extract, *Oryza sativa* (Rice) Bran Oil, Glyceryl Stearate Citrate, *Juniperus communis* (Juniper Berry) Fruit Oil, *Hippophae rhamnoides* (Sea Buckthorn Berry) Oil, *Jasminum grandiflorum* (Jasmine Absolute) Flower Extract, *Pelargonium graveolens* (Geranium) Oil, Phytic Acid, Potassium Sorbate, Betaine, *Tremella fuciformis* Sporocarp Extract, Xanthan Gum, Coco-Caprylate/Caprate, *Santalum album* (Sandalwood) Wood Extract, *Phellodendron amurense* (Amur Corktree) Bark Extract, *Butyrospermum parkii* (Shea) Butter, Glyceryl Caprylate, Glyceryl Undecylenate

Veráge® Moisturizer

30 mL/1 fl. oz.

Part Number: 37410001

Wholesale: \$28.00

Retail: \$37.33

PV: 28



HD Clear®

Topical Blend 10 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: T | N

Ingredients: Black Cumin Seed Oil, Ho Wood Leaf, Melaleuca Leaf, Litsea Berry, Eucalyptus Leaf, Geranium Plant essential oils

Aromatic Description: Woody, sweet, herbaceous

PRODUCT DESCRIPTION

HD Clear Topical Blend is an important part of the HD Clear system. Formulated with Black Cumin Seed Oil and CPTG® essential oils, this potent formula can be applied to targeted areas on the face and body. The essential oils in HD Clear are not only used for their well-known benefits, they are also soluble through lipids in the skin, allowing for perfect absorption and effectiveness. HD Clear Topical Blend promotes a clear, smooth complexion for skin of all ages.

USES

- Apply to smooth out imperfections on your skin.
- Cleanse and hydrate your skin to look smooth and clear in the morning.
- During your teenage years, apply to promote a clear complexion.

DIRECTIONS FOR USE

Topical use: Apply a thin layer to targeted areas on the skin, or use as a spot treatment. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

PRIMARY BENEFITS

- Promote a clear complexion
- Helps reduce breakouts
- Helps keep skin clean, clear, and hydrated

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

HD Clear®

Topical Blend 10 mL

Part Number: 49400001

Wholesale: \$21.00

Retail: \$28.00

PV: 21



HD Clear[®] Foaming Face Wash

dōTERRA[®]

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade[®]

PRODUCT DESCRIPTION

HD Clear Foaming Face Wash is an exclusive and natural formula containing plant extracts known to improve the look and feel of skin. Designed with CPTG[®] essential oils, HD Clear Foaming Face Wash thoroughly cleanses skin with Melaleuca (Tea Tree), Eucalyptus, Geranium, Litsea, and Ho Wood essential oils, each renowned for their purification properties. This advanced formula also contains an active Licorice Root extract, for clear, healthy looking skin, while White Willow Bark promotes a clear, smooth complexion. Additionally, HD Clear Foaming Face Wash nourishes and soothes the skin with amino acids. HD Clear Foaming Face Wash is a natural, effective cleanser for problem skin of all ages.

DIRECTIONS FOR USE

Pump foamer twice into palm of hand. Apply foam onto damp face and neck and massage in an upward circular motion. Thoroughly rinse with water and towel dry. Use morning and night; follow with HD Clear Topical Blend and Facial Lotion. Avoid direct contact with eyes.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Water (Aqua), Disodium Cocoyl Glutamate, Glycerin, Coco-Glucoside, Decyl Glucoside, Glucose, Sodium Cocoyl Threoninate, Sodium Cocoyl Glutamate, *Salix alba* (Willow) Bark Extract, Sodium Cocoyl Amino Acids, Potassium Olivoyl/Lauroyl Wheat Amino Acids, Fructose, *Nigella sativa* (Black Cumin) Seed Oil, *Cinnamomum camphora linalooliferum* (Ho Wood) Leaf Oil, *Melaleuca alternifolia* (Tea Tree) Leaf Oil, *Eucalyptus globulus* (Eucalyptus) Leaf Oil, *Litsea cubeba* (Litsea) Fruit Oil, *Pelargonium graveolens* (Geranium) Oil, Glyceryl Oleate, *Citrus aurantium amara* (Bitter Orange) Fruit Extract, *Citrus reticulata* (Tangerine) Fruit Extract, *Citrus sinensis* (Orange) Peel Extract, Sodium Anisate, Sodium Phytate, Propanediol, Lactic Acid, Sodium PCA, *Glycyrrhiza inflata* (Licorice) Extract, Ascorbic Acid, Tocopherol, *Laminaria digitata* Kelp Extract, *Artemisia vulgaris* Extract, Dipotassium Glycyrrhizate, *Taraktogenos kurzii* Seed Oil, Citric Acid, Capryloyl Glycine, *Leptospermum scoparium* Branch/Leaf Oil, Palm Glycerides, Potassium Lauroyl Wheat Amino Acids, Rapeseed Acid, *Candida bombicola*/Glucose/Methyl Rapeseedate Ferment, Zinc PCA, Benzyl Alcohol, Sodium Levulinate, Polyglyceryl-4 Caprate, *Magnolia grandiflora* (Magnolia) Bark Extract

KEY INGREDIENTS AND BENEFITS

- Melaleuca (Tea Tree), Eucalyptus, Geranium, Litsea, and Ho Wood essential oils thoroughly cleanse and purify skin
- Active Licorice Root extract provides high-performance support for clear, healthy looking skin
- White Willow Bark extract promotes a clear, smooth complexion
- A specialized phytolipid blend of Black Cumin Seed, Chaulmoogra, Magnolia, and Manuka helps reduce the appearance of blemishes
- Rich in amino acids, a specialized algae extract soothes and calms skin

HD Clear Foaming Face Wash

50 mL/1.7 fl. oz.

Part Number: 49420001
Wholesale: \$22.00
Retail: \$29.33
PV: 22



HD Clear® Facial Lotion

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Melaleuca, Eucalyptus, Geranium, Ho Wood, and Litsea essential oils purify skin
- Vitamin B3 nourishes and helps reduce the appearance of fine lines and wrinkles
- Naturally derived amino acids improve skin texture
- A specialized phytolipid blend of Black Cumin Seed, Chaulmoogra, Magnolia, and Manuka helps reduce the appearance of blemishes
- White Willow Bark soothes and calms the skin

HD Clear Facial Lotion

50 mL/1.7 fl. oz.

Part Number: 49410001

Wholesale: \$34.00

Retail: \$45.33

PV: 34

PRODUCT DESCRIPTION

HD Clear Facial Lotion is a light, non-greasy moisturizer that absorbs quickly and promotes the appearance of blemish-free skin all day long. Made with botanical extracts and CPTG® essential oils, this proprietary formula improves skin texture, provides optimal hydration, and promotes a clear complexion. HD Clear Facial Lotion contains Melaleuca, Eucalyptus, Geranium, Ho Wood, and Litsea essential oils to keep skin free of impurities throughout the day, while Black Cumin Seed Oil and a specialized botanical blend help reduce the appearance of blemishes. HD Clear Facial Lotion has a refreshing scent and feels incredibly light upon application, yet it hydrates deeply, providing troubled skin with the nourishment and optimal moisture it needs. This natural, advanced formula addresses all factors that contribute to troubled skin while supporting hydration and improving skin texture for a clear, smooth complexion.

DIRECTIONS FOR USE

Apply a small amount to clean face and neck in an upward circular motion until absorbed. Use both morning and night. For best results, use in conjunction with HD Clear Foaming Face Wash and Topical Blend.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Aqua (Water), Isoamyl Laurate, Niacinamide, Glycerin, Polyglyceryl-6 Distearate, Propanediol, Behenyl Alcohol, Cetearyl Alcohol, Inulin, Microcrystalline Cellulose, *Salix alba* (Willow) Bark Extract, *Nigella sativa* (Black Cumin) Seed Oil, *Cinnamomum camphora linalooliferum* (Ho Wood) Wood Oil, *Melaleuca alternifolia* (Melaleuca) Leaf Oil, *Eucalyptus globulus* (Eucalyptus) Leaf Oil, *Litsea cubeba* (Litsea) Fruit Oil, *Pelargonium graveolens* (Geranium) Oil, Jojoba Esters, *Taraktogenos kurzii* Seed Oil, Alpha-Glucan Oligosaccharide, *Citrus aurantium amara* Fruit Extract, *Citrus reticulata* Fruit Extract, *Citrus sinensis* Peel Extract, Cetyl Alcohol, Polyglyceryl-3 Beeswax, Ascorbic Acid, Dipotassium Glycyrrhizate, Sodium Stearoyl Glutamate, Cellulose Gum, *Cyamopsis tetragonoloba* (Guar) Gum, Xanthan Gum, Sodium Phytate, Capryloyl Glycine, *Leptospermum scoparium* Branch/Leaf Oil, Palm Glycerides, Citric Acid, Yeast Extract, Potassium Lauroyl Wheat Amino Acids, *Avena sativa* (Oat) Kernel Extract, Soy Amino Acids, Lactic Acid, Tocopherol, Benzyl Alcohol, *Magnolia grandiflora* Bark Extract

dōTERRA® SPA Refreshing Body Wash

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

The dōTERRA® SPA Refreshing Body Wash is a natural, oil-infused body wash that provides a rich cleansing and aromatic spa experience. The invigorating scents of CPTG Bergamot, Grapefruit and Cedarwood essential oils are refreshing and uplifting, making it an ideal body wash to start the day. Natural surfactants derived from coconut oil and essential fatty acids provide gentle yet thorough cleansing without irritating the skin like other harsh soaps and body washes. This natural gel cleanser provides a perfect foaming action that glides across the skin without stripping the skin of its natural oils. Formulated with only nature's finest ingredients, the dōTERRA® SPA Refreshing Body Wash will leave your skin feeling clean, smooth, and fresh.

DIRECTIONS FOR USE

- Apply a small amount to damp skin, or use with bath puff, and gently massage in a circular motion creating a rich lather. Rinse off.

CAUTIONS

- For external use only. Avoid contact with eyes.

KEY INGREDIENTS AND BENEFITS

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Cedarwood essential oil promotes relaxation
- Sodium Methyl Oleoyl Taurate is a sulfate-free mild surfactant derived from nature and is readily biodegradable

INGREDIENTS

Water (Aqua), Sodium Lauroyl Methyl Isethionate, Cocamidopropyl Betaine, Sodium Methyl Oleoyl Taurate, Heptyl Glucoside, Sodium Cocoyl Isethionate, *Citrus paradisi* (Grapefruit) Peel Oil, *Citrus aurantium bergamia* (Bergamot) Peel Oil, *Juniperus virginiana* (Cedarwood) Oil, Tetrasodium Glutamate Diacetate, Sodium Benzoate, Potassium Sorbate, Citric Acid, Sodium Chloride

dōTERRA® SPA
Refreshing Body Wash
8.45 fl. oz. /250 mL

Part Number: 37460001

Retail: \$17.00

Wholesale: \$12.75

PV: 10



dōTERRA® SPA Citrus Bliss® Bath Bar

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Formulated with CPTG® Citrus Bliss Invigorating Blend of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, and Clementine to help reduce stress and uplift your mood
- Exfoliating sunflower wax beads and orange peel powder naturally soften, smooth, and stimulate skin rejuvenation
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds

PRODUCT DESCRIPTION

Citrus Bliss Invigorating Bath Bar creates an uplifting cleansing experience by delivering an energizing boost to your daily routine. The unique proprietary essential oil blend of dōTERRA Citrus Bliss harmoniously creates an elevated aroma. The natural exfoliating properties of sunflower wax beads and orange peel powder work together to gently soften, smooth, and stimulate skin rejuvenation.

DIRECTIONS FOR USE

Add water to bring bath bar to a rich lather. Use in the shower, bath, or at the sink. To make the bar last longer, keep dry between uses. Store at room temperature. Avoid excessive heat.

CAUTIONS

For external use only. Avoid contact with eyes.

INGREDIENTS

Sodium Palmate, Sodium Cocoate, Water (Aqua), Glycerin, *Citrus aurantium dulcis* (Orange) Peel Oil, *Citrus limon* (Lemon) Peel Oil, *Citrus paradisi* (Grapefruit) Peel Oil, *Citrus nobilis* (Mandarin Orange) Peel Oil, *Citrus aurantium bergamia* (Bergamot) Peel Oil, *Citrus reticulata* (Tangerine) Peel Oil, *Citrus clementina* (Clementine) Peel Oil, *Vanilla planifolia* (Vanilla) Fruit Extract, *Litsea cubeba* (Litsea) Fruit Oil, *Helianthus annuus* (Sunflower) Seed Wax, *Citrus aurantium dulcis* (Orange) Peel Powder, *Simmondsia chinensis* (Jojoba) Seed Oil, *Helianthus annuus* (Sunflower) Seed Oil, *Aloe barbadensis* (Aloe Vera) Leaf Juice Powder, Tetrasodium Glutamate Diacetate, Galactoarabinan, Citric Acid, Tocopherol, Sodium Chloride, Sodium Gluconate



dōTERRA® SPA Citrus Bliss® Bath Bar

Net Wt 4 oz / 113 g

Part Number: 60202779

Retail: \$9.00

Wholesale: \$6.75

PV: 5

3 Pack

Part Number: 60208924

Retail: \$19.33

Wholesale: \$14.50

PV: 10

dōTERRA® SPA Moisturizing Bath Bar

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Bergamot essential oil purifies and soothes skin and provides an uplifting, yet grounding aroma
- Grapefruit is cleansing to the skin and has an energizing scent that uplifts mood
- Jojoba seed oil is highly regarded in the cosmetic industry and known for its quick absorption and ability to deeply moisturize
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds
- Aloe leaf juice is purifying, moisturizing, soothing, and softening to the skin



PRODUCT DESCRIPTION

The dōTERRA® SPA Moisturizing Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience. Unlike regular soaps with harsh surfactants, this natural bath bar leaves skin feeling clean, smooth, and soft. From the first use, you'll notice this bar is distinctly different from any bar or soap you've used before. It has a gentle foaming action that glides across the skin with ease, thoroughly cleansing while moisturizing with jojoba seed oil, vegetable-derived glycerin, and aloe vera juice. The invigorating scent of CPTG® Bergamot and Grapefruit essential oils is experienced continuously upon first opening the package and with each use. Enjoy a rich, cleansing, aromatic spa experience with dōTERRA's natural, truly original bath bar.

DIRECTIONS FOR USE

Add water to bring bath bar to a rich lather. Use in the shower, bath, or at the sink. To make the bar last longer, keep dry between uses. Store at room temperature. Avoid excessive heat.

CAUTIONS

For external use only. Avoid contact with eyes.

INGREDIENTS

Sodium Palmate, Sodium Cocoate, Water (Aqua), Glycerin, *Citrus aurantium bergamia* (Bergamot) Peel Oil, *Citrus paradisi* (Grapefruit) Peel Oil, *Simmondsia chinensis* (Jojoba) Seed Oil, *Aloe barbadensis* (Aloe Vera) Leaf Juice Powder, Sodium Gluconate, Tocopherol, *Helianthus annuus* (Sunflower) Seed Oil, Tetrasodium Glutamate Diacetate, Galactarabinan, Sodium Chloride, Citric Acid

dōTERRA® SPA Moisturizing Bath Bar

Net Wt 4 oz / 113 g

Part Number: 37450001

Retail: \$9.00

Wholesale: \$6.75

PV: 5

3 Pack

Part Number: 37560001

Retail: \$19.33

Wholesale: \$14.50

PV: 10

dōTERRA® SPA Serenity Bath Bar

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- dōTERRA Serenity essential oil blend promotes relaxation and a restful sleeping environment
- Jojoba seed oil is highly regarded in the cosmetic industry and known for its quick absorption and ability to deeply moisturize
- Vegetable-derived glycerin hydrates skin and helps retain moisture while providing a smooth application of gentle suds
- Aloe leaf juice is purifying, moisturizing, soothing, and softening to the skin
- Natural kaolin clay gives the bar a beautiful lavender hue



PRODUCT DESCRIPTION

The dōTERRA® SPA Serenity Bath Bar is a one-of-a-kind bar that provides a unique feel, lather, aroma, and cleansing experience. Unlike regular soaps with harsh surfactants, this natural bath bar leaves skin feeling clean, smooth, and soft. From the first use, you'll notice this bar is distinctly different from any bar or soap you've used before. It has a gentle foaming action that glides across the skin with ease, thoroughly cleansing while moisturizing with jojoba seed oil, vegetable-derived glycerin, and aloe vera juice. Infused with the calming and relaxing aroma of our dōTERRA Serenity® Restful Blend, this bath bar will transport you to a state of blissful repose. Enjoy a rich, cleansing, aromatic spa experience with dōTERRA's natural, truly original bath bar.

DIRECTIONS FOR USE

Add water to bring bath bar to a rich lather. Use in the shower, bath, or at the sink. To make the bar last longer, keep dry between uses. Store at room temperature. Avoid excessive heat.

CAUTIONS

For external use only. Avoid contact with eyes.

INGREDIENTS

Sodium Palmate, Sodium Cocoate, Water (Aqua), Glycerin, *Lavandula angustifolia* (Lavender) Flower/Leaf/Stem Oil, *Juniperus virginiana* (Cedarwood) Wood Oil, *Cinnamomum camphora linaloolifera* (Ho Wood) Leaf Oil, *Cananga odorata* (Ylang Ylang) Flower Oil, *Origanum majorana* (Marjoram) Flower/Leaf/Stem Oil, *Anthemis nobilis* (Roman Chamomile) Flower/Leaf/Stem Oil, *Vetiveria zizanioides* (Vetiver) Root Oil, *Vanilla planifolia* (Vanilla) Fruit Extract, *Santalum paniculatum* (Hawaiian Sandalwood) Wood Oil, *Simmondsia chinensis* (Jojoba) Seed Oil, *Aloe barbadensis* (Aloe Vera) Leaf Juice Powder, Kaolin, Sodium Gluconate, *Helianthus annuus* (Sunflower) Seed Oil, Tetrasodium Glutamate Diacetate, Tocopherol, Galactoarabinan, Sodium Chloride, Citric Acid

dōTERRA® SPA Serenity Bath Bar

Net Wt 4 oz / 113 g

Part Number: 60201092

Retail: \$9.00

Wholesale: \$6.75

PV: 5

3 Pack

Part Number: 60201595

Retail: \$19.33

Wholesale: \$14.50

PV: 10

dōTERRA® SPA Exfoliating Body Scrub

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

The dōTERRA® SPA Exfoliating Body Scrub is a natural, indulgent body scrub that gently exfoliates and polishes skin with natural sugar cane, leaving a healthy, natural glow. Infused with CPTG® essential oils of Wild Orange, Grapefruit, and Ginger, this luxurious scrub provides a custom at-home spa experience that entices the senses, pampers the body, and warms the soul. Formulated with a rich blend of kukui, macadamia, and coconut oils, the dōTERRA® SPA Exfoliating Body Scrub not only removes dead skin cells through exfoliation, but replaces vital hydration to keep skin looking smooth and soft.

DIRECTIONS FOR USE

- Apply generously to damp body, massaging gently on feet, elbows, and any other area in need of exfoliation. Rinse thoroughly.

CAUTIONS

- For external use only. Avoid contact with eyes.

KEY INGREDIENTS AND BENEFITS

- Wild Orange and Grapefruit essential oils cleanse and purify skin
- Ginger essential oil is soothing and warming to the skin
- Natural sugar cane gently exfoliates skin
- Sunflower oil is rich in essential fatty acids, which smooth and soften skin
- Sweet almond oil serves as a moisturizer and provides a smooth glide across the skin
- Kukui nut oil soothes and moisturizes skin with no greasy after-feel

dōTERRA® SPA Exfoliating Body Scrub

Net Wt. 8 oz. / 226g

Part Number: 37480001

Retail: \$ 26.00

Wholesale: \$19.50

PV: 15

INGREDIENTS

Caprylic/ Capric Triglyceride, Sucrose, *Prunus amygdalus dulcis* (Sweet Almond) Oil, *Helianthus annuus* (Sunflower) Seed Oil, Silica, *Cocos nucifera* (Coconut) Oil, *Macadamia ternifolia* Seed Oil, *Aleurites moluccanus* (Kukui) Seed Oil, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, *Citrus paradisi* (Grapefruit) Peel Oil, *Zingiber officinale* (Ginger) Oil, Tocopherol Acetate, Linoleic Acid, Lecithin, Phytosteryl Canola Glycerides, Tocopherol, Oleic Acid, Palmitic Acid, *Glycine soja* (Soybean) Oil, Stearic Acid, Triolein, Ascorbyl Palmitate



dōTERRA® SPA Detoxifying Mud Mask

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Infused with Myrrh, Juniper Berry, and Grapefruit essential oils—known for their cleansing and smoothing benefits
- Shea butter provides moisturization and balances the skin
- Malachite extract is rich in copper and provides detoxifying benefits
- Lentil seed extract helps reduce the appearance of pores
- The natural earth clay, kaolin, is naturally rich in minerals to help purify the skin and to help reduce the appearance of oily skin

dōTERRA® SPA Detoxifying Mud Mask

Net Wt. 4 oz. / 113.4g

Part Number: 37490001

Retail: \$19.33

Wholesale: \$14.50

PV: 12

PRODUCT DESCRIPTION

Indulge your skin in revered gifts from the Earth—CPTG® essential oils, natural earth clays, purifying minerals, and nourishing botanicals. The dōTERRA® SPA Detoxifying Mud Mask is a natural clay mask that provides purifying and detoxifying benefits while reducing the appearance of pores, fine lines, and wrinkles. Infused with CPTG essential oils of Myrrh, Juniper Berry, and Grapefruit, this proprietary mask delivers a luxurious and aromatic spa treatment that pampers the skin and enlivens the senses.

DIRECTIONS FOR USE

Apply a thin, even layer to face, neck, and décolletage. Leave mask on for 3-5 minutes and rinse off with warm water.

CAUTIONS

For external use only. Avoid contact with eyes.

INGREDIENTS

Water (Aqua), Kaolin, Bentonite, Glycerin, Cetearyl Alcohol, Titanium Dioxide, *Juniperus communis* (Juniper Berry) Fruit Oil, *Citrus paradisi* (Grapefruit) Peel Oil, *Commiphora myrrha* (Myrrh) Oil, *Butyrospermum parkii* (Shea) Butter, *Cichorium intybus* (Chicory) Root Extract, *Lens esculenta* (Lentil) Seed Extract, *Camellia sinensis* (Green Tea) Leaf Extract, Malachite Extract, Montmorillonite, Dehydroacetic Acid, Copper PCA, Silica, Magnesium Aluminum Silicate, Sodium Stearoyl Lactylate, Decyl Glucoside, Ethylhexylglycerin, *Acacia senegal* Gum, Sodium Phytate, Sodium Anisate, Sodium Benzoate, Citric Acid, Xanthan Gum, Benzyl Alcohol, Mica, Sodium Hydroxide



dōTERRA® SPA Replenishing Body Butter

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Wild Orange essential oil is known for its purifying benefits
- Douglas Fir essential oil is purifying to the skin and provides uplifting aromatic benefits
- Frankincense essential oil is rejuvenating to the skin and has a balancing effect on emotions
- Shea butter deeply moisturizes while promoting skin suppleness
- Cocoa seed butter is soothing and naturally nourishing to the skin
- Jojoba seed oil absorbs quickly into the skin to moisturize, hydrate, and help soften the skin
- Avocado oil has essential fatty acids to keep skin looking healthy and moisturized

PRODUCT DESCRIPTION

Pamper your skin with the rich hydration and luxurious feel of the dōTERRA® SPA Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturization and ability to promote skin suppleness. Jojoba seed oil absorbs quickly into the skin and helps keep skin looking hydrated while avocado oil provides essential fatty acids to nourish and soften skin. CPTG® essential oils of Wild Orange, Douglas Fir, and Frankincense turn this indulgent formula into an intensely aromatic spa experience while providing purifying and rejuvenating benefits.

DIRECTIONS FOR USE

Apply to body, massaging into hands, elbows, knees, and any other area in need of intense moisturization. Store at room temperature.

CAUTIONS

For external use only. Avoid excessive heat.

INGREDIENTS

Water (Aqua), Caprylic/Capric Triglyceride, Hydrogenated Vegetable Oil, C10-18 Triglycerides, Cetearyl Alcohol, Glyceryl Behenate, Glycerin, Cetyl Palmitate, *Persea gratissima* (Avocado) Oil, *Butyrospermum parkii* (Shea) Butter, Glyceryl Stearate, Cetyl Alcohol, *Theobroma cacao* (Cocoa) Seed Butter, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, *Pseudotsuga menziesii* (Douglas Fir) Branch/Leaf Oil, *Boswellia carterii* (Frankincense) Oil, *Prunus amygdalus dulcis* (Sweet Almond) Oil, *Olea europaea* (Olive) Fruit Oil, *Simmondsia chinensis* (Jojoba) Seed Oil, Sodium Lauroyl Glutamate, Sodium Stearoyl Glutamate, Stearic Acid, Cetyl Hydroxyethylcellulose, Sodium Anisate, Sodium Phytate, Dehydroacetic Acid, Xanthan Gum, Sodium Benzoate, Beeswax, Citric Acid, Ethylhexylglycerin, Benzyl Alcohol, Sodium Hydroxide



dōTERRA® SPA Replenishing Body Butter

Net Wt. 7oz./198g

Part Number: 37470001

Retail: \$23.33

Wholesale: \$17.50

PV: 15

dōTERRA® SPA Lip Balm

dōTERRA®

PRODUCT INFORMATION PAGE



KEY INGREDIENTS AND BENEFITS

- Each lip balm contains a select blend of essential oils that provides a unique sensory experience
- Moringa oil is an emollient that helps improve how the lips look and feel
- Avocado oil provides hydration, essential fatty acids, and softening to keep lips looking healthy

dōTERRA® SPA Lip Balm

Net Wt. 0.16 oz./ 4.5g

Retail: \$8.67

Wholesale: \$6.50

PV: 5

Part Number Original: 37530001

Part Number Tropical: 37540001

Part Number Herbal: 37550001

3 Pack

1 Original 1 Tropical 1 Herbal

Part Number: 37570001

Retail: \$20.00

Wholesale: \$15.00

PV: 10

PRODUCT DESCRIPTION

dōTERRA® SPA Lip Balm is a natural formula containing plant oils, botanicals, and essential oils to hydrate and soothe lips while delivering the unique scent and taste of essential oils. This extra-moisturizing lip balm contains coconut, moringa seed, and avocado oils along with beeswax to glide easily across the lips, leaving behind deep hydration that lasts throughout the day. Enjoy our original flavor with the uplifting blend of Wild Orange and Peppermint. Experience the scents of paradise with Ylang Ylang, Clementine, and Lime essential oils found in our Tropical Lip Balm, or invigorate the senses with our Herbal Lip Balm containing Lemon Verbena, Marjoram, and Spearmint essential oils.

DIRECTIONS FOR USE

Apply to lips throughout the day as needed.

INGREDIENTS

Original: *Cocos nucifera* (Coconut) Oil, Beeswax, Moringa Oil/Hydrogenated Moringa Oil Esters, *Aleurites moluccanus* (Kukui) Seed Oil, *Persea gratissima* (Avocado) Oil, Polyglyceryl-3 Beeswax, Bis-Diglyceryl Polyacyladipate-2, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, *Mentha piperita* (Peppermint) Oil, Phytosteryl Canola Glycerides, Phospholipids, Tocopherol, Caprylic/ Capric Triglyceride, Polyglyceryl-3 Diisostearate, *Stevia rebaudiana* Leaf Extract, *Glycine soja* (Soybean) Oil, Tocopheryl Acetate
Tropical: *Cocos nucifera* (Coconut) Oil, Beeswax, Moringa Oil/Hydrogenated Moringa Oil Esters, *Aleurites moluccanus* (Kukui) Seed Oil, *Persea gratissima* (Avocado) Oil, Polyglyceryl-3 Beeswax, Bis-Diglyceryl Polyacyladipate-2, *Citrus aurantifolia* (Lime) Peel Oil, *Citrus clementina* (Clementine) Peel Oil, *Cananga odorata* (Ylang ylang) Flower Oil, Phytosteryl Canola Glycerides, Phospholipids, Tocopherol, Caprylic/ Capric Triglyceride, Polyglyceryl-3 Diisostearate, *Stevia rebaudiana* Leaf Extract, *Glycine soja* (Soybean) Oil, Tocopheryl Acetate
Herbal: *Cocos nucifera* (Coconut) Oil, Beeswax, Moringa Oil/Hydrogenated Moringa Oil Esters, *Aleurites moluccanus* (Kukui) Seed Oil, *Persea gratissima* (Avocado) Oil, Polyglyceryl-3 Beeswax, Bis-Diglyceryl Polyacyladipate-2, *Mentha spicata* (Spearmint) Herb Oil, *Origanum majorana* (Marjoram) Leaf Oil, *Lippia citriodora* (Lemon Verbena) Flower/Leaf/Stem Oil, Phytosteryl Canola Glycerides, Phospholipids, Tocopherol, Caprylic/ Capric Triglyceride, Polyglyceryl-3 Diisostearate, *Stevia rebaudiana* Leaf Extract, *Glycine soja* (Soybean) Oil, Tocopheryl Acetate

dōTERRA® SPA Hand & Body Lotion

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Easily blend with your favorite essential oil for a customized aromatic experience
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

dōTERRA® SPA Hand & Body Lotion

6.7 fl. oz./200 mL

Part Number: 37510001

Retail: \$20.00

Wholesale: \$15.00

PV: 13

3-Pack

Three 6.7 fl. oz./200 mL tubes

Part Number: 60200498

Retail: \$50.67

Wholesale: \$38.00

PV: 30

PRODUCT DESCRIPTION

Indulge your skin in dōTERRA® SPA Hand & Body Lotion—a light, non-greasy formula that contains jojoba and macadamia seed oils, murumuru and theobroma seed butters, and nourishing plant extracts. This lightweight lotion absorbs quickly to leave skin feeling silky soft and smooth. Ideal for both hands and body, this lotion pairs perfectly with essential oils, allowing you to create a personalized aromatic experience from head to toe.

DIRECTIONS FOR USE

- Apply generous amounts to hands and body to relieve dryness. Mix with the dōTERRA essential oil of your choice in the palm of your hand for a customized aromatic experience.

CAUTIONS

- For external use only.

INGREDIENTS

Water, Caprylic/Capric Triglyceride, Glycerin, Cetearyl Alcohol, *Helianthus annuus* (Sunflower) Seed Oil, Pentylene Glycol, Microcrystalline Cellulose, Diheptyl Succinate, Glyceryl Stearate, Potassium Olivoyl Hydrolyzed Oat Protein, Behenyl Alcohol, *Cocos nucifera* (Coconut) Oil, *Macadamia ternifolia* (Macadamia) Seed Oil, *Olea europaea* (Olive) Fruit Oil, *Astrocaryum murumuru* Seed Butter, *Theobroma grandiflorum* Seed Butter, *Aleurites moluccana* (Kukui) Seed Oil, *Plukenetia volubilis* (Inca Inchi) Seed Oil, *Olea europaea* (Olive) Fruit Unsaponifiables, Jojoba Oil/Macadamia Seed Oil Esters, *Simmondsia chinensis* (Jojoba) Seed Oil, Squalane, Squalene, Tocopherol, *Solanum lycopersicum* (Tomato) Fruit Extract, *Argania spinosa* (Argan) Leaf Extract, *Simmondsia chinensis* (Jojoba) Leaf Extract, Phytosteryl Macadamiate, Phytosterols, Sodium Phytate, *Bellis perennis* (Daisy) Flower Extract, Hydroxyacetophenone, Xanthan Gum, Cellulose Gum, Glyceryl Oleate, Sodium Hyaluronate, Benzyl Alcohol, Capryloyl Glycerin/Sebacic Acid Copolymer

dōTERRA® SPA Citrus Bliss® Hand Lotion

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- The Citrus Bliss essential oil blend's refreshing aroma is energizing and uplifting
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Convenient size, perfect for travel or for use while at home or work
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

dōTERRA® SPA Citrus Bliss Hand Lotion

2.5 fl. oz./75 mL

Part Number: 37500001

Retail: \$9.27

Wholesale: \$6.95

PV: 5



PRODUCT DESCRIPTION

dōTERRA® SPA Citrus Bliss Hand Lotion is a light and silky lotion that leaves hands feeling soft and smooth while awakening the senses with the uplifting scent of the Citrus Bliss essential oil blend. Infused with hydrating seed oils and nourishing botanicals, this non-greasy formula absorbs quickly yet provides optimal moisture for healthy looking hands. Known for its energizing scent, Citrus Bliss essential oil blend turns this formula into an aromatic lotion that can be massaged into the hands and experienced throughout the day. Packaged in a convenient 75ml tube, Citrus Bliss Hand Lotion is perfect for carrying in your purse or for use while at home or work.

DIRECTIONS FOR USE

- Apply to hands to relieve dryness.

CAUTIONS

- For external use only.

INGREDIENTS

Water, Caprylic/Capric Triglyceride, Glycerin, Cetearyl Alcohol, *Helianthus annuus* (Sunflower) Seed Oil, Pentylene Glycol, Microcrystalline Cellulose, Diheptyl Succinate, Glyceryl Stearate, Potassium Olivoyl Hydrolyzed Oat Protein, Behenyl Alcohol, *Cocos nucifera* (Coconut) Oil, *Macadamia ternifolia* (Macadamia) Seed Oil, *Olea europaea* (Olive) Fruit Oil, *Astrocaryum murumuru* Seed Butter, *Theobroma grandiflorum* Seed Butter, *Aleurites moluccana* (Kukui) Seed Oil, *Plukenetia volubilis* (Inca Inchi) Seed Oil, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, *Citrus limon* (Lemon) Peel Oil, *Citrus paradisi* (Grapefruit) Peel Oil, *Citrus nobilis* (Mandarin) Peel Oil, *Citrus aurantium bergamia* (Bergamot) Peel Oil, *Citrus reticulata* (Tangerine) Peel Oil, *Citrus clementina* (Clementine) Peel Oil, *Vanilla planifolia* (Vanilla) Bean Extract, *Olea europaea* (Olive) Fruit Unsaponifiables, Jojoba Oil/Macadamia Seed Oil Esters, *Simmondsia chinensis* (Jojoba) Seed Oil, Squalane, Squalene, Tocopherol, *Solanum lycopersicum* (Tomato) Fruit Extract, *Argania spinosa* Leaf Extract, *Simmondsia chinensis* (Jojoba) Leaf Extract, Phytosteryl Macadamiate, Phytosterols, Sodium Phytate, *Bellis perennis* (Daisy) Flower Extract, Hydroxyacetophenone, Xanthan Gum, Cellulose Gum, Glyceryl Oleate, Sodium Hyaluronate, Benzyl Alcohol, Capryloyl Glycerin/Sebacic Acid Copolymer

dōTERRA® SPA Rose Hand Lotion

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

dōTERRA® SPA Rose Hand Lotion is a light, alluring lotion with CPTG® Rose essential oil that promotes smooth, beautiful skin. This silky formula contains natural moisturizers and humectants that leave hands soft, supple, and nourished. Known for its skin-beneficial properties, Rose essential oil enhances this lotion with the authentic and uplifting aroma of rose petals.

As dōTERRA's most valuable essential oil, Rose makes this hand lotion unique in scent and benefits to the skin. But what makes it even more special is the purpose behind this product: the dōTERRA Healing Hands Foundation™. The dōTERRA Healing Hands Foundation is dōTERRA International's registered non-profit organization committed to improving lives through partnering with organizations that offer hope to millions around the world. The dōTERRA Healing Hands Foundation seeks to bring healing and hope to the world, to make possible lives free of disease and poverty, and to ultimately empower impoverished communities with the tools needed to become self-reliant. The full \$20 purchase price of the Rose Hand Lotion is donated to the dōTERRA Healing Hands Foundation.*

KEY INGREDIENTS AND BENEFITS

- Bulgarian Rose essential oil is known for its ability to promote smooth, glowing skin
- Sunflower and macadamia seed oils are known for their exceptional moisturizing properties and ability to retain moisture in the skin
- Non-greasy formula absorbs quickly leaving skin looking healthy, soft, and smooth

**dōTERRA® SPA
Rose Hand Lotion**
3.3 fl. oz./100 mL

Part Number: 37520001

Wholesale: \$20.00

Retail: \$20.00

PV: 0



*net of tax.

DIRECTIONS FOR USE

Apply to hands to relieve dryness and to enjoy the subtle scent of roses

CAUTIONS

For external use only.

INGREDIENTS

Water (Aqua), Caprylic/Capric Triglyceride, Glycerin, Cetearyl Alcohol, *Helianthus annuus* (Sunflower) Seed Oil, Pentylene Glycol, Microcrystalline Cellulose, Diheptyl Succinate, Glyceryl Stearate, Potassium Olivoyl Hydrolyzed Oat Protein, Behenyl Alcohol, *Cocos nucifera* (Coconut) Oil, *Macadamia ternifolia* (Macadamia) Seed Oil, *Olea europaea* (Olive) Fruit Oil, *Astrocaryum murumuru* Seed Butter, *Theobroma grandiflorum* Seed Butter, *Aleurites moluccana* (Kukui) Seed Oil, *Plukenetia volubilis* (Inca Inchi) Seed Oil, *Rosa damascena* (Rose) Flower Oil, *Olea europaea* (Olive) Fruit Unsaponifiables, Jojoba Oil/Macadamia Seed Oil Esters, *Simmondsia chinensis* (Jojoba) Seed Oil, Squalane, Squalene, Tocopherol, *Solanum lycopersicum* (Tomato) Fruit Extract, *Argania spinosa* Leaf Extract, *Simmondsia chinensis* (Jojoba) Leaf Extract, Phytosteryl Macadamiate, Phytosterols, Sodium Phytate, *Bellis perennis* (Daisy) Flower Extract, Hydroxyacetophenone, Xanthan Gum, Cellulose Gum, Glyceryl Oleate, Sodium Hyaluronate, Benzyl Alcohol, Capryloyl Glycerin/Sebacic Acid Copolymer.

dōTERRA® SPA Hydrating Body Mist

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Provides the uplifting and energizing aromatic benefits of CPTG® Beautiful Captivating essential oil blend
- The oils of Sunflower, Avocado, and Passion Fruit help soothe, soften, and hydrate skin for an overall healthy glow
- Caprylic/Capric Triglyceride (coconut derived), conditions and maintains the skin's natural barrier

Hydrating Body Mist

4.2 fl oz / 125 mL

Part Number: 60205662

Wholesale: \$25.00

Retail: \$33.33

PV: 22

PRODUCT DESCRIPTION

Feel completely rehydrated all over your body! The aromatic benefits of our Beautiful Captivating essential oil blend combine with the nourishing properties of coconut, sunflower, avocado, and passion fruit. This hydrating mist, with the unique 360 degree technology sprayer, will help improve overall appearance of healthy-looking and radiant skin.

DIRECTIONS FOR USE

Mist over the entire body after bathing or anytime for an uplifting boost of long-lasting hydration.

CAUTIONS:

For external use only. Avoid contact with eyes. Not recommended before extended UV exposure. Surfaces may be slippery after use.

INGREDIENTS:

Caprylic/Capric Triglyceride, *Cocos nucifera* (Coconut) Oil, Coco-Caprylate, Octyldodecanol, *Citrus aurantifolia* (Lime) Peel Oil, *Helianthus annuus* (Sunflower) Seed Oil, *Passiflora edulis* (Passion Fruit) Seed Oil, *Osmanthus fragrans* (Osmanthus) Flower Extract, Tocopherol, *Citrus aurantium bergamia* (Bergamot) Fruit Oil, *Boswellia carterii* (Frankincense) Oil, *Persea gratissima* (Avocado) Oil, Citric Acid



dōTERRA Salon Essentials® Protecting Shampoo

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRIMARY BENEFITS

- Provides light moisturizers to leave hair soft, shiny, and silky
- Reduces combing force in both wet and dry hair to reduce styling damage to hair
- Reduces mechanical styling damage to hair and shortens styling time
- Promotes cleansing of the hair, hair follicle, and scalp by helping remove residue left behind by styling products
- Protects color treated hair against UV oxidation

PRODUCT DESCRIPTION

dōTERRA Salon Essentials Protecting Shampoo is a professional formula with an invigorating complex of CPTG Certified Pure Therapeutic Grade® essential oils, gentle cleansers, and botanical ingredients that keep the hair looking clean and healthy. A unique combination of plant extracts, along with Wild Orange and Lime essential oils provides gentle lathering and cleansing to remove impurities collected on the hair and scalp. Light moisturizers leave hair salon soft, shiny, and touchable.

DIRECTIONS FOR USE

Apply a small amount of shampoo to damp hair. Rinse thoroughly. Follow with dōTERRA Salon Essentials Smoothing Conditioner. Avoid contact with eyes. For external use only.

INGREDIENTS:

Aqua (Water), Sodium Lauroyl Methyl Isethionate, Sodium C14-16 Olefin Sulfonate, Cocamidopropyl Betaine, Sodium Methyl Oleoyl Taurate, Sodium Cocoyl Isethionate, Betaine, Acrylates Copolymer, *Avena sativa* (Oat) Peptide, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, *Citrus aurantifolia* (Lime) Oil, Silicone Quaternium-3, Trisodium Ethylenediamine Disuccinate, Guar Hydroxypropyltrimonium Chloride, Lauryl Lactyl Lactate, PEG-150 Pentaerythrityl Tetrastearate, Trideceth-12, PEG-6 Caprylic/Capric Glycerides, Tetrasodium Glutamate Diacetate, Hexylene Glycol, Caprylyl Glycol, Ethylhexylglycerin, Phenoxyethanol, Natural Fragrance, Mica, Titanium Dioxide, Iron Oxides

Protecting Shampoo

8.46 fl oz. (250 mL)

Part number: 36220001

Wholesale: \$19.50

Retail: \$26.00

PV: 19.5

Protecting Shampoo

32 fl oz. (946 mL)

Part Number: 60201185

Wholesale: 45.00

Retail: \$60.00

PV: 35

dōTERRA Salon Essentials® Smoothing Conditioner

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRIMARY BENEFITS

- Botanical extracts provide hair color maintenance and protection as well as lipids that support healthy-looking hair
- CPTG essential oil blend of Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus helps keep the scalp looking clean and healthy

Smoothing Conditioner 8.46 fl oz. (250 mL)

Part Number: 36230001
Wholesale: \$23.00
Retail: \$30.67
PV: 23

Smoothing Conditioner 32 fl oz. (946 mL)

Part Number: 60201225
Wholesale: 50.00
Retail: \$66.67
PV: 40

PRODUCT DESCRIPTION

dōTERRA Salon Essentials Smoothing Conditioner is a professional formula of conditioning emollients, botanical extracts, and natural proteins that leave hair looking luminous and healthy. It also includes a proprietary blend of CPTG® essential oils specifically selected to bring hair to life. Other natural ingredients keep hair looking strong and healthy. Nanotechnology smoothes hair and provides an antistatic effect that keeps hair shafts aligned during styling for a smooth, finished look.

DIRECTIONS FOR USE

After shampooing, work evenly into wet hair. Wait one minute, then rinse thoroughly. For external use only.

INGREDIENTS:

Water, Stearyl Alcohol, Behentrimonium Methosulfate, Cetyl Alcohol, Betaine, Cyclopentasiloxane, Stearalkonium Chloride, Dimethicone, *Lavandula angustifolia* (Lavender) Essential Oil, *Mentha piperita* (Peppermint) Essential Oil, *Cedrus atlantica* (Cedar Wood) Essential Oil, *Origanum majorana* (Marjoram) Essential Oil, *Melaleuca quinquenervia* (Niaouli) Essential Oil, *Rosmarinus officinalis* (Rosemary) Essential Oil, *Lavandula hybrida* (Lavandin) Essential Oil, *Eucalyptus globulus* (Eucalyptus) Essential Oil, *Cananga odorata* Flower Oil, *Cinchona succirubra* Bark Extract, *Citrus aurantifolia* (Lime) Peel Oil, *Citrus limon* (Lemon) Peel Oil, *Achillea millefolium* Extract, *Tussilago farfara* (Coltsfoot) Flower Extract, *Hordeum distichon* (Barley) Extract, *Phellodendron amurense* Bark Extract, *Santalum album* (Sandalwood) Extract, Panthenol, *Persea gratissima* (Avocado) Oil, *Triticum vulgare* (Wheat) Flour Lipids, Guar Hydroxypropyltrimonium Chloride, Myristic Acid, Palmitic Acid, Stearic Acid, Hydrogenated Soybean Oil, Butylene Glycol, Cetearyl Alcohol, Hydroxypropyl Guar, Silicone Quaternium-3, Quaternium-91, Cetrimonium Methosulfate, Polyglyceryl-3 Distearate, Polysorbate 60, Trideceth-12, Tetrasodium Glutamate Diacetate, Hexylene Glycol, Ethylhexylglycerin, Caprylyl Glycol, Phenoxyethanol

dōTERRA Salon Essentials® Healthy Hold Glaze

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRIMARY BENEFITS

- Light hold for perfect, soft style
- Provides immediate conditioning, smoothing, and shine
- Helps keep hair looking healthy, even after styling
- Heat activated conditioning and thermal protection

Healthy Hold Glaze

4 fl. oz. / 120 mL

Part Number: 36270001

Wholesale: \$18.00

Retail: \$24.00

PV: 15

PRODUCT DESCRIPTION

dōTERRA Salon Essentials Healthy Hold Glaze is an all-in-one flexible-hold styling aid that protects, nourishes, and fortifies for smooth, shiny hair. This exclusive formula provides thermal protection, and protein-rich nanoparticles that work to promote improved moisture and softness. A light hold offers perfect support for beautifully styled hair.

DIRECTIONS FOR USE

Apply to clean, damp hair by dispensing a small amount into hands and working product through hair to evenly disperse. Style as desired. May also be used on dry hair prior to using a heated styling tool.

INGREDIENTS:

Aqua (Water), Silicone Quaternium-3, Betaine, PEG-8 Dimethicone, Maltodextrin/VP Copolymer, Hydroxypropyl Bis-Hydroxyethyltrimonium Chloride, PEG-12 Dimethicone, *Lavandula angustifolia* (Lavender) Oil, *Mentha piperita* (Peppermint) Oil, *Cedrus atlantica* (Cedar Wood) Wood Oil, *Lavandula hybrida* (Lavandin) Oil, *Origanum majorana* (Marjoram) Leaf Oil, *Melaleuca quinquenervia* (Niaouli) Leaf Oil, *Rosmarinus officinalis* (Rosemary) Oil, *Eucalyptus globulus* (Eucalyptus) Leaf Oil, *Citrus reticulata* (Tangerine) Peel Oil, Sericin, Panthenol, Hydrolyzed Wheat Protein PG-Propyl Silanetriol, Glycerin, Trimethylsiloxymethylmethicone, Trideceth-12, Behentrimonium Chloride, Hydroxypropyl Guar, Polyquaternium-7, Guar Hydroxypropyltrimonium Chloride, Cetrimonium Chloride, Lactic Acid, Ammonium Acryloyldimethyltaurate/Beheneth-25 Methacrylate Crosspolymer, C-11-15 Pareth-7, C12-16 Parth-9, Tetrasodium Glutamate Diacetate, Caprylyl Glycol, Ethylhexylglycerin, Natural Fragrance, Hexylene Glycol, Phenoxyethanol

dōTERRA Salon Essentials® Root to Tip Serum

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRIMARY BENEFITS

- Provides immediate conditioning, smoothing, and shine
- Contains protective lipids to nourish and moisturize hair and scalp
- Deep conditions and promotes hair surface maintenance, leaving hair soft, shiny, and silky
- Helps improve the appearance of healthy hair, resulting in fewer visible split ends

Root To Tip Serum

30 mL/1 fl. oz.

Part Number: 49050001

Wholesale: \$35.00

Retail: \$46.67

PV: 35

PRODUCT DESCRIPTION

dōTERRA Salon Essentials Root to Tip Serum is a salon professional formula infused with essential oils and nourishing lipids to promote smooth, shiny hair and a healthy-looking scalp. The carefully chosen CPTG® essential oils of Lavender, Peppermint, Marjoram, Cedarwood, Lavandin, Rosemary, Niaouli, and Eucalyptus are known for their ability to rejuvenate the scalp while supporting the appearance of healthy hair. This powerful, lightweight serum provides extended moisture without weighing hair down or leaving an oily residue.

DIRECTIONS FOR USE

Apply several drops on clean, damp hair in different locations on the scalp and lightly massage with finger tips. For healthier, smoother-looking hair, apply lightly throughout hair, paying special attention to the ends. Dry and style as usual.

INGREDIENTS:

Cyclopentasiloxane, Dimethicone, *Lavendula angustifolia* (Lavender) Essential Oil, *Mentha piperita* (Peppermint) Essential Oil, *Cedrus atlantica* (Cedarwood) Essential Oil, *Lavandula hybrida* (Lavandin) Essential Oil, *Origanum majorana* (Marjoram) Essential Oil, *Argania spinosa* Kernel Oil, *Plukenetia volubilis* Seed Oil, *Limnanthes alba* (Meadowfoam) Seed Oil, *Melaleuca quinquenervia* (Niaouli) Essential Oil, *Rosmarinus officinalis* (Rosemary) Essential Oil, *Eucalyptus globulus* (Eucalyptus) Essential Oil, *Helianthus annuus* (Sunflower) Seed Oil, Tetrahexyldecyl Ascorbate, Tocopherol, *Rosmarinus officinalis* (Rosemary) Leaf Extract

Correct-X® Essential Ointment

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender soothe and purify skin
- Bisabolol is known for its calming effects and ability to promote healthy-looking skin
- Similar to the natural oils found in skin, Jojoba provides optimal hydration, helping to improve the texture of skin
- Phellodendron Amurense Bark extract is used to condition the skin

Correct-X® Essential Ointment

15 mL/.5 oz.

Part Number: 60110001

Wholesale: \$12.00

Retail: \$16.00

PV: 10

PRODUCT DESCRIPTION

Frankincense, Helichrysum, Melaleuca, Cedarwood, and Lavender—all CPTG® essential oils known to help assist in soothing skin irritations—are used in dōTERRA Correct-X. This multi-purpose, natural ointment helps soothe skin and keep it clean while recovering from distress. Correct-X provides a moisture barrier that helps protect while simultaneously soothing and hydrating the skin. This petroleum-free, preservative-free ointment absorbs quickly and is gentle and non-irritating, making it ideal for sensitive skin.

DIRECTIONS FOR USE

Apply to affected areas as needed.

CAUTIONS

For external use only. Avoid direct contact with eyes. If skin irritation occurs, discontinue use.

INGREDIENTS

Hordeum distichon (Barley) Extract, *Santalum album* (Sandalwood) Extract, *Phellodendron amurense* Bark Extract, Glyceryl Stearate, *Acacia Decurrens/Jojoba*/Sunflower Seed Wax/Polyglyceryl-3 Esters, Caprylic/Capric Triglyceride, Glyceryl Myristate, Glyceryl Palmitate, Glyceryl Ricinoleate, *Juniperus virginiana* (Cedarwood) Wood Oil, *Lavandula angustifolia* (Lavender) Oil, *Melaleuca alternifolia* (Melaleuca) Leaf Oil, *Physalis angulata* Extract, *Plukenetia volubilis* Seed Oil, *Boswellia carterii* (Frankincense) Oil, *Helichrysum italicum* (Helichrysum) Flower Oil, *Rosa canina* Fruit Oil, *Zingiber officinale* (Ginger) Root Extract, *Elaeis guineensis* (Palm) Oil, *Gossypium herbaceum* (Cotton) Seed Oil, *Bidens pilosa* Extract, Bisabolol, *Linum usitatissimum* (Linseed) Seed Oil, Linoleic Acid, Phospholipids, Glyceryl Eicosanedioate, *Glycine Soja* (Soybean) Sterols, Dextrin Palmitate, Stearyl Glycyrhethinate



Natural Deodorant with dōTERRA Balance®

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

Natural Deodorant with dōTERRA Balance features a proprietary blend of essential oils, combined with baking soda to actively protect against odor while arrowroot absorbs moisture for long-lasting freshness. The warm, woody aroma of dōTERRA Balance Grounding Blend creates a sense of calm and well-being to uplift your mood and boost your confidence.

DIRECTIONS FOR USE

Apply to underarms.

CAUTIONS

For external use only. Do not apply to broken skin. Stop use if rash or irritation occurs.

INGREDIENTS

Arrowroot Powder (*Manihot esculenta*), Caprylic/Capric Triglyceride, Stearyl Alcohol, Sodium Bicarbonate, *Butyrospermum parkii* (Shea) Butter, *Cocos nucifera* (Coconut) Oil, *Helianthus annuus* (Sunflower) Seed Oil, *Simmondsia chinensis* (Jojoba) Seed Oil, Jojoba Esters, Hydrogenated Castor Oil, Polyglyceryl-3 Beeswax, *Picea mariana* (Spruce) Branch/Leaf Oil, *Cinnamomum camphora linalooliferum* (Ho Leaf) Leaf Oil, *Boswellia carterii* (Frankincense) Oil, *Tanacetum annuum* (Blue Tansy) Flower/Leaf/Stem Oil, *Chamomilla recutita* (Blue Chamomille) Oil, *Osmanthus fragrans* (Osmanthus) Flower Extract, Triethyl Citrate, Tocopherol

KEY INGREDIENTS AND BENEFITS

- Features CPTG® essential oils of Spruce, Ho Leaf, Frankincense, Blue Tansy, Blue Chamomile, and Osmanthus
- Aluminum, paraben, phthalate, and talc free
- Arrowroot powder aids in absorbing underarm moisture leaving you feeling fresh and dry throughout the day
- Baking soda helps to neutralize and prevent odors

Natural Deodorant with dōTERRA Balance®

2.65 oz/75 g

Part Number: 60207421

Wholesale: \$8.75

Retail: \$11.67

PV: 5



Natural Deodorant

Gentle Formula with Douglas Fir & Greek Orange

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

This gentle, natural deodorant features dōTERRA CPTG® essential oils of Douglas Fir and Greek Orange combined with magnesium to actively protect against odor while tapioca absorbs moisture for long-lasting freshness. The sweet, refreshing aroma of Douglas Fir and Greek Orange promotes a positive, energetic mood to help you focus on your day.

DIRECTIONS FOR USE

Apply to underarms.

CAUTIONS

For external use only. Do not apply to broken skin. Stop use if rash or irritation occurs. Avoid sunlight or UV rays for up to 12 hours after applying product.

INGREDIENTS

Tapioca Starch, Caprylic/Capric Triglyceride, Stearyl Alcohol, Magnesium Hydroxide, *Butyrospermum parkii* (Shea) Butter, *Cocos nucifera* (Coconut) Oil, *Helianthus annuus* (Sunflower) Seed Oil, *Simmondsia chinensis* (Jojoba) Seed Oil, Jojoba Esters, Polyglyceryl-3 Beeswax, Hydrogenated Castor Oil, Triethyl Citrate, *Citrus aurantium dulcis* (Orange) Peel Oil, *Pseudotsuga menziesii* (Balsam Oregon) Branch/Leaf Oil, Tocopherol

KEY INGREDIENTS AND BENEFITS

- Features CPTG® essential oils of Douglas Fir and Greek Orange
- Baking soda, aluminum, paraben, phthalate, and talc free
- Tapioca starch aids in absorbing underarm moisture, leaving you feeling fresh and dry throughout the day
- Magnesium helps neutralize odors

Natural Deodorant

Gentle Formula with Douglas Fir & Greek Orange

2.65 oz/75 g

Part Number: 60208231

Wholesale: \$8.75

Retail: \$11.67

PV: 5



Alpha CRS®+ Cellular Vitality Complex

Made with SLS-free vegetable capsules

PRODUCT DESCRIPTION

dōTERRA Alpha CRS+ Cellular Vitality Complex is a proprietary formula combining potent levels of natural botanical extracts that support healthy cell function with important metabolic factors of cellular energy.* Alpha CRS+ is formulated to be used daily with xEO Mega® or vEO Mega® and Microplex VMz® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.*

CONCEPT

Cells are the basic building block of all life. Healthy tissues, organs, and, ultimately, healthy organisms depend on cellular reproduction and specialized function, energy production, and timely cell death when cells are not functioning at optimal levels. As we age, cellular function can deteriorate and we gradually begin to experience decreased energy and performance.

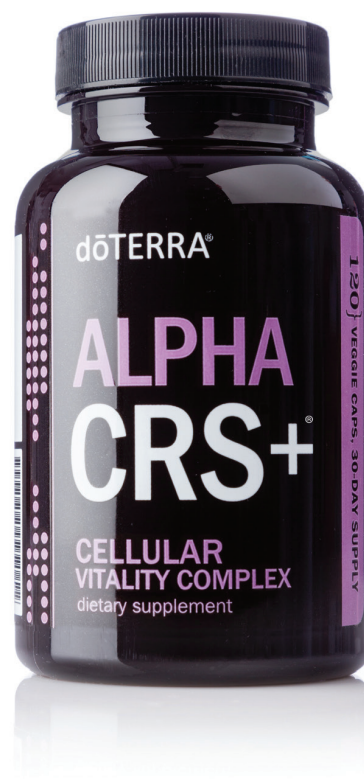
Additionally, cellular stressors, including oxidative stress to cellular DNA and other key cell structures, challenge cellular health. Providing cells with essential nutrients and metabolic factors of cellular energy and protecting our cells from toxic stressors supports healthy cell function, vitality, and wellness.*

DNA and Cellular Function

The human body is made up of millions of specialized cells that are in constant communication with each other through complex chemical pathways. All activity in and between cells is regulated by the DNA in the nucleus of each cell. Healthy cells reproduce, perform specialized functions, and set in motion a sequence of self-destruction when their usefulness declines, making way for new, healthy cells. If cellular DNA or other critical cell structures are damaged, this process of renewal can be compromised.*

Mitochondria and Cellular Energy

DNA also regulates the proliferation of mitochondria in cells. Mitochondria are cellular structures in which oxygen and food nutrients are metabolized to create energy for life. Healthy mitochondria function like well-tuned engines, producing efficient power with less exhaust (metabolic waste). As we age, the number and efficiency of cellular mitochondria can decrease, resulting in decreased energy and performance. Unhealthy mitochondria also put out more toxic exhaust in the form of free-radical molecules that can damage cellular DNA, setting off a cascading oxidative chain reaction that can damage critical cell structures and disrupt healthy cell function.



CPTG Certified Pure Therapeutic Grade®

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Free-radical Molecules

Free-radical molecules are unstable molecules with one or more unpaired electrons. When free-radical molecules come in contact with stable molecules, they steal electrons from them turning stable molecules into unstable free-radical molecules that, in turn, steal electrons from other stable molecules. This cascading process of free-radical damage is called oxidation. Free-radical damage to cells can come from external and internal sources, but the primary free-radical or oxidative stress to cellular DNA comes from cellular metabolism of energy. When cellular DNA and other critical cell structures are damaged by free-radical molecules, cells do not function optimally.

Antioxidants and Polyphenols

Cells are equipped to defend against oxidative damage by employing electron-rich molecules called antioxidants to neutralize free-radical molecules. Cells use antioxidants derived from the foods we eat and manufacture other antioxidants to keep oxidative stress in check. Reducing oxidative damage to cellular DNA and other important cell structures will support healthy cell function.* Antioxidants are found in great variety and abundance in plants and are plentiful in colorful fruits and vegetables. Polyphenols are a particularly powerful group of antioxidants that provide protection against free-radical damage to cellular DNA.* They have a very high capacity (Oxygen Radical Absorbance Capacity or ORAC) to neutralize free-radical molecules and have been studied for a number of longevity health benefits.*

Endogenous Antioxidant Protection

The antioxidants we consume in food are called exogenous antioxidants. The body is also capable of creating other antioxidants called endogenous antioxidants. Endogenous antioxidants often have very short life cycles and are used very rapidly in metabolic processes. In addition to providing exogenous antioxidant protection against free-radical damage to cells, polyphenols also support the endogenous production and recycling of antioxidants made in the body.*

Healthy Oxidative Stress

Left unchecked, exposure to high levels of free radicals can leave the body more vulnerable to the oxidative damage of free radical molecules. Lowering oxidative stress in cells can help maintain

healthy cellular function. Certain food nutrients also have been demonstrated to help the body recover from occasional high exposure to free radicals.

Alpha CRS+ Cellular Vitality Complex

dōTERRA® Alpha CRS+ Cellular Vitality Complex is a proprietary dietary supplement formulated with potent levels of powerful polyphenols that support healthy cell function by providing antioxidant protection to cellular DNA and other critical cell structures.* The cellular longevity polyphenol blend found in Alpha CRS+ includes concentrated extracts of baicalin from scutellaria root, resveratrol from *Polygonum cuspidatum*, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle to support the body's internal production of endogenous antioxidants such as glutathione.*

The blend also includes a proprietary blend of boswellic acid and bromelain protease enzyme that support healthy cellular function.*

And because vitality means feeling younger not just living longer, Alpha CRS+ includes a cellular energy blend of important metabolic factors of cellular energy, including coenzyme Q10, alpha-lipoic acid, and acetyl-L-carnitine.* Alpha CRS+ also includes a botanical extract of *Ginkgo biloba* to help support mental clarity and energy.* Combining potent levels of polyphenol antioxidants with metabolic factors of cellular energy production not only supports healthy proliferation of mitochondria in cells, it also supports efficient energy production and management of free-radical by-products of energy metabolism.*

Alpha CRS+ is formulated to be used daily with xEO Mega® or vEO Mega® and Microplex VMz® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.* Coupled with dōTERRA® CPTG Certified Pure Therapeutic Grade® essential oils and a commitment to the dōTERRA Wellness Lifestyle of eating right, exercising, resting and managing stress, reducing toxic load, informed self care, and proactive health care, Alpha CRS+ will help support you and your goals to look, feel, and live younger, longer.*

PRIMARY BENEFITS

- Supports healthy cell function by reducing oxidative stress to DNA and other critical cell structures*
- Supports healthy response to oxidative stress in cells*
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production*
- Supports healthy cellular immune function*
- Supports mental clarity and brain function*
- Contains a proprietary antioxidant cellular longevity blend exclusive to dōTERRA that includes potent amounts of powerful polyphenols including baicalin from scutellaria root, resveratrol from *Polygonum cuspidatum*, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle to help support healthy cell function*
- Contains a standardized extract of *Boswellia serrata* for boswellic acid that supports healthy cell function*
- Contains a standardized extract of *Ginkgo biloba* that supports mental clarity and function*
- Includes potent levels of metabolic factors of cellular energy (coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine)*
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk or animal products
- Includes tummy tamer botanical extract blend to prevent stomach upset*
- Specially formulated to be used daily with xEO Mega® or vEO Mega® and Microplex VMz® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

DIRECTIONS FOR USE

Adults, take 4 capsules per day with food. Alpha CRS®+ is formulated to be used daily with xEO Mega and Microplex VMz. All three products can be found in one convenient pack— dōTERRA Lifelong Vitality Pack®. Save \$69 by buying them in the pack.

FAQS

Q: Does this product contain genetically modified material?

A: Alpha CRS+ does not contain genetically modified material.

Q: Can my children take this product?

A: dōTERRA recommends dōTERRA A2Z Chewable™ and IQ Mega® for children rather than the Lifelong Vitality Pack. For older children or teenagers that can swallow capsules, a half dose is probably OK, though there is limited research of these ingredients. For any questions please consult your pediatrician.

Q: How is this product different from DDR Prime®?

A: Alpha CRS+ contains a proprietary blend of extracts that contribute to the four main benefits of LLV: antioxidant support, increased energy, building the immune system, and improved mental clarity.* DDR Prime is a proprietary essential oil blend that targets cellular health, including the nervous system, cellular immunity, cellular communication, and cell health.* The overall benefits you feel may be similar, though the effects occur through different mechanisms in the body. One product may be more effective than the other depending on individual needs.

Q: Of all the LLV products, why is this one the most expensive?

A: Alpha CRS+ is usually recommended to be taken as part of LLV, at a significant discount. If you were to purchase it individually, there are several reasons for the higher cost. Alpha CRS+ contains a wide variety of high quality complex extracts from plants from all over the world, with scientifically validated benefits.* Each one requires significant expertise to harvest, prepare, and study for your benefit.

Q: What does Alpha CRS+ mean?

A: "Alpha" means first or foremost; "CRS" stands for Cellular Renewal System; and the "+" sign reflects improvements that have been made to the product since it was first launched.

Q: Do I need to take this with food?

A: Alpha CRS+ should always be taken immediately before or right at the beginning of a full meal.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

COMPLEMENTARY PRODUCTS

- Microplex VMz®
- xEO Mega® or vEO Mega®
- DDR Prime® Softgels
- DDR Prime Essential Oil Cellular Complex

KEY STUDIES

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Yadav, V.R., Prasad S., Sung, B., Gelovani, J. G., Guha, S., Krishnan, S. and Aggarwal, B.B. Boswellic acid inhibits growth and metastasis of human colorectal cancer in orthotopic mouse model by downregulating inflammatory, proliferative, invasive and angiogenic biomarkers. *Int. J. Cancer*: 2012 130: 2176–2184.

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Kidd PM. Bioavailability and activity of phytosome complexes from botanical polyphenols: The silymarin, curcumin, green tea, and grape seed extracts. *Alternative Medicine Review*. 2009;14(3):226-246

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Srinivas NR. Baicalin, an emerging multi-therapeutic agent: pharmacodynamics, pharmacokinetics, and considerations from drug development perspectives. *Xenobiotica*. 2010;40(5):357-367.

Supplement Facts

Serving Size: Four (4) Capsules
Servings per Container: 30

	Amount Per Serving	% Daily Value
Cellular Longevity Blend:	1165 mg	**
Boswellia Serrata Gum Resin extract (20 mg Boswellic Acid)		
Scutellaria Root extract (150 mg Baicalin)		
Milk Thistle Seed extract (100 mg Silymarin)		
Polygonum Cuspidatum Root extract (50 mg Resveratrol)		
Green Tea Leaf extract (30 mg Catechins)		
Pomegranate Fruit extract (25 mg Ellagic Acid)		
Pineapple Stem extract (50 GDU Bromelain protease enzyme)		
Turmeric Root extract (30 mg Curcuminoids)		
Grape Seed extract (20 mg Proanthocyanidins)		
Sesame Seed extract (14 mg Lignans)		
Pine Bark extract (7 mg Proanthocyanidins)		
Cellular Energy Blend:	400 mg	**
Acetyl-L-Carnitine (100 mg)		
Alpha Lipoic Acid (100 mg)		
Coenzyme Q10 (50 mg)		
Quercetin (50 mg)		
Ginkgo Biloba Leaf extract (40 mg)		
dōTERRA Tummy Tamer Blend:	30 mg	**
Peppermint Leaf extract, Ginger Root extract, Caraway Seed extract		

** Daily Value not established.

Other Ingredients: Vegetable Hypromellose, Vegetable Cellulose, Calcium Silicate, Calcium Stearate.

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ALPHA CRS®+ CELLULAR VITALITY COMPLEX

120 VEGETABLE CAPSULES

Part Number: 35370001

Wholesale: \$69.50

Retail: \$92.67

PV: 69.5

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xEO Mega® Essential Oil Omega Complex

PRODUCT DESCRIPTION

dōTERRA xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and a proprietary blend of marine- and land-sourced omega fatty acids. Omega fatty acids help support joint, cardiovascular, and brain health, and support healthy immune function.* One serving of xEO Mega provides 900 milligrams of marine lipids (providing 300 mg of EPA, 300 mg of DHA, and 70 mg of other omega 3s), and a blend of 250 mg of plant-sourced fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of astaxanthin, a powerful antioxidant carotenoid* harvested from microalgae. xEO Mega is encapsulated in a vegetarian-friendly softgel.

CONCEPT

Essential Fatty Acids (EFAs) are nutrients required for many key functions in the human body, including cell growth, brain development, muscle activity, immune function, joint health, and many others.* While some fatty acids can be produced inside the body, “essential” fatty acids cannot be produced by our bodies; therefore, we rely on the food we eat to supply these important nutrients.

The most common of the essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests that for optimal health, humans should consume a one-to-one ratio of omega-6 to omega-3 essential fatty acids. Unfortunately, due to the abundance of omega-6 fatty acids in vegetable oils and our increasing consumption of fried and fatty foods, a typical Western diet includes omega-6 fatty acids in a ratio as high as 20 to 1! While our diets must include some omega-6 fatty acids as essential nutrients for life, the disproportionate consumption of omega-6 fatty acids and other unhealthy hydrogenated or trans fats has been linked to poor health. Studies also link low intake of omega-3 fatty acids to reduced mood and cognitive function.

Conversely, there is an enormous body of scientific evidence supporting the health benefits of increasing the dietary intake of omega-3 fatty acids. Studies have shown that increasing omega-3 fatty acid consumption has a positive effect on cardiovascular health and brain function, and promotes healthy immune function.* Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health and mobility, and on skin health.*

Restoring the balance between omega-3 and omega-6 fatty acids is an important step in keeping your body healthy. This can be done by decreasing your intake of unhealthy foods high in omega-6 fatty acids and increasing your intake of foods that are



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CPTG Certified Pure Therapeutic Grade®

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rich in omega-3 fatty acids. Fish is an excellent source of dietary omega-3 fatty acids, but omega-3s can also be found in canola oil and the oils of some nuts and seeds. Because of growing anxiety over the levels of toxins and heavy metals present in the world's oceans, daily fish consumption as a source of omega-3 fatty acids is not acceptable to some consumers. In fact, many nutritional experts warn against frequent fish consumption to prevent exposure to these toxic pollutants. One serving of xEO Mega® provides 900 milligrams of pure, micro-filtered marine lipids with 300 mg of EPA, 300 mg of DHA, and 70 mg of other omega-3s. Added to this is 200 mg of plant-based, omega-3 rich, Echium seed oil, along with 50 mg of pomegranate seed oil.

CPTG Certified Pure Therapeutic Grade® Essential Oils

xEO Mega also contains a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade essential oils that work in harmony with the omega-3 fatty acids in xEO Mega. Clove oil and the constituent thymol in Thyme oil are powerful antioxidants that work to enhance the overall efficacy of xEO Mega by delivering protection against oxidation.* The essential oil blend also supports healthy cellular response to oxidative stress and healthy immune function and has digestive calming effects,* which makes taking xEO Mega as pleasant as it is healthful. The essential oils in xEO Mega also function as a natural preservative system that protects the omega-3 fatty acids and lipid-soluble vitamins from oxidizing and going rancid.

Marine-Sourced Oils

dōTERRA® uses the best quality marine omega-3 oils in the world. Both fish oils are tested for over 250 contaminants, and both fish oils are certified sustainable by the prestigious Friend of the Sea organization in Europe.

ALA and SDA

xEO Mega delivers a unique source of land-based oils derived from the Echium (*Echium plantagineum*) seed. Our cold-pressed Echium seed oil provides a concentrated source of both ALA and SDA, which the body can convert more easily to EPA. Both ALA and SDA promote cardiovascular health.* ALA and SDA are produced by many plants, but because of the low amount of vegetables consumed in the standard

American diet, they are often not consumed in adequate amounts. Our Echium seed oil also delivers GLA, which may help support the health of joints, lungs, and the nervous system.*

Astaxanthin and Vitamin E

Omega-3 fatty acids are important for circulatory and brain health.* The brain is made up of essential lipids that, as with the free lipids traveling in the circulatory system, are prone to degradation through free-radical oxidation. xEO Mega includes the powerful antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and throughout the circulatory system.* Astaxanthin provides powerful antioxidant and circulatory benefits, supports eye health, improves muscle strength and endurance, aids the liver and digestive system, supports skin health, and promotes healthy immune function.*

The astaxanthin used in xEO Mega is a standardized extract of microalgae cultivated in a pure water system and activated by light. In response to exposure to light, the microalgae produces astaxanthin as a defense mechanism against oxidation. The microalgae changes from a light green to a deep crimson red. The astaxanthin is then extracted from the microalgae, microfiltered, and standardized for potency. The astaxanthin is coupled with natural vitamin E to provide additional circulatory and systemic benefits as powerful antioxidant additions to the antioxidant essential oils in xEO Mega®.*

Vitamin D

xEO Mega also includes 800 IU of natural vitamin D. Vitamin D is a fat-soluble vitamin present in a limited number of foods such as fish, beef liver, cheese, egg yolks, and fortified dairy products. It can also be synthesized in the body when triggered by exposure to sunlight. Vitamin D plays an essential role in bone health and growth.* As with the omega-3 fatty acids in xEO Mega®, vitamin D also plays an important role in promoting healthy immune function and a healthy response to oxidative stress.*

xEO Mega Essential Oil Omega Complex

xEO Mega is a revolutionary approach to supplementing our diets with omega-3 fatty acids and other fat-soluble nutrients that help support

circulatory health, brain health,* and optimal immune function among many other systemic benefits.* This unique formula of lipid-soluble nutrients is packaged in small, vegetarian-friendly softgels. xEO Mega is formulated to be used daily with Microplex VMz® and Alpha CRS®+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.*

PRIMARY BENEFITS

- Promotes heart and circulatory health*
- Supports healthy joint function and comfort*
- Provides immune-boosting nutrients*
- Protects against lipid oxidation and supports healthy function of the brain, eyes* and nervous system*
- Promotes healthy skin*
- Delivers 900 mg of pure, concentrated, molecularly filtered fish oil with 300 mg of EPA and 300 mg of DHA per daily serving, and 70 mg of other omega-3s
- Provides a wide range of omega-3 fatty acids including EPA, DHA, ALA, and SDA from marine and plant sources to help maintain a healthy balance of these vital nutrients*
- Includes the powerful antioxidant carotenoid, astaxanthin*
- Formulated with a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile
- Includes 800 IU of natural vitamin D and 60 IU of natural vitamin E
- Does not contain milk or wheat products
- Specially formulated to be used daily with Microplex VMz and Alpha CRS+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

STORAGE:

Sunlight and other light sources can oxidize carotenoids if not stored in a dark, cool, dry environment.

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DIRECTIONS FOR USE

Adults, take 4 softgels per day with food. xEO Mega is formulated to be used daily with Microplex VMz and Alpha CRS+.

FAQS

Q: Does xEO Mega need to be refrigerated?

A: xEO Mega is designed to be stable at room temperature throughout its shelf life. However, refrigeration is recommended to extend shelf life or to maximize the potency of the fragile omega-3 fatty acids.

Q: Does xEO Mega need to be taken with food?

A: xEO Mega should always be taken immediately before or right at the beginning of a full meal.

Q: Is there a vegetarian version of xEO Mega (no fish)?

A: vEO Mega® is available for those who do not wish to consume any animal-sourced ingredients.

Q: Can my kids take xEO Mega instead of the IQ Mega®?

A: xEO Mega is safe for children and the dose can be cut in half. However, IQ Mega provides a higher dose of omega-3 fatty acids, which are critically important for the development years. For any questions please consult your child's pediatrician.

Q: If I take the IQ Mega, do I need to take xEO Mega too?

A: No, one or the other should be sufficient.

Q: What fish is utilized in the marine omega blend and what is the country of origin?

A: Though the fishing ground may vary, the marine omega blend comes primarily from anchovy, sardine, and mackerel from the waters off the coast of Peru.

Q: Why do I need the marine and land omega blends?

A: Each provides reliable and consistent sources of omega-3 fatty acids. The body can convert ALA and SDA (land based) into EPA and DHA; however, this conversion is variable among different individuals. EPA and DHA are extremely important to every cell in our body, and marine based oils deliver a concentrated source of these important omega-3 fatty acids.* With xEO Mega® you get the benefits of both land and sea, with its multi-targeted approach to improving the internal balance of these vital nutrients.*

COMPLEMENTARY PRODUCTS

- Microplex VMz®
- Deep Blue Polyphenol Complex®
- Mito2Max®
- PB Assist®+

KEY STUDIES

- Ambati, Ranga Rao et al. "Astaxanthin: Sources, Extraction, Stability, Biological Activities and Its Commercial Applications--a Review." *Marine Drugs* 12.1 (2014): 128–152.
- Calder, Philip C. "N-3 Fatty Acids, Inflammation and Immunity: New Mechanisms to Explain Old Actions." *The Proceedings of the Nutrition Society* 72.3 (2013): 326–336. NCBI PubMed. Web.
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- Connor, W. E. "Importance of N-3 Fatty Acids in Health and Disease." *The American Journal of Clinical Nutrition* 71.1 Suppl (2000): 171S–5S.
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- Horrobin, D. F. "Loss of Delta-6-Desaturase Activity as a Key Factor in Aging." *Medical Hypotheses* 7.9 (1981): 1211–1220.
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- Huang YM, Yan SF, Ma L, et al. "Serum and macular responses to multiple xanthoph supplements in patients with early age-related macular degeneration." *Nutrition*. 2013;29:387-392.
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- Minihane AM. "Fish oil omega-3 fatty acids and cardio-metabolic health, alone or with statins." *European Journal of Clinical Nutrition*. 2013;67:536-540.

.Stough, Con et al. "The Effects of 90-Day Supplementation with the Omega-3 Essential Fatty Acid Docosahexaenoic Acid (DHA) on Cognitive Function and Visual Acuity in a Healthy Aging Population." *Neurobiology of Aging* 33.4 (2012): 824.e1–3.

Supplement Facts

Serving Size: Four (4) Softgels
Servings per Container: 30

	Amount Per Serving	% Daily Value*
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%
Cholesterol	5 mg	2%
Vitamin A (as Alpha and Beta Carotene)	2000 IU	40%
Vitamin D3 (as Natural Cholecalciferol)	800 IU	200%
Vitamin E (as d-α & Natural Mixed Tocopherols)	60 IU	200%
Marine Oil and Plant Oil	1100 mg	**
EPA (Eicosapentaenoic Acid from Fish Oil)	300 mg	**
DHA (Docosahexaenoic Acid from Fish Oil)	300 mg	**
Other Omega 3's (from Fish Oil)	70 mg	**
ALA (Alpha Linolenic Acid from <i>Echium plantagineum</i> Seed Oil)	50 mg	**
SDA (Stearidonic Acid from <i>Echium plantagineum</i> Seed Oil)	20 mg	**
GLA (Gamma Linolenic Acid from <i>Echium plantagineum</i> Seed Oil)	16 mg	**
Pomegranate Seed Oil	50 mg	**
ASTAPURE®† Astaxanthin (from Green Algae)	1 mg	**
Lutein (from Marigold Flower)	3 mg	**
Zeaxanthin (from Marigold Flower)	1 mg	**
Lycopene (from Tomato Fruit)	1 mg	**
CPTG® Essential Oil Blend:	120 mg	**
Clove Bud, Frankincense Resin, Thyme Leaf, Cumin Seed, Wild Orange Peel, Peppermint Plant, Ginger Root, Caraway Seed, German Chamomile Flower		

*Percent Daily Values are based on a 2000 calorie diet
**Daily Value not established

Other Ingredients: Non-GMO Food Starch, Glycerin, Purified Water, Maltitol, Carrageenan
†Registered trademark of Algatechnologies, Ltd.

XEO MEGA® ESSENTIAL OIL OMEGA COMPLEX
120 SOFTGELS

Part number: 35360001
Wholesale: \$49.50
Retail: \$66.00
PV: 49.5

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vEO Mega® Essential Oil Omega Complex

PRODUCT DESCRIPTION

dōTERRA vEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and a proprietary blend of plant- and algae-sourced omega fatty acids. Omega fatty acids help support joint, cardiovascular, and brain health, as well as healthy immune function.* A single daily dose of vEO Mega provides 1,200 milligrams of botanical omegas with 450 mg of ALA from flaxseed oil and 105 mg Inca Inchi oil, 20 mg of GLA from borage oil, 100 mg of DHA from algae oil, and a varied blend of other plant-sourced essential fatty acids. vEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae.*

CONCEPT

Essential Fatty Acids (EFAs) are nutrients required for many key functions in the human body including cell growth, brain development, muscle activity, immune function, joint health, and many others.* While some fatty acids can be produced inside the body, “essential” fatty acids cannot be produced by our bodies and we rely on the food we eat to supply us with these important nutrients.

The most common of the essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests for optimal health, humans should consume a one-to-one ratio of omega-6 to omega-3 essential fatty acids in the foods they eat. Unfortunately, due to the abundance of omega-6 fatty acids in vegetable oils and our increasing consumption of fried and fatty foods, the Western diet includes omega-6 fatty acids in a ratio as high as 15 to one. While our diets must include some omega-6 fatty acids as essential nutrients for life, the disproportionate consumption of omega-6 fatty acids, along with unhealthy hydrogenated or trans fats, has been linked to poor health. Studies also link low intake of omega-3 fatty acids to reduced mood and cognitive function.

Conversely, there is an enormous body of scientific information supporting the health benefits of increasing the dietary intake of omega-3 fatty acids. Studies have shown that increasing omega-3 fatty acid consumption has a positive effect on cardiovascular health and brain function, and helps promote a healthy immune response.*

Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health and mobility, and skin health.*

Restoring the balance of omega-3 to omega-6 fatty acids is an important step in keeping your body healthy. This can be done by decreasing your intake of unhealthy foods high in omega-6 fatty acids



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CONCEPT (CONTINUED)

and increasing your intake of foods that are rich in omega-3 fatty acids. Fish is an excellent source of dietary omega-3 fatty acids, but omega-3s can also be found in olive oil and the oils of some nuts and seeds. One daily serving of vEO Mega® provides more than 550 mg of ALA, and 100 mg of DHA omega-3 essential fatty acids.

Another convenient source of healthy essential fatty acids can be found in flaxseed oil and Inca Inchi oil. Flaxseed oil provides an omega-3 fatty acid known as alpha-linolenic acid (ALA). While DHA and EPA are readily available to the body when consumed from fish, ALA can also be synthesized to DHA and EPA in the human body. dōTERRA vEO Mega contains a proprietary plant-based essential fatty acid blend of flaxseed oil, Inca Inchi oil, borage seed oil, cranberry seed oil, pumpkin seed oil, grape seed oil, and pomegranate seed oil to help maintain the appropriate balance of essential fatty acids.*

CPTG Certified Pure Therapeutic Grade® Essential Oils

vEO Mega also contains a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade essential oils that work in harmony with the essential fatty acids in vEO Mega. Clove oil and the constituent thymol in Thyme oil are powerful antioxidants that work to enhance the overall efficacy of vEO Mega by protecting against oxidation.* The essential oil blend also supports a healthy immune function and has digestive calming effects, which make taking vEO Mega as pleasant as it is healthful.* The essential oils in vEO Mega also function as a natural preservative system that protects essential fatty acids and lipid-soluble vitamins from oxidizing and going rancid.

Astaxanthin and Vitamin E

Omega-3 fatty acids are important for circulatory and brain health.* The brain is made up of essential lipids and, as with the free lipids traveling in the circulatory system, these lipids are prone to degradation through free-radical oxidation. vEO Mega includes the powerful antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and throughout the circulatory system.* Astaxanthin

has been clinically-substantiated to provide powerful antioxidant and circulatory benefits, support eye health, improve muscle strength and endurance, aid the liver and digestive system, support skin health, and modulate healthy immune function.*

The astaxanthin used in vEO Mega is a standardized extract of microalgae cultivated in a pure water system and activated by light.† In response to light exposure, the microalgae produces astaxanthin as a defense mechanism against oxidation. The microalgae turns from light green to a deep crimson red. The astaxanthin is then extracted, micro-filtered, and standardized for potency. The astaxanthin is coupled with natural vitamin E and several other carotenoids to provide additional circulatory and systemic benefits as powerful antioxidant additions to the antioxidant essential oils in vEO Mega.*

Vitamin D

vEO Mega also includes 800 IU of natural vitamin D. Vitamin D is a fat-soluble vitamin present in a limited number of foods such as fish, beef liver, cheese, egg yolks, and fortified dairy products. The vitamin D in the vEO Mega is sourced from plants. It can also be synthesized in the body when triggered by exposure to sunlight. Vitamin D plays an essential role in bone health and growth.* As with the essential fatty acids in vEO Mega, vitamin D also plays an important role in promoting healthy immune function.*

vEO Mega Essential Oil Omega Complex

vEO Mega is a revolutionary approach to supplementing our diets with essential fatty acids and other fat soluble nutrients that help support circulatory health, brain health, and optimal immune function among many other systemic benefits.*

This unique formula of lipid-soluble nutrients is packaged in small vegetable liquicaps that are easier to swallow than large gelatin fish pills. vEO Mega is formulated to be used daily with dōTERRA Alpha CRS®+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.*

PRIMARY BENEFITS

- Promotes heart and circulatory health*
- Supports healthy joint function and comfort*
- Provides important modulating nutrients for healthy immune function*
- Protects against lipid oxidation and supports healthy function of the brain*
- Promotes healthy skin*
- Delivers 1,200 milligrams of botanical omegas with 350 mg of ALA from flax seed oil and Incha Inchi oil, 20 mg of GLA from borage oil and 100 mg of DHA from algae per daily serving
- Provides a wide range of essential fatty acids including ALA, DHA, and GLA, from plant sources to help maintain a healthy balance of omega fatty acids*
- Includes a microalgae carotenoid extract of pure astaxanthin and other carotenoids
- Formulated with a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile
- Includes 800 IU of natural vitamin D and 60 IU of natural vitamin E
- Does not contain milk or wheat products
- Specially formulated to be used daily with Alpha CRS®+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

DIRECTIONS FOR USE

Adults, take 4 liquicaps per day with food. vEO Mega is formulated to be used daily with Alpha CRS+.

FAQS

Q: What is the biggest difference between vEO Mega® and xEO Mega®?

A: The biggest difference is that xEO Mega contains fish oil, while vEO Mega replaces the fish oil with a blend of flax seed oil, algae oil, Inca Inchi oil, pumpkin seed oil, and grape seed oil. This blend provides a wide variety of sources of plant omega-3 fatty acids.

Q: Can this product be considered GMO-free and gluten-free?

A: vEO Mega is free of genetically modified material and is gluten free.

Q: Are plant-sourced omegas just as good as marine-sourced ones? Can I get the same benefits?

A: xEO Mega contains EPA, DHA, and other omega 3 fatty acids; vEO Mega contains ALA, DHA and other omega 3 fatty acids. The body can convert ALA to EPA or DHA.

COMPLEMENTARY PRODUCTS

- Alpha CRS+
- DigestZen TerraZyme®

KEY STUDIES

Bernstein AM, Ding EL, Willett WC, Rimm EB. A meta-analysis shows that docosahexaenoic acid from algal oil reduces serum triglycerides and increases HDL-cholesterol and LDL-cholesterol in person without coronary heart disease. The Journal of Nutrition. 2012;142:99-104.

Kidd P. Astaxanthin, cell membrane nutrient with diverse clinical benefits and anti-aging potential. Alternative Medicine Review. 2011;16(4):355-364.

Pan A, Chen M, Chowdhury R, et al. α-Linolenic acid and risk of cardiovascular disease: a systematic review and meta-analysis. The American Journal of Clinical Nutrition. 2012;96:1262-1273.

Rodriguez-Leyva D, Bassett CMC, McCullough R, Pierce GN. The cardiovascular effects of flaxseed and its omega-3 fatty acid, alpha-linolenic acid. Can J Cardiol. 2010;26(9):489-496.

Alexander DE. Macular pigment optical density and eye health. Kemin Technical Literature. 2010.

Supplement Facts

Serving Size: Four (4) Liquicaps
Servings per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as Alpha and Beta Carotene)	417 IU	8%
Natural Vitamin D (as Ergocalciferol)	800 IU	200%
Natural Vitamin E (as d-α & Mixed Tocopherols)	60 IU	200%
Vegetarian Omega Blend:		
Flax seed oil (450 mg ALA)	900 mg	**
Algae oil (100 mg DHA)	288 mg	**
Inca Inchi seed oil (105 mg ALA)	220 mg	**
Borage seed oil	100 mg	**
Cranberry seed oil	40 mg	**
Pomegranate seed oil	40 mg	**
Pumpkin seed oil	40 mg	**
Grape seed oil	40 mg	**
Carotenoid Blend:		
ASTAPURE®† Astaxanthin	1 mg	**
Lutein	3 mg	**
Zeaxanthin	1 mg	**
Lycopene	1 mg	**
CPTG® Essential Oil Blend:	120 mg	**
Clove bud, Frankincense resin, Thyme leaf, Cumin seed, Wild Orange peel, Peppermint leaf, Ginger root, Caraway seed, German Chamomile flower.		

** Daily Value not established.

Other Ingredients: Vegetable hypromellose, Silica.

Directions for use: Adults, take 4 capsules per day with food.

Note: Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Does not contain milk or wheat products.

Store in a dark, cool, dry place.

Manufactured in the U.S.A. exclusively for dōTERRA Intl, LLC,
389 S 1300 W Pleasant Grove, UT 84062 1-800-411-8151

†Registered trademark of Algatechnologies, Ltd.

VEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

120 VEGETABLE CAPSULES

Part Number: 34480001

Wholesale: \$49.50

Retail: \$66.00

PV: 49.5

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Microplex VMz®

Food Nutrient Complex

Made with SLS-free vegetable capsules

PRODUCT DESCRIPTION

dōTERRA Microplex VMz Food Nutrient Complex is a food nutrient formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. Microplex VMz also contains chelated minerals including calcium, magnesium, and zinc for optimal bone and metabolic health. Microplex VMz contains the dōTERRA tummy tamer botanical blend of Peppermint, Ginger, and Caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules.

CONCEPT

While it is abundantly clear that diets in the United States and in many developed countries include adequate and even an overabundance of calories, a growing body of evidence shows that even as we eat more, we are obtaining less of the essential nutrients vital for optimal health. Over-processed, calorie-rich, nutrient-poor food choices threaten to make us unhealthy as our bodies are deprived of vitamins, minerals, and other essential nutrients. The American Medical Association acknowledges the prudence of taking nutritional supplements, admitting that while “the clinical syndromes of vitamin deficiencies are unusual in Western societies, suboptimal vitamin status is not” (*Journal of the American Medical Association*, June 19, 2002).

Microplex VMz is a comprehensive array of vitamins and minerals presented in a food nutrient complex that are essential for normal growth, function, and maintenance of cells. Microplex VMz provides a balanced blend of essential antioxidant vitamins A, C, and E; an energy complex of B vitamins; and 800 IU of vitamin D. It also contains important chelated minerals for metabolism and the essential bone nutrients calcium, magnesium, and zinc.

Patented Glycoprotein Matrix

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. Sometimes vitamins and minerals are isolated or synthetically constructed and may become more difficult for our bodies to recognize and absorb as food nutrients. The vitamins in Microplex VMz are presented in a patented glycoprotein matrix to help promote bioavailability. To make a vitamin glycoprotein compound, a vitamin is introduced to a culture of lactobacillus and yeast. As it grows, the yeast metabolizes and binds the vitamin into its protein matrix, making the vitamin more recognizable as food in the digestive process. The food-derived minerals in Microplex VMz are similarly cultured in yeast to promote bioavailability.



Digestion of the vitamins and minerals in Microplex VMz® is also enhanced by the presence of a blend of digestive enzymes and mineral cofactors that are necessary for proper assimilation of food nutrients.

Microplex VMz Food Nutrient Complex

dōTERRA® Microplex VMz represents the gold standard in vitamin and mineral supplementation. The formula is encapsulated in sodium lauryl-sulfate free vegetable capsules. It also contains the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway seed botanical extract to help calm the stomach.

Microplex VMz is formulated to be used daily with dōTERRA Alpha CRS® + and xEO Mega® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

PRIMARY BENEFITS

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells
- Fights free radicals with the antioxidant vitamins A, C, and E
- Supports healthy metabolism and cellular energy*
- Supports bone health with calcium, magnesium, zinc, and vitamin D
- Supports healthy immune function
- Supports healthy digestion
- Provides systemic benefits of vitality and wellness associated with optimal intake of essential nutrients
- Natural folate source from lemon peel
- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E; an energy complex of B vitamins; presented in a patented glycoprotein matrix for enhanced bioavailability
- Includes a balanced blend of chelated minerals including calcium, magnesium, zinc, selenium, copper, manganese, and chromium
- Includes a whole-food botanical blend of kale, dandelion, parsley, kelp, broccoli, brussels sprout, cabbage, and spinach
- Formulated with a digestive enzyme blend of protease, lactase, lipase, amylase, α-galactosidase, diastase, glucoamylase, and peptidase
- Contains a full-spectrum of vitamin E forms including tocotrienols

- Includes the dōTERRA tummy tamer digestive blend of Peppermint, Ginger, and Caraway
- Made with sodium lauryl sulfate-free vegetable capsules
- Specially formulated to be used daily with xEO Mega and Alpha CRS+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness

DIRECTIONS FOR USE

Adults, take 4 vegetable capsules per day with food. Microplex VMz is formulated to be used daily with Alpha CRS+ and xEO Mega. (Taking with the fatty acids in xEO Mega will support absorption of the fat-soluble vitamins in Microplex VMz.)

FAQs

Q: Does this product contain genetically modified material?

A: Microplex VMz does not contain genetically modified material.

Q: Why does the label now list the “contains wheat” statement?

A: The FDA recently announced a new requirement relating to the labeling of allergens used in a fermentation process to make enzymes for supplements. Wheat was used in the fermentation process to make some of the enzymes in Microplex VMz. The revision to the label is required even though the wheat was consumed in the fermentation process and no gluten was detected in our testing.

Q: If I am taking the Slim & Sassy® TrimShake, do I still need to take Microplex VMz?

A: Microplex VMz is designed to provide a full day's supply of a wide variety of high quality, bioavailable nutrients. Slim & Sassy TrimShake, though it contains a number of vitamins and minerals, is only designed to provide a small boost to that meal. Both products can be safely taken on the same day.

Q: With the enzyme blend in this formula, do I also need to take DigestZen Terrazyme®?

A: The enzyme blend in Microplex VMz® is only designed to provide a small boost to normal digestion. If you need full support for digestive health or other concerns, DigestZen Terrazyme is recommended in addition to Microplex VMz.

Q: What does Microplex VMz stand for?

A: Microplex is a combination of “micronutrient” and “complex.” VM stands for vitamins and minerals. The “z” reflects improvements that have been made to the product since it was first launched.

Q: Can this formula be considered a whole food supplement?

A: Microplex VMz contains simple vitamins and minerals that are known to be required for health. What is most important about simple nutrients is that they be bioavailable. We have selected vitamins and minerals that have been shown by scientific research to optimize bioavailability in the body.

Q: Can my children take this product instead of the dōTERRA A2Z Chewable?

A: dōTERRA recommends dōTERRA A2Z Chewable and IQ Mega® for children rather than Microplex VMz. For older children or teenagers that can swallow capsules, a half dose is OK. For any questions please consult your pediatrician.

COMPLEMENTARY PRODUCTS

- PB Assist®+
- Alpha CRS®+
- Bone Nutrient Essential Complex
- xEO Mega®

KEY STUDIES

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. British Journal of Nutrition. 2007;98:S29-S35.

Wintergerst ES, Maggini S, Hornig DH. Contribution of selected vitamins and trace elements to immune function. Ann Nutr Met. 2007;51:301-323.

Hayes CE, Nashold FE, Spach KM & Pedersen LB. The immunological functions of the vitamin D endocrine system. Cell Molec Biol. 2003;49:277 –300.

Tang BMP, Eslick GD, Nowson C, et al. Use of calcium or calcium in combination with vitamin D supplementation to prevent fractures and bone loss in people aged 50 years and older: a meta-analysis. The Lancet. 2007;370:657-666.

Supplement Facts

Serving Size: Four (4) Capsules
Servings per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as α & β Carotene and Retinyl Palmitate)	7000 IU	140%
Vitamin C (as Calcium Ascorbate and Magnesium Ascorbate)	200 mg	333%
Vitamin D₃ (as Cholecalciferol)	800 IU	200%
Vitamin E (as Natural Mixed Tocopherols and Tocotrienols)	50 IU	167%
Vitamin K (as Glycoprotein Matrix)	20 mcg	25%
Thiamin (as Glycoprotein Matrix)	3 mg	200%
Riboflavin (as Glycoprotein Matrix)	3 mg	176%
Niacin (as Glycoprotein Matrix)	20 mg	100%
Vitamin B₆ (as Glycoprotein Matrix)	3 mg	150%
Folate (as Natural Lemon (<i>Citrus limon</i>) Peel Extract) Orge-FA®†	400 mcg	100%
Vitamin B₁₂ (as Glycoprotein Matrix)	10 mcg	167%
Biotin (as Glycoprotein Matrix)	300 mcg	100%
Pantothenic Acid (as Glycoprotein Matrix)	10 mg	100%
Calcium (as Malate DimaCal®, Natural Coral, and Ascorbate)††	500 mg	50%
Iron (as Bis-Glycinate Chelate) Ferrochel®††	6 mg	33%
Iodine (from Kelp (<i>Laminaria digitata</i>) Stem and Leaf Powder)	25 mcg	17%
Magnesium (as Dimagnesium Malate and Ascorbate)	150 mg	38%
Zinc (as Bis-Glycinate Chelate) TRAACS®††	15 mg	100%
Selenium (as Glycinate)†	70 mcg	100%
Copper (as Bis-Glycinate Chelate) TRAACS®††	0.5 mg	25%
Manganese (as Bis-Glycinate Chelate) TRAACS®††	0.5 mg	25%
Chromium (as Nicotinate Glycinate Chelate) TRAACS®††	50 mcg	42%
Proprietary Whole-Food Blend:	80 mg	**
Kale (<i>Brassica oleracea acephala</i>) Leaf Powder, Dandelion (<i>Taraxacum officinale</i>) Leaf Powder, Parsley (<i>Petroselinum crispum</i>) Leaf Powder, Kelp (<i>Laminaria digitata</i>) Stem and Leaf Powder, Broccoli (<i>Brassica oleracea italica</i>) Aerial Parts Powder, Brussels Sprout (<i>Brassica oleracea gemmifera</i>) Immature Inflorescences Powder, Cabbage (<i>Brassica oleracea capitata</i>) Leaf Extract, Spinach (<i>Spinacia oleracea</i>) Leaf Powder		
Active Enzyme Blend:	40 mg	**
Protease, Lactase, Lipase, Amylase, α -Galactosidase, Diastase, Glucoamylase, Peptidase		
dōTERRA Tummy Tamer Blend:	30 mg	**
Caraway (<i>Carum carvi</i>) Seed Extract, Ginger (<i>Zingiber officinale</i>) Rhizome Extract, Peppermint (<i>Mentha piperita</i>) Leaf Extract		
** Daily Value not established.		

Other Ingredients: Vegetable Hypromellose, Stearic Acid, Silica, Microcrystalline Cellulose.

Contains: Soy and Wheat

† Orge-FA® is a registered trademark of Orgenetics, Inc.

††DimaCal®, Ferrochel®, and TRAACS® are trademarks licensed by Albion Laboratories, Inc.

IQ Mega® Omega-3 Fish Oil

with CPTG Certified Pure Therapeutic Grade® Wild Orange essential oil

PRODUCT DESCRIPTION

dōTERRA IQ Mega takes the fishy taste out of fish oil and puts the fresh orange flavor of dōTERRA Wild Orange CPTG® essential oil in this great tasting and easy-to-swallow omega-3 supplement providing 1,550 mg of concentrated, omega-3 fatty acids per serving. IQ Mega contains the essential nutrients DHA and EPA to support healthy brain, cardiovascular, immune, and joint function.* IQ Mega is formulated to be used daily by children and adults with dōTERRA a2z Chewable™ tablets.

CONCEPT

Essential Fatty Acids (EFAs) are nutrients required for many key functions in the human body, including cell growth, brain development, muscle activity, immune function, joint health, and many others.* While some fatty acids can be produced inside the body, essential fatty acids cannot be produced by our bodies; we have to rely on the food we eat to supply us with these important nutrients.

Two primary essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests that, for optimal health, humans should consume a 1:1 ratio of omega-6 to omega-3 essential fatty acids. Unfortunately, due to the abundance of omega-6 fatty acids in vegetable oils and our increasing consumption of fried and fatty foods, the Western diet includes omega-6 fatty acids in a ratio as high as 15 to 1. While our diets must include some omega-6 fatty acids as essential nutrients for life, the disproportionate consumption of omega-6 fatty acids as well as unhealthy hydrogenated or trans fats has been linked to major health problems. Studies also link low intake of omega-3 fatty acids to a higher prevalence of mental health issues.

Conversely, there is an enormous body of scientific information supporting the health benefits of increasing the dietary intake of omega-3 fatty acids. Studies have shown that increasing omega-3 fatty acid consumption has a positive effect on cardiovascular health and brain function, and helps support a normal immune response.* Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health, mobility, and skin health.*

The Omega-3 nutrient DHA is essential to support nerve cell communication throughout the brain, eyes, and nervous system.* As a determinant of brain growth and performance, DHA promotes normal memory, concentration, attention control, alertness, and positive mood.* A constant supply of DHA is also required for the



CPTG Certified Pure Therapeutic Grade®

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retina and macula to deliver healthy vision.* The many roles of DHA make it one of the brain's most important molecules.

Restoring the balance of omega-3 to omega-6 fatty acids is an important step in keeping your body healthy. This can be done by decreasing your intake of foods high in omega-6 fatty acids and increasing your intake of foods that are rich in omega-3 fatty acids. Fish is an excellent source of dietary omega-3 fatty acids, but omega-3s can also be found in canola oil and the oils of some nuts and seeds. One daily serving of IQ Mega provides a total of 1,550 mg of pure, micro-filtered marine lipids, including 900mg of DHA and 400 mg of EPA. Because of growing anxiety over the levels of toxins and heavy metals present in many of the world's oceans, daily fish consumption as a source of omega-3 fatty acids is not acceptable to some consumers. As a solution, IQ Mega essential fatty acids are tested extensively to ensure the oil is free of toxins and heavy metals.

PRIMARY BENEFITS

- Promotes cardiovascular health*
- Supports healthy joint function and comfort*
- Provides important modulating nutrients for healthy immune function*
- Protects against lipid oxidation and supports healthy function of the brain*
- Promotes healthy skin*
- Supports healthy function of the eyes and nervous system*
- Delivers 1,550 mg of pure, concentrated, molecularly-filtered, and completely deodorized marine lipids including 900 mg of DHA and 400 mg of EPA per daily serving
- Formulated with dōTERRA CPTG Certified Pure Therapeutic Grade® Wild Orange essential oil
- Specifically formulated to use daily with dōTERRA a2z Chewable™ tablets as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

DIRECTIONS FOR USE

Take 1 teaspoon daily. Store away from direct heat and light. After opening, refrigerate and consume within 100 days. Product may change appearance when refrigerated. Keep bottle tightly closed to preserve freshness.

CAUTIONS

Keep out of reach of children. Pregnant or women who are nursing and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing.

Refrigerate after opening.

FAQS

Q: Does IQ Mega need to be refrigerated?

A: Because IQ Mega contains essential fatty acids that can oxidize and lose their potency, we recommend it be refrigerated. Frequent opening and closing of the bottle exposes oxygen to the oil and can begin to oxidize the antioxidants added to protect the oil. Refrigeration slows down the oxidation to maintain potency throughout the shelf life.

Q: Is IQ Mega specifically formulated for children?

A: IQ Mega was formulated to be used daily by both children and adults. For children, consult physician.

Q: Where are the fish sourced from?

A: Our fish oils come from a renewable source of Cod, Saithe, and Haddock harvested from the Northeast Atlantic Ocean. They are the best fish oil concentrates that can be purchased in the industry. They are pure marine lipids that have been molecularly filtered, tested, and certified to exceed requirements for heavy metals, and other harmful contaminants.

Q: Why do you use Cod, Saithe, and Haddock?

A: Cod, Saithe, and Haddock were chosen for the high content of omega-3 fatty acids they provide and because they are a renewable source. Each serving provides 900 mg DHA and 400 mg EPA. Our fish oils are obtained from a MSC certified source of sustainable and eco-friendly fisheries.

Q: Will I have the same nutritional value if I cook with IQ Mega® as opposed to taking it straight?

A: We don't recommend cooking with IQ Mega as the essential fatty acids can oxidize easily. Instead, consume IQ Mega directly, add it to a smoothie, or stir into food after cooking for optimum nutritional value.

COMPLEMENTARY PRODUCTS

- dōTERRA a2z Chewable™ tablets
- dōTERRA Lifelong Vitality Pack®
- Microplex VMz®

KEY STUDIES

Beydoun MA, Kuczmarski MTF, Beydoun HA, et al. Omega-3 fatty acid intakes are inversely related to elevated depressive symptoms among United States women. *J Nutr.* 2013; DOI:10.3945/jn.113.179119.

Montgomery P, Burton JR, Sewell RP, et al. Low blood long chain omega-3 fatty acids in UK children are associated with poor cognitive performance and behavior: A cross-sectional analysis from the DOLAB study. *PLoS ONE.* 2013;8(6):1-11.

Schwalfenberg G. Omega-3 fatty acids; Their beneficial role in cardiovascular health. *Can Fam Physician.* 2006;52:734-740.

Lee YH, Bae SC, Song GG. Omega-3 polyunsaturated fatty acids and the treatment of rheumatoid arthritis; a meta-analysis. *Arch Med Res.* 2012;43:356-362.

Wang Q, Liang X, Wang L, et al. Effect of omega-3 fatty acids supplementation on endothelial function: A meta-analysis of randomized controlled trials. *Atherosclerosis.* 2012;221:536-543.

Simopoulos AP. The importance of the ratio of omega-6/omega-3 essential fatty acids. *Biomed Pharmacother.* 2002;56:365-379.

Supplement Facts

Serving size 1 tsp. (5ml)

Servings per container 30

Amount per serving	% Daily value*
Calories 40	
Total Fat 4.5 g	7%
Saturated Fat 0.5 g	5%
Cholesterol 40 mg	15%
Fish Oil	4500 mg†
(Cod, Saithe, Haddock)	
DHA (Docosahexaenoic Acid)	900 mg†
EPA (Eicosapentaenoic Acid)	400 mg†
Total Omega-3s	1550 mg

* Percent Daily Value are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Wild Orange (*Citrus sinensis*) Peel Oil, Rosemary (*Rosmarinus officinalis*) Leaf Extract, Mixed Tocopherols, Sunflower (*Helianthus annuus*) Seed Oil, Sunflower (*Helianthus annuus*) Lecithin, Ascorbyl Palmitate

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IQ MEGA® OMEGA-3 FISH OIL

150 mL (5 fl. oz.) liquid

Part Number: 34490001

Wholesale: \$34.50

Retail: \$46.00

PV: 30

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA a2z Chewable

PRODUCT DESCRIPTION

dōTERRA a2z Chewable is a proprietary formula of ingredients developed with children and adults who have difficulty swallowing capsules in mind. Combining a blend of B vitamins with a blend of vitamins A, C, and E, as well as botanical extracts, dōTERRA a2z Chewable supports healthy cell development and longevity when taken daily.* dōTERRA a2z Chewable is formulated to be used with dōTERRA Wild Orange-flavored IQ Mega® Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity and cognitive function as well as antioxidant protection.*

CONCEPT

Cellular stress is predominately from free radicals that attach to other healthy molecules and can cause damage. Cells are equipped to defend against free radical damage by employing electron-rich molecules called antioxidants like vitamins A, C, and E and others (such as those in the superfood and Alpha CRS®+ blends) to neutralize free radical molecules.* In addition to providing exogenous antioxidant protection against free radical damage, the polyphenols in dōTERRA a2z Chewable also support endogenous production and recycling of antioxidants made by the body.* dōTERRA a2z Chewable also supports healthy cell function by providing antioxidant protection to cellular DNA.*

In addition to antioxidants, dōTERRA a2z Chewable includes a cellular energy blend of B vitamins, which are important metabolic factors of cellular energy.* A growing body of evidence shows no matter how much we eat, we are obtaining less of the essential nutrients vital for optimal health than we have in the past. dōTERRA a2z Chewable provides a balanced, high-quality supplement formulated to provide the essential micronutrients known to support optimal vitality and wellness that may be insufficient in your or your child's diet.* dōTERRA a2z Chewable is ideal for children as well as adults that prefer chewable tablets. The chewable tastes great and is perfect for those looking to increase their consumption of essential nutrients and antioxidants that support healthy cell development and longevity.*



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CPTG Certified Pure Therapeutic Grade®

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PRIMARY BENEFITS

- Safe for children 4 years of age and older and adults who prefer a chewable to capsules
- Cognitive Blend: Choline, Phosphatidylserine, Inositol
- Great watermelon flavor
- No high fructose corn syrup, artificial colors, sweeteners, or flavors
- Contains a superfood blend that helps support overall health and wellness
- Formulated with dōTERRA's proprietary Alpha CRS®+ Blend
- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins*
- Includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese
- Specially formulated to be used daily with IQ Mega® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

DIRECTIONS FOR USE

Children 4 years of age and older: Take 2 tablets daily with meals. Adults may take up to 3 tablets daily.

CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Does not contain gluten, dairy, wheat, soy, eggs, or nut products. For children under 4, consult a physician before using this product.

WARNINGS

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

FAQS

Q: The label says 4 years and older. Can a child younger than 4 take dōTERRA a2z Chewable?

A: Yes. Children 2–4 can safely take one chewable per day. Consult your child's healthcare provider if you have any questions or concerns.

Q: At what age should a child switch from dōTERRA a2z Chewable to dōTERRA LifeLong Vitality Pack®?

A: The dōTERRA LifeLong Vitality Pack was formulated for those 12 and older, or at least 100 lbs. dōTERRA a2z Chewable will meet the needs of most children.

Q: Can this product be considered GMO-free and gluten-free?

A: dōTERRA a2z Chewable is free of genetically modified material and does not contain gluten.

Q: Should I be concerned about my child getting too much iron?

A: The recommended daily intake for children 4–9 years old is 10 mg. The 5 mg found in two dōTERRA a2z Chewable tablets is safe for children to take. Depending on iron intake from the diet, this amount will help ensure the child gets what is needed. The additional 5 mg will not contribute any negative effects due to iron. The upper limit for iron is 40 mg/day for children and the body has a mechanism to turn off iron absorption once the body's stores are full. The product has a child safety cap and should be kept out of reach of children so a child will not consume too many tablets at once.

Q: Is dōTERRA a2z Chewable better than the multivitamin gummies I can buy at the grocery store?

A: dōTERRA a2z Chewable provides 100 percent of the daily value for 10 vitamins, while delivering minerals plus a superfood blend and Alpha CRS+ blend. Most multivitamin gummies only contain a few vitamins and very little minerals, if any. Additionally, dōTERRA a2z Chewable provides less sugar than common multivitamin gummies. No artificial flavors, sweeteners, or colors.

COMPLEMENTARY PRODUCTS

- IQ Mega®
- TerraGreens®

KEY STUDIES

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. *British Journal of Nutrition*. 2007;98:S29-S35.

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Bonjour JP, Gueguen L, Palacios C, et al. Minerals and vitamins in bone health: The potential value of dietary enhancement. *Bri J Nutr*. 2009;101:1581-1596.

Hayes CE, Nashold FE, Spach KM & Pedersen LB. The immunological functions of the vitamin D endocrine system. *Cell Molec Biol*. 2003;49:277 –300.

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Supplement Facts

Serving Size 2 chewable tablets
Serving per Container 30

Amount Per 2 Tablets	% Daily Value for ages 4 & up	
Calories	10	
Total Carbohydrate	2 g	1%*
Sugars	1 g	**
Vitamin A (as Alpha and Beta Carotene)	5000 IU	100%
Vitamin C (from Acerola Cherry Fruit Extract)	60 mg	100%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as D-Alpha Tocopheryl Acetate and Mixed Tocopherols)	30 IU	100%
Vitamin K (as Phytonadione)	40 mcg	50%
Thiamin (as Thiamine HCl)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100%
Folate (from Lemon Peel)	200 mcg	50%
Vitamin B12 (as Methylcobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Amino Acid Chelate)	75 mg	8%
Iron (as Iron Amino Acid Chelate)	5 mg	28%
Iodine (from Potassium Iodide)	100 mcg	67%
Magnesium (as Magnesium Amino Acid Chelate)	38 mg	10%
Zinc (as Zinc Amino Acid Chelate)	3 mg	20%
Selenium (as Selenium Amino Acid Chelate)	35 mcg	50%
Copper (as Copper Amino Acid Chelate)	0.05 mg	3%
Manganese (as Manganese Amino Acid Chelate)	0.05 mg	3%
Chromium (as Chromium Amino Acid Chelate)	20 mcg	17%
Cognitive Blend	15 mg	**
Choline (as Choline Bitartrate)	5 mg	**
Phosphatidylserine (from Sunflower Phospholipids)	5 mg	**
Inositol	5 mg	**
Superfood Blend	282 mg	**
Pineapple (<i>Ananas comosus</i>) Fruit Powder, Pomegranate (<i>Punica granatum</i>) Fruit Extract, Lemon Bioflavonoids, Spirulina, Sunflower Oil, Rice Bran, Beet Greens (<i>Beta vulgaris</i>) Leaf Powder, Broccoli Powder (Aerial Parts), Brown Rice, Carrot Powder (Root), Rose Hips (<i>Rosa canina</i>) Fruit Powder, Spinach (<i>Spinacia aleracea</i>) Leaf Powder, Cranberry (<i>Vaccinium macrocarpon</i>) Fruit Powder, Mango (<i>Mangifera indica</i>) Fruit Powder		
Alpha CRS®+ Blend	10.5 mg	**
Grape (<i>Vitis vinifera</i>) Seed Extract, Tomato Fruit Extract (Provides Lycopene), Marigold Flower Extract (Provides Lutein)		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Organic Cane Sugar, Microcrystalline Cellulose, Stearic Acid, Natural Watermelon Flavor, Citric Acid, Malic Acid, Stevia Extract, Silica, Magnesium Stearate

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

dōTERRA a2z CHEWABLE 60 CHEWABLE TABLETS

Part number: 34500001

Wholesale: \$20.50

Retail: \$27.33

PV: 15

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PB Assist® Jr

PRODUCT DESCRIPTION

PB Assist Jr is a powdered probiotic supplement designed for children or adults who have trouble swallowing pills. It includes 5 billion live cells of a unique blend of six different probiotic strains, specifically selected for their benefits among children. These probiotics have been blended into a delicious powder that can be poured directly into the mouth for a fun and tasty way to integrate probiotics into anyone's daily routine.*

CONCEPT

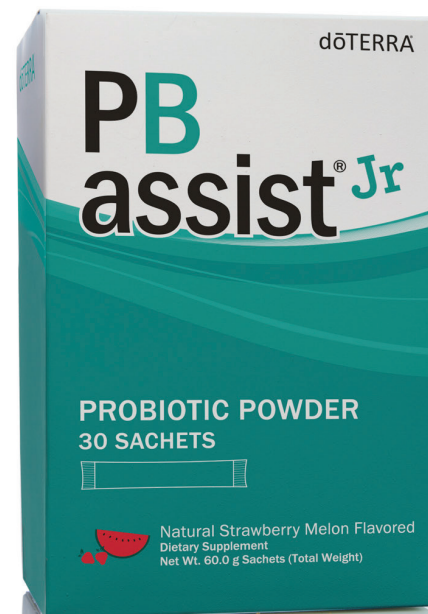
Our digestive tract has about 100 trillion probiotic bacteria, sometimes referred to as microbiota, microbiome, or microflora. That's 10 times more than the total number of cells that make up the entire human body! When we think of bacteria, we usually think that they are unhealthy and that we should rid our bodies of all of them. However, our digestive system also contains good or healthy bacteria that can play a very important role in our digestive and immune health.*

In our gut, we have "good" bacteria and we have "bad" bacteria and it's always optimal to make sure that the good outnumber the bad. When we do this, the good bacteria can help lower the number of bad bacteria and provide an environment that is conducive for not only digestive health but immune health as well.* In order to promote microflora balance, many health experts recommend eating fermented foods like yogurt, sauerkraut, and kefir but probiotic supplementation can also be very beneficial.*

Digestive Health

Probiotics play a very important role for optimal digestive health.* They can help overall digestion of food, but they can also aid in the absorption of vitamins, minerals, and other nutrients.* They can also aid in the elimination of toxins and other wastes from the body.*

It is absolutely critical for these microflora to survive the stomach and reach the intestines safely. Most probiotics on the market fail miserably in this regard. The probiotic strains used in PB Assist Jr are microencapsulated with a natural glycerin fatty acid ester material designed to help protect the sensitive probiotic cultures from stomach acid. This unique feature helps to ensure that the bacteria are viable throughout the digestive process and therefore able to colonize the intestine. These uniquely protected strains have published clinical support demonstrating them to be equivalent to approximately five times the amount of the same "un-microencapsulated" strains in regard to intestinal colonization.



CPTG Certified Pure Therapeutic Grade®

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Immune Health

It is often said that 70–80 percent of our immune system resides in the gut. There have been numerous studies that show the difference probiotics can make in maintaining and strengthening our immune system. Epithelial tissues in the intestines help protect against harmful substances. Probiotics play an important role in ensuring epithelial tissue survival. They also help strengthen cell barrier function and initiate protective responses from the epithelial cells.*

Children

Children can benefit from a healthy gut just as much if not more than adults. It is important to populate the gut with good bacteria as early in the development years as possible. Probiotic colonies start to develop as they pass through the birthing canal. Then they develop even more through the mother's breast milk. By exposing them early and then by adding even more through supplementation, children can promote optimal microflora balance, long-term digestive and immune system health, and general overall well-being.*

PRIMARY BENEFITS

- Provides 5 billion live cells of 6 strains of friendly flora selected for both their unique stability at room temperature as well as their remarkable ability to survive the harsh extremes of acidity, alkalinity, and digestive enzymes in the digestive system
- Includes prebiotic FOS to help sustain a healthy balance of beneficial friendly flora*
- Maintains healthy intestinal microflora balance*
- Supports healthy functioning of the digestive and immune systems*
- Supports the health of the GI tract, particularly the intestines and colon*
- Helps support optimal metabolism and absorption of nutrients*
- Probiotic administration during childhood offers a means of promoting healthy microflora balance and favorably supporting immune and gastrointestinal system function*
- Probiotic consumption during childhood has established health benefits and may support long-term well-being*

- Maintaining a healthy GI tract is also important for healthy brain and nervous system function*
- Promotes healthy lung and respiratory tract function*
- Contributes to an internal balance and support for the health of the kidneys, bladder, and urinary tract, as well as the female reproductive system*

DIRECTIONS FOR USE

Consume the contents of one sachet a daily. Pour contents of sachet directly into mouth or mix with 4oz of water, juice, or preferred beverage and drink immediately. Do not mix with hot water. It can also be mixed with cold foods such as yogurt, smoothies, breakfast cereal, etc.

FAQS

Q. What is the difference between PB Assist® Jr and PB Assist+?

- A. PB Assist+ delivers six different probiotic strains in a unique double-layer vegetable capsule and is specifically designed for adults. PB Assist Jr contains probiotic strains that were specifically selected for their benefits among children and delivers them as a delicious powder in a convenient stick pack. These strains also have documented benefits for adults so people of all ages can safely take PB Assist Jr and enjoy digestive and immune health.* PB Assist Jr is also a great alternative for those who have difficulty swallowing capsules.

Q. Are the strains used in PB Assist Jr sourced from human probiotics?

- A. Yes

Q. Is PB Assist Jr GMO and gluten free?

- A. Yes

Q. Is PB Assist Jr vegan?

- A. The probiotic bacteria are of human origin; however, PB Assist Jr does not contain ingredients of animal origin.

Q. Does PB Assist Jr need to be taken with food?

- A. PB Assist® Jr can be consumed with or without food.

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KEY STUDIES

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- M. Del Piano, S. Carmagnola, M. Ballarè, M. Sartori, M. Orsello, M. Balzarini, M. Pagliarulo, R. Tari, A. Anderloni, G. P. Strozzi, L. Mogna, F. Sforza, and L. Capurso, "Is microencapsulation the future of probiotic preparations? The increased efficacy of gastro-protected probiotics," *Gut Microbes*, vol. 2, no. 2, pp. 120–123, Apr. 2011.
- M. Del Piano, S. Carmagnola, A. Anderloni, S. Andorno, M. Ballarè, M. Balzarini, F. Montino, M. Orsello, M. Pagliarulo, M. Sartori, R. Tari, F. Sforza, and L. Capurso, "The use of probiotics in healthy volunteers with evacuation disorders and hard stools: a double-blind, randomized, placebo-controlled study," *J. Clin. Gastroenterol.*, vol. 44 Suppl 1, pp. S30–34, Sep. 2010.
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- S. Salminen and M. Gueimonde, "Gut microbiota in infants between 6 and 24 months of age," *Nestlé Nutr. Workshop Ser. Paediatr. Programme*, vol. 56, pp. 43–51; discussion 51–56, 2005.
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P. Seksik and C. Landman, "Understanding Microbiome Data: A Primer for Clinicians," Dig. Dis. Basel Switz., vol. 33 Suppl 1, pp. 11–16, Sep. 2015.

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doTERRA®

Supplement Facts

Serving Size: 1 Sachet

Serving Per Container: 30

Amount Per Serving	% Daily Value
PB Assist Jr Probiotic Blend: 5 Billion Live Cells*	
<i>Lactobacillus rhamnosus</i>	
<i>Lactobacillus salivarius</i>	
<i>Lactobacillus plantarum</i> LP01	
<i>Lactobacillus plantarum</i> LP02	
<i>Bifidobacterium breve</i>	
<i>Bifidobacterium lactis</i>	
Fructo-oligosaccharide prebiotic	150 mg*

* Daily Value not established.

Other ingredients: Xylitol, Erythritol, Natural Strawberry Melon Flavor, Citric Acid, Silica.

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PB ASSIST® Jr

30 SACHETS

Part number: 34420001

Wholesale: \$24.50

Retail: \$32.67

PV: 20

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dōTERRA Women

Bone Nutrient

Essential Complex

PRODUCT DESCRIPTION

dōTERRA Women Bone Nutrient Essential Complex is a blend of vitamins and minerals that are essential for bone health in women beginning in adolescence and continuing through menopause.* Bone Nutrient Essential Complex is formulated with bioavailable forms of natural nutrients that include vitamins C and D, plus calcium, magnesium, and other trace minerals that support healthy bone density as a woman ages.*

CONCEPT

Beginning at an early age, women begin to build bone mass, reaching a maximum bone density in their late twenties. A diet rich in essential bone nutrients is critical during these early years of bone development, but food intake surveys suggest that women consume half the recommended amounts of calcium and other bone nutrients for optimal bone health. This deficiency is pronounced in teens who are less likely to eat right but who would benefit from increased bone nutrient consumption as their young bones are absorbing nutrients at a rate nearly double that of adult women.

As a woman ages, healthy bone mass and density becomes a more significant influencer of overall health and quality of life. Scientists agree that adequate calcium and vitamin D throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.* Building strong bones through a woman's formative years and maintaining bone mass and density as she ages are critical parts of a lifelong health strategy.

PRIMARY BENEFITS

- Provides optimal levels of vitamins and minerals essential for developing and maintaining healthy bone mass and density*
- Provides an excellent source of calcium and magnesium
- Supports healthy bones and overall health throughout a woman's lifetime*
- Proprietary formula of the highest quality bone nutrients in bioavailable forms*
- Contains vitamin D2 and D3 to help bones absorb calcium*
- Made with sodium lauryl sulfate-free HPMC vegetable capsules



CPTG Certified Pure Therapeutic Grade®

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DIRECTIONS FOR USE

Teen and adult women (and men) take four (4) capsules daily with food.

CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Does not contain wheat or milk products.

Store in a cool, dry place.

FAQS

Q: At what age should a woman start using Bone Nutrient?

A: Bone Nutrient Essential Complex is safe for use by women of all ages desiring to increase their dietary consumption of essential bone nutrients. It can help young adults reach their maximum peak bone mass and help prevent bone loss throughout adulthood, especially after menopause.*

Q: Can men also use Bone Nutrient?

A: The Bone Nutrient Essential Complex can be safely and effectively used by men. It is marketed toward women because women are at a higher risk for bone loss, especially after menopause. However, bone loss also occurs in men.

Q: Why do I need both vitamins D2 and D3?

A: Vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol) are included in the Bone Nutrient Complex to help you get both forms of vitamin D. Both forms effectively raise vitamin D levels in your blood and contribute to optimum bone health.*

Q: Why is zinc, copper, manganese, and boron listed as yeast? Should I be concerned if I am suffering from the effects of Candida?

A: The minerals in the Bone Nutrient Essential Complex are added to a harmless yeast culture, allowing the yeast to modify and incorporate the mineral into their biological matrix. The yeast, which is unrelated to Candida and is non-infectious, is rendered inactive at the end of the process and does not cause any Candida issues or buildup of yeast in the body.

Q: Can this product be considered GMO-free and gluten-free?

A: Bone Nutrient Essential Complex is free of genetically modified material and does not contain gluten.

COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- Microplex VMz®
- Phytoestrogen Essential Complex

KEY STUDIES

Mosele M, Coin A, Manzato E, et al. Association between serum 25-hydroxyvitamin d levels, bone geometry, and bone mineral density in healthy older adults. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. 2013;68(8):992-998.

Peters BS, Martini LA. Nutritional aspects of the prevention and treatment of osteoporosis. *Arquivos Brasileiros de Endocrinologia & Metabologia*. 2010;54:179-185.

Bonjour JP, Gueguen L, Palacios C, et al. Minerals and vitamins in bone health: the potential value of dietary enhancement. 2009;101:1581-1596.

Castiglioni S, Cazzaniga A, Albisetti W, Maier JA. Magnesium and osteoporosis: current state of knowledge and future research directions. *Nutrients*. 2013;5(8):3022-3033.

Devirian TA, Volpe SL. The physiological effects of dietary boron. *Critical Reviews in Food Science and Nutrition*. 2003;43(2):219-231.

Supplement Facts

Serving Size: 4 vegetable capsules
Servings per container: 30

Amount Per Serving % DV		
Vitamin C (as magnesium ascorbate)	90 mg	150%
Vitamin D (as cholecalciferol and ergocalciferol)	810 IU	200%
Biotin (as d-biotin)	300 mcg	100%
Calcium (as coral calcium)	1000 mg	100%
Magnesium (as magnesium chelate and ascorbate)	400 mg	100%
Zinc (from yeast)	9 mg	60%
Copper (from yeast)	200 mcg	10%
Manganese (from yeast)	200 mcg	10%
Boron (from yeast)	2 mg	**

**Daily Value not established

Other Ingredients: Vegetable Hypromellose, Rice Flour, Olive Oil, Stearic Acid.

Manufactured exclusively for dōTERRA Intl, LLC,
389 S 1300 W, Pleasant Grove, UT 84062 1-800-411-8151
www.doterra.com

BONE NUTRIENT ESSENTIAL COMPLEX 120 VEGETABLE CAPSULES

Part number: 35240001
Wholesale : \$17.50
Retail: \$23.33
PV: 12

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA Women

Phytoestrogen Essential Complex

Made with SLS-free vegetable capsules

PRODUCT DESCRIPTION

Beginning as a young adult, almost every function of a woman's body is controlled by hormones. A balance of normal hormone levels will influence a woman's good health and emotional well-being from her early teens to her transition through menopause. dōTERRA Women Phytoestrogen Essential Complex is a blend of standardized plant phytoestrogens that support hormone balance gently and naturally.* It also includes concentrated flax seed lignans to promote healthy metabolism.* Eating right, exercising, and balancing hormone levels can help reduce uncomfortable issues associated with PMS and the transition through menopause, and will provide additional support for healthy bones, heart, breast tissue, and other body structures and function as a woman ages.*

CONCEPT

Maintaining good health and vitality throughout life requires eating right, exercising, managing stress, and avoiding exposure to toxins in addition to other healthy lifestyle choices. Choosing natural, complementary wellness products as part of an overall healthcare strategy can also support wellness as we age. Women have particular health needs that may require specific and targeted dietary and lifestyle choices. If not addressed early in life, these specific health requirements can lead to uncomfortable and persistent issues associated with hormone cycles and aging.

Almost every function in a woman's body is controlled by hormones. Estrogen and progesterone are particularly important hormones for women and will influence a woman's good health and emotional well-being throughout her lifetime. High estrogen production in young women can result in significant issues related to menstruation, while the production of too little estrogen as a woman ages can impact many aspects of a woman's reproductive health and can be a contributing factor to the health challenges that some women experience during and after menopause. Balancing healthy estrogen levels will help minimize monthly hormone swings and the hormone fluctuations associated with menopause.



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CPTG Certified Pure Therapeutic Grade®

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Hormone Metabolites

Hormones are metabolized in the liver creating bioactive metabolites. Maintaining a healthy ratio of estrogen metabolites in the body is critical to a woman's health. Current research shows that an imbalance of certain metabolites can negatively impact a woman's health as she ages. Leading an active lifestyle and eating a diet rich in essential nutrients and foods containing natural phytoestrogens can help keep the by-products of estrogen metabolism in healthy balance.

Phytoestrogens

Phytoestrogens are compounds found in plants that have similar properties to estrogen produced in the body.* The size and shape of phytoestrogen molecules are similar to estrogen and can bind with estrogen beta receptors in cells. Beta receptors are predominately found in skin, bone, and cardiovascular tissues where increased estrogen activity has positive health benefits, while beta receptors are low in tissues of the breasts and uterine areas where over exposure to estrogen may be of concern.* In addition to producing gentle estrogenic effects in the body, phytoestrogens can help balance hormones and hormone metabolites by blocking estrogens from binding to cells.*

dōTERRA Women Phytoestrogen Essential Complex

dōTERRA Women Phytoestrogen Essential Complex is a natural dietary supplement formulated to support healthy hormone levels in women.* Phytoestrogen Essential Complex includes standardized extracts of soy that provides supplemental plant-sourced phytoestrogens that have gentle estrogenic activity.* It also includes a standardized extract of pomegranate for antioxidant support and flax seed lignans that help to healthfully manage the potentially harmful metabolite by-products of hormone metabolism.* Eating right, exercising, and balancing hormone levels can help reduce uncomfortable symptoms associated with PMS and the transition through menopause and, more importantly, support healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.*

PRIMARY BENEFITS

- Provides supplemental dietary phytoestrogens that help balance and support normal hormone levels*
- Provides nutritional support for managing estrogen metabolism*
- Can be used to complement a program of eating right, exercising, and hormone therapy to help minimize the uncomfortable symptoms of PMS and transition through menopause*
- Supports healthy bones, heart, breast tissue, and other body structures and functions as a women ages*
- Includes a potent soy extract standardized to 64 percent isoflavone content with a minimum of 50 percent genistein, scientifically to support the unique health needs of women*
- Contains a flax seed extract standardized to 40 percent lignans, which is helpful in managing estrogen metabolism*
- Formulated with a standardized pomegranate extract providing supplemental phytoestrogens and powerful antioxidant support*
- Natural formula made with sodium lauryl sulfate-free HPMC vegetable capsules

2

DIRECTIONS FOR USE

Pre- and peri-menopausal women, take one (1) to two (2) capsules daily with food or as directed by a healthcare professional. Post-menopausal women, take two (2) capsules daily with food; ideally formulated to be taken with dōTERRA Women Bone Nutrient Essential Complex, dōTERRA Women ClaryCalm® monthly essential oil blend, and dōTERRA Lifelong Vitality Pack®.

CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Does not contain wheat or milk products. This product is complementary to, but not a replacement for hormone replacement therapies.

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FAQS

Q: At what age should a woman start using phytoestrogen?

A: dōTERRA Women Phytoestrogen Essential Complex is safe for use by women from early teens through all phases of life to balance hormones naturally.* Phytoestrogens, such as those found in soybeans and in our dōTERRA Women Phytoestrogen Essential Complex, have been shown to be protective and supportive of healthy bones, heart, breast tissue, and other body structures and functions as a woman ages.*

Q: Is there such a thing as taking too much phytoestrogen and becoming unbalanced?

A: No. Research shows phytoestrogens don't lower estrogen levels, but can help balance out the effects of estrogen produced by the body and support health as estrogen production declines post menopause.* Follow suggested use and consult healthcare provider.

Q: Is this formula truly a natural whole food supplement?

A: Every ingredient in this product is derived from a whole food source. The genistein comes from whole soy beans, the lignin from flax seed, and the ellagic acid from pomegranate.

Q: Can this product be considered GMO-free and gluten-free?

A: dōTERRA Women Phytoestrogen Essential Complex is free of genetically modified material and does not contain gluten.

COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- Bone Nutrient Essential Complex
- ClaryCalm®
- Microplex VMz®

KEY STUDIES

Marini H, Minutoli L, Polito F, et al. Effects of the phytoestrogen genistein on bone metabolism in osteopenic postmenopausal women. *Ann Intern Med.* 2007;146:839-847.

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Supplement Facts

Serving Size: 2 vegetable capsules
Servings per container: 30

	Amount Per Serving	% DV
Soy extract (standardized to 64% isoflavones with a minimum 50% genistein content)	150 mg	**
Flax seed extract (standardized to 40% lignan content)	120 mg	**
Pomegranate extract (standardized to 40% ellagic acid content)	100 mg	**
** Daily Value not established		

Other Ingredients: Flax seed powder, vegetable hypromellose, silica.

dōTERRA WOMEN PHYTOESTROGEN ESSENTIAL COMPLEX

60 VEGETABLE CAPSULES

Part number: 35260001

Wholesale price: \$39.50

Retail: \$52.67

PV: 39.50

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Mito2Max® Energy & Stamina Complex*

PRODUCT DESCRIPTION

dōTERRA Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors that supports healthy cellular energy production.* Mito2Max supports optimal mitochondrial function,* aerobic capacity, and stamina naturally without the use of harmful stimulants.* Use Mito2Max as a healthy, long-term alternative to caffeinated drinks and supplements for increased energy and vitality.*

CONCEPT

Trillions of cells make up each human body. It is remarkable to reflect on the synergy that occurs between those cells. The “energy” for life comes from within the mitochondria of each of these cells. As we age, our body’s mitochondrial function becomes less efficient. This leaves us with lower levels of energy and more toxic cellular exhaust. The sports and activities we enjoyed in our youth can become less enjoyable. Some people try to boost their energy levels through caffeine and other stimulants that can provide a quick buzz but often leave us feeling worse.

Mito2Max contains dōTERRA’s proprietary energy and stamina complex that enhances mitochondria function, supports stamina and endurance, helps the body adapt more quickly to the diverse activities of life, and helps increase mental energy.* Acetyl-L-carnitine, a primary ingredient, supports mental health, mitochondrial function, and circulation to the brain.* Oligonol®† is a unique and powerful antioxidant blend that combines biologically active polyphenols from lychee fruit and green tea in a form that allows them to be quickly absorbed and is effective at protecting cells against free radicals and oxidation.* Oligonol also helps support improved circulation and energy, both of which are important to overall healthy aging.*

Ashwagandha root extract, which has been called the “herb of the ages” due to the many uses it provides, has been studied for generations and has been utilized for boosting energy levels and supporting immunity and libido, while also having positive effects on mood, sleep, and stress.*

CONCEPT (CONTINUED)

Mito2Max® is the perfect way to boost your exogenous antioxidant intake, controlling the spread of free radicals and



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PRIMARY BENEFITS

- Promotes efficient production of ATP in the mitochondria of cells*
- Enhances stamina and efficient use of oxygen*
- Supports metabolic adaptation for diverse activities, from movie watching to marathon running*
- Supports mental energy*
- Includes targeted levels of Acetyl-L-carnitine, Oligonol, Ashwagandha root extract, and Coenzyme Q10 in a proprietary blend
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk or wheat products; does not contain ingredients made from animal products

DIRECTIONS FOR USE

Take 2 capsules daily with food. Refrain from using before going to sleep.

CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Store in a cool, dry place.

FAQS

Q: How soon will I feel increased energy?

A: Mito2Max can produce powerful and helpful outcomes. Optimized benefit is achieved through consistent use over a period of time; however, each person is unique and has individual needs. The time needed to feel its effects will be different for everyone.

Q: Why is Mito2Max safer than regular energy drinks?

A: Mito2Max contains safe ingredients that support mitochondrial function for natural energy production.* Regular energy drinks often contain stimulants with unwanted side effects and high amounts of sugar. Taking Mito2Max can provide you with the energy support you need without the withdrawal symptoms or energy “crash” later in the day.*

Q: Can my children take Mito2Max safely?

A: Most ingredients in Mito2Max would be expected

to be safe for children; however, there is limited scientific information on the use of Mito2Max ingredients in children. Therefore, Mito2Max is currently only recommended for adults.

Q: Can pregnant women take Mito2Max safely?

A: There is insufficient scientific study on the use of Mito2Max ingredients during pregnancy. dōTERRA does not recommend Mito2Max during pregnancy. If a pregnant woman wishes to take Mito2Max, use of the product should be monitored by her physician.

Q: Can this product be considered GMO-free and gluten-free?

A: Mito2Max is free of genetically modified material and does not contain gluten.

COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- DDR Prime® Essential Oil Cellular Complex
- Deep Blue Polyphenol Complex™

KEY STUDIES

Rebouche, Charles J. “Kinetics, Pharmacokinetics, and Regulation of L-Carnitine and Acetyl-L-Carnitine Metabolism.” *Annals of the New York Academy of Sciences* 1033 (2004): 30–41.

Reuter, Stephanie E., and Allan M. Evans. “Carnitine and Acylcarnitines: Pharmacokinetic, Pharmacological and Clinical Aspects.” *Clinical Pharmacokinetics* 51.9 (2012): 553–572.

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Marcovina SM, Sirtori C, Peracino A, et al. Translating the basic knowledge of mitochondrial functions to metabolic therapy: role of L-carnitine. *Translational Research*. 2013;161:73-84.

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Liu J. The effects and mechanisms of mitochondrial nutrient α-lipoic acid on improved age-associated mitochondrial and cognitive dysfunction: An overview. *Neurochem Res*. 2008;33:194-203.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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dōTERRA®

Supplement Facts

Serving Size: Two (2) Capsules
Servings per Container: 30

Amount Per Serving		% DV
Mitochondrial Energy Cofactors:	700 mg	**
Acetyl L-Carnitine HCL	600 mg	**
Alpha Lipoic Acid	50 mg	**
Coenzyme Q10	50 mg	**
Circulation Support Blend:	100 mg	**
Oligonol®†(Lychee (<i>Litchi chinensis</i>)		
Fruit Extract and Green Tea (<i>Camellia sinensis</i>) Leaf Polyphenol Extract)	50 mg	**
Quercetin (from <i>Sophorae japonica</i> Bud)	50 mg	**
Adaptogenic Blend:	100 mg	**
Cordyceps (<i>Cordyceps sinensis</i>) Mycelium	40 mg	**
Gingseng (<i>Panax quinquefolius</i>) Root Extract	40 mg	**
KSM-66® Ashwagandha (<i>Withania somnifera</i>) Root Extract	20 mg	**

** Daily Value (DV) not established.

Other Ingredients: Vegetable Hypromellose, Microcrystalline Cellulose, Vegetable Fatty Acid, Silica

Directions for use: Take 2 capsules daily with food. Refrain from using before going to sleep.

Note: Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing.

Store in a cool, dry place.

Manufactured in the U.S.A. exclusively for dōTERRA Intl, LLC, Pleasant Grove, UT 84062 1-800-411-8151

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†Oligonol® is a trademark of Amino Up Chemicals Co. Ltd

MITO2MAX®
60 CAPSULES
Part number: 34350001
Wholesale: \$39.50
Retail: \$52.67
PV: 39.5

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dōTERRA Serenity™ Restful Complex Softgels

PRODUCT DESCRIPTION

dōTERRA Serenity Restful Complex is a unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.* dōTERRA Serenity Restful Complex combines the well-researched, relaxing benefits of Lavender essential oil and L-Theanine along with lemon balm, passionflower, and chamomile to gently promote relaxation and sleep.*

CONCEPT

Experts recommend that adults get at least 7–8 hours of sleep every night. Unfortunately, about 33 percent of Americans are not getting the recommended amount of sleep per night, and approximately 1 in every 5 adults in the United States experiences occasional sleeplessness or difficulty sleeping. Depriving your body of sleep has been linked to many health risks and places a tremendous burden on virtually every organ system in your body. Lack of adequate sleep affects our ability to lose weight or to maintain a healthy weight; influences how we feel, learn, and behave; negatively impacts our cardiovascular health and overall wellbeing; and can reduce reaction time and interfere with our ability to drive. Getting adequate sleep is essential to recover physically and mentally from the demands of daily life. Quality sleep is vital to how you feel each and every day because it is essential to support your body's natural recuperative and restorative processes.

There are hundreds of different recommendations, family recipes, products, and dietary supplements that all claim to help. However, what can be effective for one person may not help at all for someone else. Now we have a solution that utilizes both historically proven ingredients and the best of modern science.

Lavender

Most dōTERRA enthusiasts already know that Lavender essential oil has a long history of traditional use and is often used internally to encourage restful sleep, calm the nervous system, and help reduce stress.* Clinical and experimental research supports that ingested Lavender essential oil is calming to the nervous system, and promotes healthy relaxation and sleep.* Each two-softgel serving of dōTERRA Serenity™ Restful Complex delivers the research-recommended levels of Lavender essential oil to support relaxation and restful sleep.*

L-Theanine

dōTERRA Serenity Restful Complex also delivers the relaxing benefits of L-Theanine to gently promote relaxation and sleep.* L-Theanine, is a non-protein amino acid found in green tea (*Camellia sinensis*) and has been studied for its calming effects on the nervous system.* L-Theanine is structurally similar to the



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CONCEPT (CONTINUED)

neurotransmitters glutamate and gamma-aminobutyric acid (GABA), both of which are associated with improved mood, calmness, and relaxation.* L-Theanine has the unique ability to promote relaxation without causing drowsiness.* Studies show that such pre-sleep relaxation is very effective at supporting a restful night's sleep.*

Clinical Trial

dōTERRA conducted a six-week, double-blind, placebo-controlled clinical trial to investigate the efficacy of dōTERRA Serenity™ Restful Complex Softgels. Subjects reported highly significant improvements in their ability to fall asleep more easily and also reported improvements in waking up more easily and feeling more alert/refreshed in the morning.* This study provides further support for the historical use of these botanicals, and confirms the efficacy of dōTERRA Serenity Restful Complex.

PRIMARY BENEFITS

- Relieves occasional sleeplessness*
- Promotes healthy relaxation and sleep*
- Helps you get the refreshing sleep you need without leaving you feeling groggy or sleepy the next day*
- Helps make a difference in the quality and the ease of going to sleep*
- Encourages restful sleep*
- Calms the nervous system*
- Helps to reduce stress*

DIRECTIONS FOR USE

Take 1 to 2 softgels before sleep.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

FAQS

Q: Does dōTERRA Serenity Restful Complex Softgels need to be taken with food?

A: dōTERRA Serenity Restful Complex Softgels do not need to be taken with food. We recommend that heavy meals be avoided prior to going to bed, because they can make sleeping difficult.

Q: Does this product contain dōTERRA Serenity® essential oil blend?

A: No, dōTERRA Serenity Restful Complex combines Lavender essential oil with L-Theanine and three botanical extracts from nature's most soothing and relaxing botanicals to help you get the refreshing sleep you need.

Q: Are the dōTERRA Serenity Restful Complex Softgels safe to take every night?

A: Yes, there should be no safety concerns so long as the suggested use is followed. Of course we do recommend that you consult with your healthcare professional prior to taking any supplement if you are being monitored for any health condition or taking any medication.

Q: Can I take more than the recommended amount?

A: We recommend that you follow the suggested use, which was selected based on extensive review of scientific literature showing efficacy at the dose provided.

Q: Is dōTERRA Serenity Restful Complex Softgels safe for children?

A: dōTERRA Serenity Restful Complex Softgels are not recommended for children.

KEY STUDIES

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A. M. Schuwald, M. Nöldner, T. Wilmes, N. Klugbauer, K. Leuner, and W. E. Müller, "Lavender oil-potent anxiolytic properties via modulating voltage dependent calcium channels," *PloS One*, vol. 8, no. 4, p. e59998, 2013.

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Following Acute Administration of Single Doses of *Melissa Officinalis* (Lemon Balm) with Human CNS Nicotinic and Muscarinic Receptor-Binding Properties," *Neuropsychopharmacology*, vol. 28, no. 10, pp. 1871–1881, Oct. 2003.

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A. Scholey, A. Gibbs, C. Neale, N. Perry, A. Ossoukhova, V. Bilog, M. Kras, C. Scholz, M. Sass, and S. Buchwald-Werner, "Anti-stress effects of lemon balm-containing foods," *Nutrients*, vol. 6, no. 11, pp. 4805–4821, Nov. 2014.

dōTERRA SERENITY™ RESTFUL COMPLEX SOFTGELS 60 SOFTGELS

Part number: 34390001

Wholesale: \$19.50

Retail: \$26.00

PV: 17

SERENITY COMBO PACK 15 ML BOTTLE AND 1 BOTTLE dōTERRA SERENITY® SOFTGELS

Part number: 60200524

Wholesale: \$45.00

Retail: \$60.00

PV: 40

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Copaiba Softgels

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Ingredients: Copaiba Resin

PRIMARY BENEFITS

- Convenient, easy-to-swallow softgels deliver the internal benefits of Copaiba
- Supports cardiovascular, immune, and digestive systems*
- Powerful antioxidant*
- Soothes and supports the nervous system*
- Supports the health of lungs and respiratory system*

PRODUCT DESCRIPTION

Traditionally, Copaiba has been administered orally to promote the health of cardiovascular, immune, digestive, respiratory, and nervous systems.* When taken internally Copaiba essential oil may be calming, soothing, and supportive to the nervous system.* Antioxidant support of Copaiba essential oil promotes healthy immune function and response, while supporting cellular health and function.* The many benefits Copaiba Softgels provide to the body also include supporting the healthy functioning of the circulatory system and soothing anxious feelings.* Copaiba Softgels are easy to swallow and provide a convenient way to receive the internal benefits of Copaiba essential oil.

DIRECTIONS FOR USE

Take 1 softgel as needed.

CAUTIONS

Keep out of the reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

OTHER INGREDIENTS

Extra virgin olive oil, Modified tapioca starch, Glycerin, Purified water, Maltitol.

Copaiba Softgels

Serving Size: 1 softgel

Servings Per Container: 60

Part Number: 60205764

Wholesale: \$32.00

Retail: \$42.67

PV: 30

Copaiba essential oil is also available in 15 mL bottle

Part Number: 60202178

Wholesale: \$35.00

Retail: \$46.67

PV: 35



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DDR Prime®

Cellular Complex 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: T I S

Ingredients: Frankincense Resin, Wild Orange Peel, Litsea Fruit, Thyme Leaf, Clove Bud, Summer Savory Plant, Niaouli Leaf, and Lemongrass Leaf essential oils.

Aromatic Description: Herbaceous, citrus, sweet

PRIMARY BENEFITS

- Supports healthy cellular integrity*
- Protects body and cells from oxidative stress*
- Promotes overall cellular health*
- Supports the health of the brain and nervous system*
- Aids in a healthy immune response*

DDR Prime®
Cellular Complex 15 mL

Part Number: 60207092
Wholesale: \$28.00
Retail: \$37.33
PV: 28



PRODUCT DESCRIPTION

DDR Prime Essential Oil Cellular Complex is a proprietary blend of essential oils that supports healthy cellular integrity.* Protective against oxidative stress, Clove, Thyme, Litsea, and Wild Orange are prominent components of DDR Prime and provide powerful antioxidants. The Cellular Complex blend also includes essential oils from Frankincense, Lemongrass, Summer Savory, and Niaouli, which help support a healthy immune response.* In addition, DDR Prime is calming to the nervous system.* Soothe the body and the mind by taking a drop internally or combine with a carrier oil and massage into the skin. Supportive to the health of the brain and nervous system, use DDR Prime as daily overall wellness support.*

USES

- Add 1–2 drops to citrus drinks, teas, or water and consume daily to protect the body and cells from oxidative stress.*
- Combine with a carrier oil for a soothing topical massage.
- Add DDR Prime to your daily supplement routine to support brain and nervous system health.*
- When needed most or as a daily boost, take 1-2 drops of DDR Prime to promote a healthy immune response.*

DIRECTIONS FOR USE

Internal use: Take four (4) drops two (2) times per day with food.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.

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DDR Prime® Softgels

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

DDR Prime Softgels Essential Oil Cellular Complex is a proprietary blend of essential oils combined to support cellular health, function, and renewal.* DDR Prime includes Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli, and Lemongrass essential oils, shown in studies to promote a healthy response to free-radicals while supporting healthy cellular function.* DDR Prime Softgels are easy to swallow and provide an easy and convenient method for consuming DDR Prime essential oil blend, anytime, anywhere.

DIRECTIONS FOR USE

Take 2 softgels daily with meal (may be taken one each, morning and evening).

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

KEY INGREDIENTS AND BENEFITS

- **Frankincense:** Promotes a healthy response to free radicals*
- **Wild Orange:** Supports a healthy cellular response*
- **Litsea:** May help promote healthy cognitive function*
- **Thyme:** Broad-spectrum activity in promoting immunity and cellular health*
- **Clove:** Powerful antioxidant properties*
- **Summer Savory:** Supports healthy response to oxidative stress*
- **Niaouli:** Supports cellular immunity*
- **Lemongrass:** Protects against environmental threats*

OTHER INGREDIENTS

Extra virgin olive oil, non-GMO food starch, glycerin, carrageenan, maltitol, purified water.

DDR Prime® Softgels

Serving Size: 2

Softgel Servings Per Container: 30

Part Number: 34410001

Wholesale: \$55.00

Retail: \$73.33

PV: 55



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DigestZen® Softgels

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

dōTERRA DigestZen® Softgels are a convenient and easy way to obtain the benefits of the proprietary DigestZen essential oil blend. Each vegetarian softgel contains 120 mg of DigestZen, the oil blend you know and trust for overall digestive health.* DigestZen contains a unique combination of Ginger, Peppermint, Caraway, Anise, Coriander, Tarragon, and Fennel to aid in digestion and ease mild or occasional stomach discomfort in a soothing, natural way—all in a vegetarian softgel that dissolves easily.* DigestZen Softgels are perfect for on-the-go or for those wanting an easy way to consume DigestZen essential oil blend.

DIRECTIONS FOR USE

Take 1 softgel one or more times daily as needed.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

KEY INGREDIENTS AND BENEFITS

- **Ginger Root:** may help soothe mild or occasional stomach upset and ease indigestion*
- **Peppermint Plant:** supports healthy gastrointestinal function and aids in digestion*
- **Caraway Seed:** may help ease indigestion while supporting a healthy gastrointestinal tract*
- **Coriander Seed:** promotes healthy digestion*
- **Anise Fruit/Seed:** promotes healthy digestion*
- **Tarragon Fruit/Seed:** promotes healthy digestion*
- **Fennel Seed:** promotes healthy digestion and metabolism*

OTHER INGREDIENTS

Extra virgin olive oil, non-GMO modified corn starch, glycerin, carrageenan, maltitol, deionised water.

DigestZen® Softgels

Serving Size: 1 softgel

Servings Per Container: 60

Part Number: 35430001

Wholesale: \$19.50

Retail: \$26.00

PV: 15



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TriEase® Softgels

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- **Lemon Peel:** cleansing to the body's systems and frequently used for respiratory discomfort*
- **Lavender Flower:** renowned for its calming and balancing effects*
- **Peppermint Plant:** promotes clear breathing and healthy respiratory function*

TriEase® Softgels

Serving Size: 1 softgel
Servings Per Container: 60

Part Number: 49310001
Wholesale: \$23.00
Retail: \$30.67
PV: 20

PRODUCT DESCRIPTION

TriEase Softgels were developed to protect against seasonal and environmental elements and to promote a healthy respiratory system when needed most.* Each softgel contains equal parts of Lemon, Lavender, and Peppermint essential oils, known for their ability to maintain clear breathing and a healthy immune response when combined together.* Used by both veteran and novice essential oil users, this well-known blend is frequently mixed together for its respiratory health benefits.* Now, with TriEase Softgels, this combination can be consumed quickly and easily when traveling, attending outdoor events, or when seasonal or environmental elements are particularly high. TriEase Softgels can be consumed safely on a daily basis during times of seasonal discomfort to promote clear breathing and overall respiratory health.*

DIRECTIONS FOR USE

Take 1–2 per day as needed.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

OTHER INGREDIENTS

Non-GMO modified corn starch, glycerin, carrageenan, purified water, maltitol.



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Slim & Sassy® Softgels

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

Slim & Sassy Metabolic Blend Softgels contain dōTERRA's proprietary Slim & Sassy essential oil blend in convenient softgels to help you achieve your weight-management goals in a healthy, natural way.* The flavorful blend of Slim & Sassy contains essential oils to help manage hunger throughout the day while boosting metabolism and promoting a positive mood.* Slim & Sassy contains Grapefruit and Lemon essential oils, both of which have a high limonene content to help purify and cleanse the body while Peppermint aids digestion and helps curb the appetite.* Additionally, Ginger and Cinnamon provide healthy digestive and metabolic support.* When combined with healthy eating and exercise, Slim & Sassy Metabolic Blend can help you reach your weight management goal and maintain a healthy weight for life.* Slim & Sassy Softgels are perfect for on-the-go or for those wanting an easy and convenient way to consume Slim & Sassy essential oil blend.

DIRECTIONS FOR USE

Take 3 to 5 softgels throughout the day as needed.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

OTHER INGREDIENTS

Non-GMO modified corn starch, glycerin, carrageenan, purified water, maltitol.

KEY INGREDIENTS AND BENEFITS

- **Grapefruit Peel:** provides cleansing and detoxifying benefits*
- **Lemon Peel:** acts as a natural cleanser and aids digestion*
- **Peppermint Plant:** helps manage hunger cravings*
- **Ginger Root:** may help support healthy digestion*
- **Cinnamon Bark:** supports healthy metabolic function*

Slim & Sassy® Softgels

Serving Size: 1 softgel

Servings Per Container: 90

Part Number: 34270001

Wholesale: \$36.00

Retail: \$48.00

PV: 31.5

Also available in 15 mL Slim & Sassy Essential Oil Blend.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Zendocrin[®] Softgels

dōTERRA[®]

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade[®]

KEY INGREDIENTS AND BENEFITS

- **Tangerine Peel:** concentrated source of limonene, known for its purifying benefits*
- **Rosemary Flower/Leaf:** supports healthy liver function*
- **Geranium Plant:** supports the body's natural ability to rid itself of unwanted substances*
- **Juniper Berry:** supports healthy kidney function*
- **Cilantro Leaf:** supports the body's natural process of eliminating toxins*

PRODUCT DESCRIPTION

Zendocrin Softgels support your body's natural detoxification system with a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry, and Cilantro essential oils.* Zendocrin helps cleanse the body of toxins and free radicals that can slow the body's systems down, leaving a heavy, weighted feeling.* This powerful blend combines Rosemary, Cilantro, and Juniper Berry, known for their ability to support the body's detoxifying organs, including the liver and kidneys; while Tangerine and Geranium have purifying effects against unwanted substances in the body.* Zendocrin Softgels provide a quick and easy way to consume the dōTERRA Zendocrin essential oil blend, whether you're traveling, in a hurry, or simply like the convenience of a softgel.

DIRECTIONS FOR USE

Take 1 softgel two to three times daily as needed.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

OTHER INGREDIENTS

Extra virgin olive oil, non-GMO modified corn starch, glycerin, carrageenan, maltitol, purified water.

Zendocrin[®] Softgels

Serving Size: 1 softgel

Servings Per Container: 60

Part Number: 34280001

Wholesale: \$24.00

Retail: \$32.00

PV: 21

Also available in 15 mL Zendocrin Essential Oil Blend.



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DigestZen TerraZyme®

Digestive Enzyme Complex

PRODUCT DESCRIPTION

DigestZen TerraZyme® Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes and supporting cofactors that are often deficient in cooked, processed, and preservative-laden foods. The powerful combination of digestive enzymes found in DigestZen TerraZyme supports the body's constant production of enzymes critical for healthy biochemical functions, including healthy digestion of food nutrients and cellular metabolism of nutrients to energy.* DigestZen TerraZyme includes a variety of whole-food enzymes that help with the digestion of proteins, fats, complex carbohydrates, sugars, and fiber.

CONCEPT

Enzymes are specialized proteins that function as catalysts in almost all cellular functions and chemical reactions throughout the body. Enzymes play a critical role in growth, healing, and reproduction. They are also necessary for breathing, thinking, immune function, hormone regulation, detoxification, and thousands of other biochemical functions. Enzymes are also necessary for digesting food nutrients and converting nutrients to energy in cells.*

Enzymes can originate inside and outside the body. Endogenous enzymes are produced in the body and can be classified as metabolic enzymes and digestive enzymes. Metabolic enzymes are active in blood, tissues, and organs. Digestive enzymes are excreted by the liver and pancreas and help the body convert food to usable nutrients. Exogenous enzymes are enzymes originating outside the body and are classified as food enzymes. Food enzymes are found in raw, unprocessed foods and help break down nutrients during digestion.*

The body's ability to constantly produce metabolic and digestive enzymes is limited by raw material availability and production capacity. If our diets do not include sufficient food enzymes to break down the food we eat, our body's endogenous enzyme resources must be directed toward the production of digestive enzymes to speed conversion of food to bioavailable nutrients. Production capacity directed toward the production of digestive enzymes is capacity not available for the production of important metabolic enzymes.

The body's constant need to produce digestive enzymes can result in decreased levels of metabolic enzymes that are critical for optimal health and cell function. One example of an important metabolic enzyme is superoxide dismutase (SOD), which protects cells from free-radical molecules. Metabolic



CPTG Certified Pure Therapeutic Grade®

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enzymes are also necessary for energy production, tissue growth and repair, and managing toxic waste products. When we eat foods that are rich in food enzymes, our bodies can use fewer resources to produce digestive enzymes and have more capacity to create optimal levels of metabolic enzymes.*

Food Enzyme Deficiencies

Fresh, raw foods naturally contain sufficient enzymes for proper digestion in the body. However, when food is cooked and processed, these naturally occurring food enzymes can be destroyed. The pasteurization, sterilization, radiation, preservation, freezing, and microwaving of our modern food supply can render food enzymes inactive or alter their structure so much that they become useless to the body. Food processing can also remove important vitamin and mineral cofactors of enzymatic chemistry in the body. We can reduce the internal demand for production of digestive enzymes in our body by increasing the amounts of fresh, raw foods in our diets. Some experts suggest a healthy diet would include at least 60 percent of food nutrients coming from fresh, raw foods—a good goal but not always practical in our modern lifestyles. Using a whole-food supplement of food enzymes is a more convenient way to guarantee sufficient enzymes in the foods we eat.

DigestZen TerraZyme® Digestive Enzyme Complex

DigestZen TerraZyme is a proprietary blend of 10 active whole-food enzymes that are often deficient in cooked, processed, and preservative-laden foods. DigestZen TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, fiber, and other food nutrients.*

The powerful combination of whole-food enzymes in DigestZen TerraZyme supports optimal health by promoting more efficient digestion of food nutrients and by reducing the demand for internal production of digestive nutrients, thus freeing resources for optimal levels of metabolic enzyme production and activity.* DigestZen TerraZyme can also be used as targeted support for specific food intolerances of proteins, fats, and carbohydrates, such as lactose.*

DigestZen TerraZyme is safe and effective, and can be used with every meal, every day. It includes the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed extracts to promote gastrointestinal comfort for those using DigestZen TerraZyme as targeted digestive health.*

PRIMARY BENEFITS

- Supports healthy digestion and metabolism of enzyme-deficient, processed foods*
- Supports conversion of food nutrients to cellular energy*
- Promotes gastrointestinal comfort and food tolerance*
- Supports healthy production of metabolic enzymes*
- Proprietary blend of 10 active whole-food enzymes
- Contains the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed
- Sodium lauryl sulfate-free HPMC vegetable capsules
- Safe and effective

DIRECTIONS FOR USE

Take one to three vegetable capsules with meals throughout the day. If your meal includes lots of fresh, raw foods, take one capsule. If your meal includes highly processed, cooked foods or food products known to cause specific GI discomfort, take two to three capsules with meal.

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CAUTIONS

Some people may experience an initial change to digestive schedule and function when they begin using enzyme supplements. For most people, these symptoms are mild and should disappear after a few days. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Does not contain milk products. Does not contain ingredients made from animal products.

FAQS

Q: What makes this version of DigestZen TerraZyme® better than the last?

A: The new DigestZen TerraZyme formula includes several more enzymes, including papain and an anti-gluten enzyme blend. In addition, the amounts of lactase, alpha-galactosidase, and cellulase were increased to improve their efficacy. Due to potential gluten concerns, maltase from barley malt was removed.

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Enzyme	Activity
Protease	Breaks down protein to peptides and amino acids*
Papain	Breaks down protein*
Amylase	Breaks down carbohydrates, starches, and sugars*
Lipase	Breaks down fats and oils to be absorbed in the intestine*
Lactase	Breaks down lactose found in milk sugars*
Alpha Galactosidase	Breaks down complex polysaccharide sugars found in legumes and cruciferous vegetables that can cause bloating and gas*
Cellulase	Breaks down fiber to help digest fruits and vegetables*
Sucrase	Breaks down sucrose to fructose and glucose for energy*
Anti-Gluten Enzyme Blend	Assists in breaking down gluten*
Glucoamylase	Breaks down starch*

Q: Should I take DigestZen TerraZyme every day?

A: DigestZen TerraZyme can be taken daily with meals, as needed. Depending on what type of meal you are eating, you can adjust the dose. For a more hearty meal with more fat or foods that are enzyme deficient, take up to 3 capsules. For lighter meals, such as a salad or fresh foods, you may only need 1 capsule.

Q: Is it safe to take with GX Assist®, PB Assist®+, or Zendocrine®?

A: Yes. DigestZen Terrazyme can effectively be used in combination with the Zendocrine, GX Assist, PB Assist+, and other products as needed to achieve your desired results.

Q: Should I take it directly before or right after meals?

A: Enzyme supplements work best when taken directly before, during, or immediately after meals.

Q: Does this product contain genetically modified material?

A: DigestZen Terrazyme does not contain genetically modified material.

Q: Is DigestZen Terrazyme vegan/vegetarian friendly?

A: Yes. There are no animal-derived ingredients in DigestZen Terrazyme.

Q: Why do I need to supplement digestive enzymes? Doesn't my body make enough for my needs?

A: The body's production of enzymes is often enough, though the constant need to produce digestive enzymes can result in decreased levels that lead to digestive and other problems, especially as we age. Fresh, raw foods naturally contain enzymes that may contribute to proper digestion in the body. Since many of the foods found in a typical diet are cooked, pasteurized, or otherwise processed, food enzymes can become inactive. You can help reduce the internal demand for production of digestive enzymes by increasing consumption of fresh foods and by using DigestZen Terrazyme®.

COMPLEMENTARY PRODUCTS

- PB Assist®+
- GX Assist®
- Zendocrine® Softgels or Capsules
- Microplex VMz®

KEY STUDIES

Gurung N, Ray S, Bose S, Rai V. A broader view: Microbial enzymes and their relevance in industries, medicine, and beyond. Biomed Res Int. 2013; article ID 329121.

Fieker A, philpott J, Armand M. Enzyme replacement therapy for pancreatic insufficiency: Present and future. Clinical and Experimental Gastroenterology. 2011;4:55-73.

Seiler Cm, Izbicki J, Varga-Szabo L, et al. Randomised clinical trial: A 1-week, double-blind, placebo-controlled study of pancreatin 25000 Ph. Eur. Minimicrospheres for pancreatic exocrine insufficiency after pancreatic surgery, with a 1-year open-label extension. Aliment Pharmacol Ther. 2013;37:691-702.

Lager P, Go VLW, DiMaggio EP. Fate of pancreatic enzymes during small intestinal aboral transit in humans. Intraluminal Fate of Pancreatic Enzymes. 1986;251:G475-480.

Jiang Z, Zhou Y, Lu F, et al. Effects of different levels of supplementary alpha-amylase on digestive enzyme activities and pancreatic amylase mRNA expression of young broilers. Asian-Aust J Anim Sci. 2008;21:97-102.

Supplement Facts

Serving Size 3 vegetable capsules
Servings Per Container 30

	Amount Per Serving	% DV
Protease (Aspergillus)	75,000 HUT	**
Papain (Papaya)	30,000 USP	**
Amylase (Aspergillus)	24,000 SKB	**
Lactase (Aspergillus)	1,500 ALU	**
Lipase (Rhizopus)	1,200 FIP	**
Alpha Galactosidase (Aspergillus)	450 GALU	**
Cellulase (Trichoderma)	375 CU	**
Sucrase (Saccharomyces)	300 SU	**
Betaine HCl	60 mg	**
Glucoamylase (Aspergillus)	30 AG	**
Anti-gluten enzyme blend (Aspergillus)	6 mg	**
dōTERRA Tummy Tamer Blend:	450 mg	**
Peppermint leaf, Ginger root, Caraway seed		

** Daily Value not established.

Other Ingredients: Vegetable hypromellose, Microcrystalline cellulose, Magnesium stearate, Silica.

Contains soy and wheat.

†US patent #7235390

DIGESTZEN TERRAZYME® DIGESTIVE ENZYME COMPLEX

90 HPMC VEGETABLE CAPSULES

Part Number: 35110001

Wholesale: \$37.50

Retail: \$50.00

PV: 37.5

dōTERRA® Ginger Digestive Drops

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Sweet, spicy ginger-lemon flavor
- Helps reduce occasional feelings of nausea associated with motion
- Supports healthy digestion
- Helps ease occasional stomach discomfort and indigestion

dōTERRA® Ginger
Digestive Drops 4.23 oz./ 120 g

Part Number: 60203181
Wholesale: \$12.00
Retail: \$16.00
PV: 10

PRODUCT DESCRIPTION

The ginger plant has a long history of uses in traditional health practices and continues to be trusted for its soothing properties. dōTERRA Ginger drops deliver the benefits of CPTG® Ginger essential oil in the convenience of a natural lozenge. The sweet and spicy flavor of Ginger is blended with a splash of Lemon essential oil to boost the benefits and flavorful profile of the lozenge. When experiencing occasional moments of nausea associated with motion, the properties of the Ginger drop help ease uncomfortable feelings and settle the stomach. The internal benefits of Ginger also promote healthy digestion and help ease occasional stomach discomfort and indigestion.

DIRECTIONS FOR USE

Dissolve one drop slowly in the mouth as needed. For children under 5 years, consult a physician before use.

INGREDIENTS

Organic Cane Sugar, Organic Brown Rice Syrup, Ginger Oil, Lemon Oil.

Nutrition Facts

30 Servings Per Container	
Serving Size 1 drop (4g)	
Amount Per Serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GX Assist®

GI Cleansing Formula

Made with enteric coated softgels

PRODUCT DESCRIPTION

GX Assist is a combination of CPTG Certified Pure Therapeutic Grade® essential oils and caprylic acid to help support a healthy digestive tract by creating an unfriendly environment for potential threats that can disrupt digestive immunities and cause digestive upset.* GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist®+ Probiotic Defense Formula.*

CONCEPT

Having a healthy digestive system affects all facets of the body. When the digestive system is not functioning at its best, there can be a negative effect on every other function of the body. The combination of very powerful essential oils and caprylic acid helps cleanse the digestive system, which helps all other functions of the body perform at their maximum potential.*

CPTG® Essential Oils

GX Assist contains a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade essential oils from Oregano, Melaleuca, Lemon, Lemongrass, Peppermint, and Thyme. The GX Assist blend was formulated to improve microbial balance.* This proprietary blend helps purify and cleanse the digestive system.*

PRIMARY BENEFITS

- First step in an essential oil digestive maintenance program*
- Supports a healthy digestive environment*
- A proprietary blend of CPTG Certified Pure Therapeutic Grade essential oils and caprylic acid that provides a natural cleanse for a healthy digestive system*

DIRECTIONS FOR USE

Take 1 to 3 softgels per day with meals for 10 days

CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using.



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FAQS

Q: Is GX Assist® safe to use every month?

A: Yes, GX Assist can be used for 10 days each month (1–3 capsules each day). It can also be used less often, such as every three months.

Q: Can I use this more than once a month? How many days do I need to discontinue use before I can start using again?

A: It is recommended that GX Assist be used no more than 10 days of the month, followed by 20 days of PB Assist®+.

Q: Should we be concerned about using too much Oregano too often?

A: While Oregano is generally considered to be a more potent oil, the amount of essential oil, including Oregano, in GX Assist is far below a dose that could cause harm. The 10–day program is designed to provide a positive benefit to the digestive tract. It is not necessary to continue the program beyond 10 days.

Q: Does GX Assist contain genetically modified material?

A: GX Assist does not contain genetically modified material.

Q: Does GX Assist contain gluten?

A: GX does not contain any gluten-containing ingredients.

Q: Should I discontinue use of other supplements while I am using GX Assist?

A: GX Assist is safe and effective when used in combination with dōTERRA Lifelong Vitality Pack® supplements and other dōTERRA supplements. GX Assist will not interfere with your body's ability to absorb or utilize vitamins, minerals, cellular support ingredients, essential fatty acids, or other active ingredients.

Q: Are there plans to put this in a vegetarian softgel?

A: GX Assist may be transitioned to a vegetarian softgel in the future.

Q: Is GX Assist safe for children to take?

A: GX Assist is not recommended for children, even at a lower dose.

COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack
- DigestZen Terrazyme®

- PB Assist®+
- Zendocrine® Complex and Softgels

KEY STUDIES

Placha I, Chrastinova L, Laukova A, et al. Effect of thyme oil on small intestine integrity and antioxidant status, phagocytic activity and gastrointestinal microbiota in rabbits. *Acta Veterinaria Hungarica*. 2013;61(2):197-208.

Ohno T, Kita M, Yamaoka Y, et al. Antimicrobial activity of essential oils against *Helicobacter pylori*. *Helicobacter*. 2003;8(3):207-215.

Force M, Sparks WS, Ronzio RA. Inhibition of enteric parasites by emulsified oil of oregano in vivo. *Phytotherapy Research*. 2000;14:213-214.

Penalver P, Huerta B, Borge C, et al. Antimicrobial activity of five essential oils against origin strains of the Enterobacteriaceae famly. *APMIS*. 2005;113:1-6.

Prabuseenivasan S, Jayakumar M, Ignacimuthu S. In vitro antibacterial activity of some plant essential oils. *BMC Complementary and Alternative Medicine*. 2006;6:39-47.

Mimica-Dukic N, Bozin B, Sokovic M, et al. Antimicrobial and antioxidant activities of three *Mentha* species essential oils. *Planta Med*. 2003;69:413-419.

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GX ASSIST® GI CLEANSING FORMULA 60 SOFTGELS

Part number: 35040001

Wholesale: \$26.00

Retail: \$34.67

PV: 26

Supplement Facts

Serving Size: 1 softgel
Servings per container: 60

Amount Per Serving	% DV
GX Assist Proprietary CPTG®	
Essential Oil Blend:	195 mg **
Oregano Leaf, Melaleuca Leaf, Lemon Peel, Lemongrass Leaf, Peppermint Plant, Thyme Leaf	
Caprylic Acid	75 mg **

** Daily Value Not Established.

Other Ingredients: Gelatin, glycerin, purified water, food glaze, sodium alginate, carnauba wax

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PB Assist® +

Probiotic Defense Formula

Supports healthy digestive functions and immunities*

PRODUCT DESCRIPTION

PB Assist+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double-layer vegetable capsule. It delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic FOS (fructo-oligosaccharides) that encourage friendly bacterial growth.* The time-release, double-capsule delivery system is designed to help protect the sensitive probiotic cultures from stomach acid. PB Assist+ offers a unique, safe, and effective way to deliver the well-recognized digestive and immune system support benefits of probiotics.*

CONCEPT

Your gastrointestinal (GI) tract is approximately 25 feet long and is responsible for digesting and absorbing the nutrients in the foods you eat, while also helping eliminate waste products from your body. Beyond these important functions, your GI tract, particularly the intestines, also performs very important immune functions in the body. A healthy intestinal tract is critical for optimal digestive function and immune system support.

Intestinal Immunities

The walls of the intestine are covered with millions of hair-like cellular microstructures called villi and microvilli. It is through the villi that our food nutrients are assimilated for use. (The surface area of the intestinal tract is estimated to be as large as a tennis court!) The villi of the intestine also include specialized immune cells that function as immune messengers alerting mobile immune cells in the blood stream and in other parts of the body when under attack from invaders.

Living on the villi of the intestinal tract is a group of microorganisms called intestinal microflora or microbiota. There is an estimated 10 times more microorganisms in the intestinal tract than the 10 trillion cells making up the human body, suggesting their importance in our physiology. Friendly intestinal microflora have a symbiotic relationship with us, providing healthy digestive and immune system support. When healthy colonies of friendly bacteria are present in the intestine, they help maintain a positive balance and proliferation of beneficial bacteria, while preventing the adherence and colonization of other “bad” microorganisms that can challenge our health and well-being. Healthy colonies of friendly microflora prevent the proliferation of unfriendly organisms by competing for nutrients necessary for growth and by crowding them out as they compete for intestinal surface area. They also produce chemical by-products that create an intestinal environment in which “bad” microorganisms cannot flourish.



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Acquired Immunities of the GI Tract

Before birth, a healthy baby's GI tract is free of bacteria and other microorganisms. During the natural birthing process, a baby is exposed to colonies of microflora from his or her mother. As healthy colonies of friendly microflora grow in a new-born baby's intestinal tract, the baby's immune system is "trained" or "programmed" to differentiate between unfriendly and friendly microorganisms and respond appropriately. The body's ability to respond in a measured way to "bad" bacteria and not to respond to "good" bacteria is an important part of overall immune health. By the second year of life, a child's intestinal microflora is very similar to adults.

Digestion of Food Nutrients

Intestinal microflora also plays a critical role in the breakdown and absorption of food nutrients, particularly carbohydrates. Some strains of intestinal flora produce enzymes the human body cannot produce but are necessary for breaking down certain carbohydrates into short-chain fatty acids, or SCFAs, for digestion. SCFAs are a major source of food energy and metabolism for bacteria and also support the cardiovascular system. SCFAs also contribute to the proliferation and specialization of epithelial cells in the intestine and to the healthy function of the gut. In addition to helping the digestion of carbohydrates, gut microflora also produce vitamin K and can help with absorption of other nutrients such as calcium, magnesium, and iron.

Probiotic Supplementation

There are many ways intestinal microflora can be compromised or even killed. Stress, physical exertion, toxins in our diet, exposure to unfriendly microorganisms, and other factors can pose significant challenges to the colonization and function of friendly microorganism in the gut. Healthy intestinal microflora is also challenged in people whose diets consist of high levels of animal fats and proteins and are low in fiber. Furthermore, studies have shown a steady decline in friendly intestinal flora in both men and women as they age. When intestinal microflora is compromised, the digestive and immune systems function sub-optimally. To help maintain a healthy microflora balance, supplemental strains of friendly microorganisms, or probiotics, can be used as part of a regular dietary supplement program.*

PB Assist® + Probiotic Defense Formula

dōTERRA PB Assist+ is a proprietary blend of six active strains of friendly probiotic microorganisms that support healthy colonies of friendly microflora in the gut.* PB Assist+ includes active strains of *Lactobacillus acidophilus*, *Lactobacillus salivarius*, and *Lactobacillus casei* to promote healthy colonization and function of microflora higher in the intestinal tract, and *Bifidobacterium lactis*, *Bifidobacterium bifidum*, and *Bifidobacterium longum* for healthy digestive and immune function of the lower intestine.* Each of these proprietary strains has been demonstrated to have superior propensity for intestinal adhesion and colonization.*

Unique Double-Layer Pre- and Probiotic Delivery System

PB Assist+ employs a unique double-layer capsule delivery system that provides a short-chain FOS pre-biotic fiber in the outer capsule and a time-release inner capsule providing active probiotic cultures. FOS, or fructo-oligosaccharides, are indigestible fibers that are found in fruits and vegetables that have the ability to selectively promote the growth of friendly bacteria.* Inside the outer capsule delivering the pre-biotic FOS is a small inner capsule with 6 billion CFUs (Colony Forming Units) of six active strains of lacto- and bifido-probiotic cultures. The time-release inner capsule is designed to help protect the probiotic cultures from the harsh environment of the stomach delivering the active benefits of the cultures to the site of adhesion in the intestinal tract. The combination of pre-biotic FOS and active probiotic cultures in a single delivery system represents a comprehensive intestinal flora support system that is safe and effective.*

PRIMARY BENEFITS

- Promotes a positive balance and proliferation of beneficial bacteria*
- Maintains healthy intestinal microflora balance*
- Supports healthy functioning of the digestive and immune systems*
- Supports the health of the GI tract, particularly the intestines and colon*
- Helps support optimal metabolism and absorption of food*

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DIRECTIONS FOR USE

Take one double-layer capsule three times daily with food for 10 days each month to promote colonization of friendly digestive flora.* Can be used more frequently and for extended periods of time when digestive flora has been compromised by digestive stressors. PB Assist®+ also may be used when traveling to boost digestive immunities, or once a day as an ongoing maintenance program for people with occasional digestive discomfort.*

CAUTIONS

Some people may experience an initial change to digestive schedule and function when they begin using pre-biotic FOS and probiotics. For most people, these symptoms are mild and should disappear after a few days. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if bottle is opened or capsules are broken. Note: Although the PB Assist+ double-layer encapsulation technology makes it unnecessary to refrigerate, it is suggested that unopened bottles of PB Assist+ be stored in a cool, dry place and opened bottles be refrigerated when possible.

FAQS

Q: Why do I need six strains and 6 billion CFUs of probiotics?

A: Having six unique strains helps promote healthy colonization and function of microflora.* They support healthy digestive and immune functions throughout the intestines.* Each of these unique strains has been demonstrated to have superior propensity for intestinal adhesion and colonization.* Six billion CFUs provide a beneficial amount of good bacteria in each capsule.*

Q: What is the difference between probiotics and prebiotics?

A: Prebiotics are indigestible fibers that are found in fruits and vegetables and have the ability to selectively promote the growth of friendly bacteria while discouraging the growth of less friendly intestinal microbes. Probiotics are microorganisms that support healthy colonies of friendly microflora in the gut.*

Q: Why do probiotics and prebiotics need to be separated by an inner and outer capsule?

A: This unique delivery system is designed to help ensure the live active cultures will be released in the small intestine. The outer capsule must be dissolved, the FOS prebiotic fiber suspended in a thick viscous fluid must be dissolved away in the digestive fluid, and then the inner capsule must dissolve.

Q: Does the green inner capsule have any synthetic colorants?

A: The green color in the PB Assist+ inner capsule comes from chlorophyll, the all-natural green pigment found in all plants.

Q: Should I take PB Assist+ at the same time that I take GX Assist®?

A: We recommend using GX Assist for ten days (three capsules per day with meals) followed by PB Assist+ for ten days (three capsules), then PB Assist+ (one capsule per day) after that.

Q: Do I need to keep PB Assist+ refrigerated?

A: Although it is best to keep PB Assist+ out of the heat, it is not necessary to refrigerate. PB Assist+ is tested for shelf life and stability and will retain its activity level when stored under normal conditions. Dry probiotic cultures such as the ones used in our PB Assist+ capsules are not activated until they are released in the gut and exposed to moisture.

COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- DigestZen TerraZyme®
- GX Assist®

KEY STUDIES

Rupa P, Mine Y. Recent advances in the role of probiotics in human inflammation and gut health. *Journal of Agricultural and Food Chemistry*. 2012;60:8249-8256.

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Supplement Facts

Serving Size: 1 double-layer vegetable capsule
Servings per container: 30

	Amount Per Serving	% DV
PB Assist+ Probiotic Blend:	6 Billion CFU **	
L. acidophilus, B. lactis, L. salivarius, L. casei, B. longum, B. bifidum		
FOS (Short Chain) prebiotic	50 mg	**

**Daily Value Not Established

Other ingredients: Vegetable Glycerin, Vegetable Hypromellose, Vegetable Cellulose, Magnesium Stearate, Silica, Chlorophyllin

PB ASSIST®+

30 DOUBLE-LAYER VEGETABLE CAPSULES

Part Number: 35160001

Wholesale: \$34.50

Retail: \$46.00

PV: 34.5

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DigestTab®

Dietary Supplement

Digestive Support Essential Oil Blend with Calcium Carbonate

PRODUCT DESCRIPTION

DigestZen is one of dōTERRA's most popular blends due to its ability to aid in digestion, soothe occasional stomach upset, and maintain overall digestive health.* Now this incredibly effective blend is available in a convenient chewable tablet. DigestTab is a calcium carbonate tablet infused with DigestZen Digestive Blend to deliver the benefits of digestion—supportive essential oils as well as the acid—neutralizing benefits of calcium carbonate.*

CONCEPT

Calcium Carbonate

Calcium carbonate, which comes from natural mineral sources, helps maintain stomach acid balance by neutralizing excess acid in the stomach.* This helps relieve the discomfort caused by occasional acidity such as heartburn, indigestion, and flatulence.* This specially designed calcium carbonate is less chalky than many similar products on the market and much easier to chew and swallow.

DigestZen Essential Oil Blend

This unique blend contains Ginger, Fennel, and Coriander to help ease occasional stomach discomfort, including motion sickness and indigestion, while Peppermint, Tarragon, Anise, and Caraway aid with digestion and help maintain a healthy gastrointestinal tract.* DigestZen is a healthy, natural, and gentle way to soothe an occasional upset stomach or maintain a healthy digestive system.*

PRIMARY BENEFITS

- Specifically designed for individuals with sensitive stomachs.
- Combines the unique digestive benefits of calcium carbonate along with pure essential oils from plants traditionally known for providing soothing support to the gastrointestinal tract, including Ginger, Peppermint, Caraway, Coriander, and Anise.*
- A unique and powerful synergistic blend of natural ingredients designed to relieve occasional heartburn and indigestion, while promoting the overall health of the gastrointestinal tract.*
- Use with or between meals as needed, for relief from occasional stomach upset, indigestion, and heartburn.*
- Helps relieve occasional sour stomach.*
- Provides relief from the uncomfortable burning of occasional



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DIRECTIONS FOR USE

Chew one tablet as needed up to six times daily.

CAUTIONS

Keep out of reach of children. Do not use with other acid reducers. Ask a doctor or pharmacist before use if you are taking a prescription drug.

FAQS

Q: Is DigestTab® safe to take every day?

A: Yes, DigestTab is safe to take every day and there should be no safety concerns as long as the suggested use is followed.

Q: Can I take more than the recommended dosage?

A: Although DigestTab is safe and effective for soothing occasional heartburn and indigestion, we always recommend that you follow the suggested use on our labels. Consult with your qualified healthcare provider if you want to take more than the suggested use, or if you have any questions regarding your individual condition.

Q: How quickly can I expect to feel the benefits?

A: Typically, the benefits of DigestTab will be experienced within 30 minutes after consumption, although each individual is different and results may vary.

Q: Can I take DigestTab with other DigestZen® products such as Zendocrine® or DigestZen Softgels?

A: Yes, there should be no problem taking DigestTab with other DigestZen products.

Q: Can this product be considered GMO-free and gluten-free?

A: DigestTab is free of genetically modified material and does not contain gluten.

Q: Is DigestTab vegetarian-friendly?

A: Yes, DigestTab is considered vegetarian-friendly.

Q: How many drops of DigestZen oil blend are in each tablet?

A: Half of one drop.

COMPLEMENTARY PRODUCTS

- DigestZen Digestive Blend
- PB Assist®+
- GX Assist®
- dōTERRA Lifelong Vitality Pack®

KEY STUDIES

P. N. Maton and M. E. Burton, "Antacids revisited: a review of their clinical pharmacology and recommended therapeutic use," *Drugs*, vol. 57, no. 6, pp. 855–870, Jun. 1999.

S. K. Lam, "Antacids: the past, the present, and the future," *Baillieres Clin. Gastroenterol.*, vol. 2, no. 3, pp. 641–654, Jul. 1988.

M. Robinson, S. Rodriguez-Stanley, P. B. Miner, A. J. McGuire, K. Fung, and A. A. Ciociola, "Effects of antacid formulation on postprandial oesophageal acidity in patients with a history of episodic heartburn," *Aliment. Pharmacol. Ther.*, vol. 16, no. 3, pp. 435–443, Mar. 2002.

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"Herbal remedies for dyspepsia: peppermint seems effective," *Prescrire Int*, vol. 17, no. 95, pp. 121–123, Jun. 2008.

J. Freise and S. Köhler, "[Peppermint oil-caraway oil fixed combination in non-ulcer dyspepsia—comparison of the effects of enteric preparations]," *Pharmazie*, vol. 54, no. 3, pp. 210–215, Mar. 1999.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 100

Amount Per Serving		%DV
Calcium (as Calcium Carbonate)	200 mg	20%
DigestZen® Digestive Blend	30 mg	**
Ginger (<i>Zingiber officinale</i>) Root Oil		**
Peppermint (<i>Mentha piperita</i>) Plant Oil		**
Caraway (<i>Carum carvi</i>) Seed Oil		**
Coriander (<i>Coriandrum sativum</i>) Seed Oil		**
Anise (<i>Illicium verum</i>) Seed Oil		**
Tarragon (<i>Artemisia dracunculus</i>) Plant Oil		**
Fennel (<i>Foeniculum vulgare</i>) Seed Oil		**

Percent DV based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other ingredients: Xylitol, Isomalt, Acacia Gum, Silica, Magnesium Stearate, Stevia Leaf Extract.

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DIGESTTAB®

100 TABLETS

Part Number: 34380001

Wholesale: \$14.00

Retail: \$18.67

PV: 10

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Zendocrine® Detoxification Complex

PRODUCT DESCRIPTION

dōTERRA Zendocrine Detoxification Complex is a proprietary blend of whole-food extracts in a patented enzyme delivery system that supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.*

CONCEPT

As part of requisite body functions of eating, breathing, and coming in contact with our environment through our skin, our bodies are exposed to numerous toxins and environmental challenges. One of the primary functions of vital organs is to act as protective filters. The largest organ of the body, the skin, acts as a defensive barrier and gate keeper. The lungs help filter the air we breathe of particulates and pollutants. The gastrointestinal tract from the stomach to the colon also performs significant cleansing and filtering of toxins entering our bodies through the food we eat. If toxins make it past these organs on the first line of defense, other organs such as the kidneys and liver perform additional filtering functions.

The body's filtering and waste management system is quite capable of managing a certain amount of exposure to toxic influencers. But in a modern world of environmental pollutions and harmful chemicals found in prepared foods, beauty products, treated water, etc., the body's filtering system can be significantly challenged. Healthy organs have the capacity to meet this challenge under normal conditions, but many sub-optimal health conditions can challenge the healthy functioning of the liver, kidneys, colon, lungs, and skin.

Supporting healthy cleansing and filtering functions of these organs begins by limiting exposure to environmental toxins we breathe or touch and by eliminating foods that have artificial ingredients or that have been treated with pesticides and other harmful chemicals. Hydrating frequently with clean water is also essential for healthy function of our cleansing organs. Additionally, supplementing our healthy diets with functional nutrients that provide targeted support for specific organs can help maintain healthy cleansing and filtering functions of the body.*

dōTERRA Zendocrine® Detoxification Complex

dōTERRA Zendocrine is a proprietary blend of whole-food extracts formulated to support the healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.* Each whole-food botanical extract was selected specifically to support organ capacity to both provide protective cleansing and filtering functions for the body and to support the organ's own capacity to rid itself of stored toxic waste products.* Zendocrine also uses



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an enzyme support system to help with whole-food extract absorption and is packaged in SLS-free vegetable capsule.

PRIMARY BENEFITS

- Supports healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin*
- Supports normal self-detoxification functions of the cleansing organs*

DIRECTIONS FOR USE

Take two (2) capsules daily, one each with morning and evening meals. For optimal benefits, avoid increased toxic load to your organs via your food supply by reducing the amount of foods prepared with artificial colors, preservatives, and

Targeted Organ	Whole-food Extract
Liver	Barberry root extract, Milk thistle seed extract, Burdock root extract, Clove flower extract, Dandelion root extract, Garlic bulb extract, Red clover aerial parts extract
Kidneys	Rhubarb stem extract, Burdock root extract, Clove flower extract, Dandelion root extract
Colon	Psyllium husk, Rhubarb root extract, Acacia Gum, Marshmallow root extract
Lungs	Osha root powder, Safflower flower extract
Skin	Kelp stem/leaf powder, Milk thistle seed extract, Burdock root extract, Clove flower extract, Garlic bulb extract

sweeteners, and by increasing your consumption of pure water throughout the day. Zendocrine's benefits can be enhanced by taking with Zendocrine Blend or Softgels.

CAUTIONS

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Does not contain milk products. Does not contain ingredients made from animals. Store in a cool, dry place.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% DV
Zendocrine whole-food detox blend: 928 mg **	
Psyllium (<i>Plantago ovata</i>) husk, Rhubarb (<i>Rheum palmatum</i>) root extract, Barberry (<i>Berberis vulgaris</i>) root extract, Kelp (<i>Ascophyllum nodosum</i>) extract, Milk Thistle (<i>Silybum marianum</i>) seed extract, Safflower (<i>Carthamus tinctorius</i>) flower extract, Acacia (<i>Acacia seyal</i>) gum, Osha (<i>Ligusticum sinense</i>) root powder, Garlic (<i>Allium sativum</i>) bulb extract, Red Clover (<i>Trifolium pratense</i>) aerial parts extract, Burdock (<i>Arctium lappa</i>) root extract, Dandelion (<i>Taraxacum officinale</i>) root extract, Marshmallow (<i>Althaea officinalis</i>) root extract, Clove (<i>Syzygium aromaticum</i>) flower extract, Kelp (<i>Laminaria digitata</i>) stem/leaf powder	
Enzyme Support System:	
Magnesium Yeast	2 mg †
Manganese Yeast	1 mg †
Amylase	5000 SKB **
Cellulase	1000 CU **

** Daily Value (DV) not established.

† Contains <2 percent of the Daily Value of these nutrients.

Other Ingredients: Vegetable hypromellose, Maltodextrin, Magnesium stearate, Silicon dioxide, Microcrystalline cellulose
Contains soy.

ZENDOCRINE® DETOXIFICATION COMPLEX 30 VEGETARIAN CAPSULES

Item number: 35120001
Wholesale: \$24.50
Retail: \$32.67
PV: 24.5

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Slim & Sassy® V Shake

with EssentraTrim® and Solathin®

Vegan-sourced protein shake

PRODUCT DESCRIPTION

dōTERRA Slim & Sassy V Shake is a convenient, completely vegan-friendly, delicious weight management shake mix that provides essential nutrients and only 74 calories per serving. V Shake can be used as part of a weight-loss strategy of reducing daily calorie intake and burning fat stores through exercise. Slim & Sassy V Shake includes the patented weight-loss ingredient EssentraTrim®, which has been clinically studied to help manage cortisol—a stress hormone associated with fat storage in the abdomen, hips, and thighs. Slim & Sassy V Shake also includes Solathin®, a special protein extract from natural food sources that supports an increased feeling of satiety. V Shake blends well with water or rice, soy or almond milk and provides 7 grams of protein and 4 grams of fiber per serving.

CONCEPT

A lean, trim body composition is a reflection of a healthy lifestyle that includes eating right and staying physically active. Eating right means eating appropriate quantities and eating quality foods that include a healthy ratio of carbohydrates, proteins, fats, and vitamins and minerals. A healthy diet of fresh, whole fruits and vegetables, whole grains, and healthy proteins provides the body with the resources it needs for energy production, growth, and immune and other metabolic functions.

Too much food can be unhealthy. Fat cells function as the body's energy storage units. Excess calories not converted to energy or used as building blocks for growth and repair can be converted to lipids and stored in fat cells. When the body has used other more readily available energy stores, fat cells release stored lipids as fuel for energy metabolism. Maintaining a lean body composition requires storing fewer excess calories in fat cells and increasing the release of calories stored in fat cells to be used for energy production. In other words, to keep fit and trim, we need to eat less and exercise more. We also need to eat smarter.

Lean Nutrient Ratios

A lean diet should include moderate portions of a variety of healthy nutrients. Simple carbohydrates or sugars and fats are immediate sources of energy, but they are also easily converted to fat when consumed in excess. They also trigger the release of insulin, which, although necessary for energy production, is a catalyst for converting excess calories to fat when we overeat. Complex carbohydrates and fibers provide a more sustained source of energy and help lower the insulin response. Proteins are used primarily for growth and repair in the body and can also be used for energy.

Although there is not an agreement on a perfect ratio of nutrients in a lean diet, a healthy diet should include about 30 percent protein, 55 percent carbohydrate, and 15 percent fat. Unfortunately, many people eat far too much fat and carbohydrate and not enough protein. A simple guide for eating a more healthy ratio of nutrients is eating less simple carbohydrates or sugars, eating more fresh fruits and vegetables, eating less oils and fats, and increasing the consumption of healthy,

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CONCEPT (CONTINUED)

low-calorie sources of protein. Of these lean diet choices, finding optimal levels of healthy proteins may be the most challenging.

Vegan

The decision to eat vegetarian or vegan is a lifestyle that is gaining popularity and is a huge commitment. Everyone needs to eat the proper ratios of nutrients to maintain a healthy weight and the decision to eat vegan makes it a bit more difficult. There are plenty of whey-based diet shakes on the market, but not as many that cater to vegan-minded people.

Slim & Sassy® V Shake

Making the decision to eat fewer calories and to eat a healthier ratio of calories is the first step to losing weight and maintaining a lean body composition. Yet today's fast-paced, mobile lifestyle often makes it challenging to prepare or select lean meals—especially if you're trying to stick to a vegan diet. dōTERRA Slim & Sassy V Shake is convenient and delicious. When mixed with almond, rice, or soy milk, or water, it provides essential nutrients, is a good source of fiber, and is low fat and sugar free, all in a 100 percent vegan-friendly formula.

V Shake also delivers 7 grams of a proprietary protein blend of pea, amaranth, and quinoa protein that provides essential amino acids to help prevent loss of muscle mass and improve muscle tone during dieting and exercise.

V Shake does not contain any protein or isolates from soy, nor does it contain any artificial sweeteners, flavors, colors, or preservatives.

EssentraTrim®

Today's hectic lifestyles can be stressful to anyone, especially those of us looking to manage weight. The day-to-day stress that all of us experience can often lead to poor eating habits, little to no exercise, and inevitably, weight gain. Reducing stress levels in the body can play a significant role in a healthy weight management regimen, which is why Slim & Sassy V Shake contains 125 mg of the powerful weight-management ingredient EssentraTrim per serving, a patented extract of ashwagandha leaves and roots. Originally studied as an adaptogen for energy production,

EssentraTrim was shown to help control the release of the stress hormone cortisol, which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs.

By helping counteract the effects of stress, EssentraTrim may also help control stress-induced appetite, overeating, and carbohydrate cravings. It may also help support healthy blood sugar levels already in the normal range, enhance energy levels, and alleviate fatigue commonly associated with dieting and exercise.

Solathin®

Slim & Sassy® V Shake also includes 50 mg of Solathin per serving, a special protein extract from natural food sources that may help to support an increased feeling of satiety. Solathin has also been studied to control snacking between meals, portion control, and feeling full faster and longer. Along with being an excellent source of protein, Solathin is also hypo-allergenic and enhances the flavor and texture of V Shake.

Slim & Sassy V Shake has been carefully formulated to be used in conjunction with dōTERRA Slim & Sassy Metabolic Blend, dōTERRA Lifelong Vitality Pack® supplements, DigestZen® and DigestZen TerraZyme® Digestive Enzyme Complex for a comprehensive weight management product support system.

DIRECTIONS

Blend one scoop of shake mix in 1/2 cup of almond, rice, or soy milk, or water until smooth and creamy. Also blends well with fruits and vegetables. For unique flavor options, blend one drop of your favorite dōTERRA essential oil in shake. Serve chilled.

Does not contain artificial sweeteners, flavors, colors, or preservatives.

COMPLEMENTARY PRODUCTS

- Slim & Sassy Metabolic Blend
- dōTERRA Lifelong Vitality Pack
- GX Assist®

KEY INGREDIENTS AND BENEFITS

Each serving contains 7 grams of protein from a proprietary vegan blend of pea, amaranth, and quinoa protein; contains no soy.

Each serving includes 125 mg EssentraTrim®, a patented extract of ashwagandha leaves and roots clinically studied to help control the release of the stress hormone cortisol, which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs.

Each serving includes 50 mg of Solathin, a special protein extract from natural food sources that supports an increased feeling of satiety.

FAQS

Q. Does this product contain gluten?

A. Slim & Sassy® V Shake does not contain gluten or gluten-containing

Q. Does this product contain soy or dairy?

A. Slim & Sassy V Shake does not contain soy or soy-derived ingredients, nor does it contain any dairy-derived ingredients.

Q. Is it safe for my child to take?

A. It is not recommended that children use Slim & Sassy V Shake to replace meals. However, Slim & Sassy V Shake is safe for children to use as a snack at a one scoop dose if desired.

Q. What is the difference between Slim & Sassy V Shake and TrimShake?

A. Slim & Sassy V Shake is an entirely vegan alternative to Slim & Sassy TrimShake. It can be used in place of Slim & Sassy TrimShake as a meal replacement or weight loss aid for adults that want to get the benefits of Slim & Sassy TrimShake but prefer a vegan alternative.

Q. Is Slim & Sassy V Shake just as effective for weight management as Slim & Sassy TrimShake?

A. Slim & Sassy V Shake contains a similar amount of protein and calories as Slim & Sassy TrimShake, so it can be used as an aid for weight management in the same way Slim & Sassy TrimShake is used.

KEY STUDIES

Andallu, B., & Radhika, B. (2000). Hypoglycemic, diuretic and hypocholesterolemic effect of winter cherry (*Withania somnifera*, Dunal) root. *Indian Journal of Experimental Biology*, 38(6), 607–609.

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Hill, A. J., Peikin, S. R., Ryan, C. A., & Blundell, J. E. (1990). Oral administration of proteinase inhibitor II from potatoes reduces energy intake in man. *Physiology & Behavior*, 48(2), 241–246.

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dependent mechanism. *International Journal of Obesity* (2005), 35(2), 236–243. doi:10.1038/ijo.2010.192

Newman, E., O'Connor, D. B., & Conner, M. (2007). Daily hassles and eating behaviour: the role of cortisol reactivity status. *Psychoneuroendocrinology*, 32(2), 125–132. doi:10.1016/j.psyneuen.2006.11.006

Noakes, M., Foster, P. R., Keogh, J. B., & Clifton, P. M. (2004). Meal replacements are as effective as structured weight-loss diets for treating obesity in adults with features of metabolic syndrome. *The Journal of Nutrition*, 134(8), 1894–1899.

Noakes, M., Keogh, J. B., Foster, P. R., & Clifton, P. M. (2005). Effect of an energy-restricted, high-protein, low-fat diet relative to a conventional high-carbohydrate, low-fat diet on weight loss, body composition, nutritional status, and markers of cardiovascular health in obese women. *The American Journal of Clinical Nutrition*, 81(6), 1298–1306.

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Nutrition Facts

Serving size: 1 scoop (17.5 grams)
Servings per container: 40

Amount Per Serving

Calories 74

Calories from Fat 14

% Daily value†

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans fat 0 g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0g	0%
Sodium 115mg	5%
Total Carbohydrates 7g	2%
Dietary Fiber 4g	16%
Soluble Fiber 3.5g	
Insoluble Fiber 0.5g	
Sugars 0g	

Protein 7g

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 3%

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein Blend (Pea Protein, Quinoa, Amaranth), Fiber Blend (Soluble Corn Fiber, Xanthan Gum, Citrus Fiber, Tara Gum), Sunflower Extract, Natural Flavors, Essentra® Trim** Ash-wagandha (Withania somnifera) Root and Leaf Extract, Potato Protein Powder, Citric Acid, Stevia

**Essentra®Trim is a trademark of NutraGenesis LLC and is protected under U.S. Patent 6,713,092

Solathin® is a trademark of CYVEX Nutrition.

All other words with a trademark or registered trademark symbol are trademarks or registered trademarks of dōTERRA Holdings, LLC.



SLIM & SASSY® V SHAKE WITH ESSENTRA TRIM® AND SOLATHIN®

VEGAN-SOURCED PROTEIN
SHAKE

Part Number: 35440001

Wholesale: \$39.50

Retail: \$52.67

PV: 25

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Slim & Sassy® TrimShake

with EssentraTrim® and Solathin®

Vanilla and Chocolate Shake Mixes

PRODUCT DESCRIPTION

dōTERRA Slim & Sassy TrimShake is a convenient and delicious weight management shake mix that provides essential nutrients and 70 calories per serving. Blended with water or nonfat dairy, almond, rice, or soy milk, TrimShake can be used as part of a weight-loss strategy of reducing daily caloric intake and burning fat stores through exercise. Slim & Sassy TrimShake includes the patented weight-loss ingredient EssentraTrim®†, which research has shown to help manage cortisol—a stress hormone associated with fat storage in the abdomen, hips, and thighs. Slim & Sassy TrimShake also delivers a unique blend of protein that includes Solathin®‡, a special protein extract from natural food sources that may help support an increased feeling of satiety. Available in natural chocolate and vanilla flavors, TrimShake blends well with water or milk and provides 8 grams of protein.

CONCEPT

A lean, trim body composition can often correlate to a healthy lifestyle that includes eating right and staying physically active. Eating right includes both eating appropriate quantities of food and eating quality foods that include a healthy ratio of carbohydrates, proteins, fats, and vitamins and minerals. A healthy diet of fresh, whole fruits and vegetables, whole grains, and healthy proteins provides the body with the resources for energy production, growth, and immunity and other metabolic functions.

Too much food can be unhealthy. Fat cells function as the body's energy storage units. Excess calories that are not converted to energy or used as building blocks for growth and repair can be converted to and stored as lipids in fat cells. When the body has used other more readily available energy stores, fat cells release stored lipids as fuel for energy metabolism. Maintaining a lean body composition requires storing fewer excess calories in fat cells and increasing the release of calories stored in fat cells to be used for energy production. In other words, to keep fit and trim we need to eat less and exercise more. We also need to eat smarter.

Lean Nutrient Ratios

A lean diet should include moderate portions of a variety of healthy nutrients. Simple carbohydrates or sugars and fats are immediate sources of energy, but they are also easily converted to fat when they are consumed in excess. They also trigger the release of insulin, which, although necessary for energy production, is a catalyst for converting excess calories to fat when we overeat. Complex carbohydrates and fibers provide a more sustained source of energy and help to lower the insulin response. Proteins are used primarily for growth and repair in the body and can also be used for energy.



CPTG Certified Pure Therapeutic Grade®

Although there is no agreement on a perfect ratio of nutrients in a lean diet, a healthy diet should include about 30 percent proteins, 55 percent carbohydrates, and 15 percent fats. Unfortunately, many people eat far too many fats and carbohydrates and not enough protein. A simple guide for eating a healthier ratio of nutrients is eating fewer simple carbohydrates or sugars, eating more fresh fruits and vegetables, eating less oils and fats, and increasing the consumption of healthy, low-calorie sources of protein. Of these lean diet choices, finding optimal levels of healthy proteins may be the most challenging.

TrimShake provides a shake that has 1.5 grams of fat per serving and includes a blend of essential vitamins and minerals.

Slim & Sassy® TrimShake

Making the decision to eat fewer calories and to eat a healthier ratio of calories is the first step to losing weight and maintaining a lean body composition. Yet, today's fast-paced, mobile lifestyle often makes it challenging to prepare or select lean meals. The dōTERRA Slim & Sassy TrimShake is convenient and delicious. When mixed with water or nonfat dairy, almond, rice, or soy milk, TrimShake provides a shake that has 1.5 grams of fat per serving and includes a blend of essential vitamins and minerals. TrimShake also provides 8 grams of a proprietary protein blend of whey isolate and egg white protein that provides essential amino acids to help maintain muscle mass and improve muscle tone during dieting and exercise. TrimShake does not contain any protein or isolates from soy.

EssentraTrim®†

Today's fast-paced lifestyles can be stressful to anyone, especially those of us looking to manage weight. The day-to-day stress that all of us experience can often lead to poor eating habits, little to no exercise, and, inevitably, weight gain. Reducing stress levels in the body can play a significant role in a healthy weight management regimen, which is why Slim & Sassy TrimShake also includes 125 mg per serving of the powerful weight-management ingredient EssentraTrim, a patented extract of ashwagandha leaves and roots. Originally studied as an adaptogen for energy production, EssentraTrim was shown to help control the release of the stress hormone

cortisol, which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs. By helping counteract the effects of stress, EssentraTrim may also help control stress-induced appetite, overeating, and carbohydrate cravings. It may also help support healthy blood sugar levels already in the normal range, enhance energy levels, and help alleviate fatigue commonly associated with dieting and exercise.

Solathin®‡

Slim & Sassy TrimShake delivers a unique blend of protein that includes Solathin, a special protein extract from natural food sources that may help support an increased feeling of satiety, control snacking between meals, portion control, and feeling full faster and longer. Along with being an excellent source of protein, Solathin is also hypo-allergenic and enhances the flavor and texture of TrimShake.

Slim & Sassy TrimShake has been carefully formulated to be used in conjunction with the dōTERRA Slim & Sassy Metabolic Blend, dōTERRA Lifelong Vitality Pack® supplements, and DigestZen TerraZyme® Digestive Enzyme Complex for a comprehensive weight management product support system. TrimShake comes in both vanilla and chocolate flavors.

PRIMARY BENEFITS

- Provides a convenient, lean alternative for individuals trying to lose fat or maintain a lean body composition through calorie reduction and exercise
- Helps manage the release of the stress hormone cortisol, which is associated with the accumulation of fat, particularly around the stomach, hips, and thighs
- May help control stress-induced appetite, overeating, and carbohydrate cravings
- May help support blood sugar levels already in the normal range and enhance energy levels while helping to alleviate fatigue commonly associated with dieting and exercise

DIRECTIONS FOR USE

Blend one scoop of shake mix in ½ cup of water or nonfat dairy, almond, rice, or soy milk until smooth and creamy. Also blends well with fruits and vegetables. For unique flavor options, blend one drop of your favorite dōTERRA essential oil in shake. Serve chilled.

FAQS

Q: What are the natural flavors listed on the label?

A: The natural flavors are a proprietary blend of vanilla bean and cocoa flavors.

Q: Is this a meal replacement?

A: TrimShake provides a healthy source of protein that delivers more than 20 vitamins, minerals, and other essential nutrients. TrimShake can be used several times daily to replace meals, snacks, or dessert; however, be sure to consume at least one well-balanced, nutritious meal daily.

Q: What is ashwagandha?

A: Ashwagandha is an herb native to India. It is included in TrimShake for its ability to help manage appetite and cravings.

Q: How does an appetite suppressant work?

A: An appetite suppressant helps you feel fuller longer, or decreases the desire to eat.

Q: Can I maintain the same benefits by adding fruits, juices, or vegetables to the TrimShakes?

A: Yes. Not only does it allow you to cater to your tastes by adding other things to your blender, but you can also add to an already robust list of nutrients.

Q: Where can I find recipes of things other people have added to their TrimShakes?

A: doterrablog.com. Search for "TrimShakes".

COMPLEMENTARY PRODUCTS

- Slim & Sassy® Metabolic Oil Blend
- dōTERRA Lifelong Vitality Pack®
- DigestZen TerraZyme®

KEY STUDIES

Andallu, B., & Radhika, B. (2000). Hypoglycemic, diuretic and hypocholesterolemic effect of winter cherry (*Withania somnifera*, Dunal) root. *Indian Journal of Experimental Biology*, 38(6), 607–609.

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dōTERRA®

Nutrition Facts

About 40 servings per container

Serving size 1 rounded scoop (17.5 g)

Amount Per Serving		
Calories	70	
	% Daily Value*	
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	25 mg	1%
Total Carbohydrate	6 g	2%
Dietary Fiber	0 g	0%
Total Sugars	1 g	
Includes 0 g added sugars		0%
Protein	8 g	16%
Vitamin D	1 mcg	6%
Calcium	130 mg	10%
Iron	1.8 mg	10%
Potassium	30 mg	0%

INGREDIENTS: Whey Protein Isolate, Soluble Corn Fiber, Maltodextrin, Sunflower Oil, Modified Food Starch, Egg White Protein, Vitamin/Mineral Blend (Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Vitamin E Acetate, Niacinamide, Iron, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Copper Gluconate, Pyridoxine HCl, Riboflavin, Thiamin Mononitrate, Folic Acid, D-Biotin, Potassium Iodide, Cholecalciferol, Vitamin B12), Natural Flavors, Oligofructose, Fructose, Sunflower Lecithin, Xanthan Gum, Ashwagandha Extract, Citrus Fiber (Citrus Powder & Dried Orange Pulp), Potato Protein Powder, Silicon Dioxide, Organic Stevia, Tara Gum

CONTAINS: Milk, Egg

Manufactured exclusively for dōTERRA® Intl, LLC, 389 S 1300 W, Pleasant Grove, UT 84062 www.doterra.com 1-800-411-8151

*EssentraTrim® is a trademark of NutraGenesis LLC **Solathin® is a trademark of CYVEX Nutrition, Inc.

SLIM & SASSY® TRIMSHAKE VANILLA

ABOUT 40 SERVINGS (OF 17.5 GRAMS) PER CONTAINER

Part Number: 35180001

Wholesale: \$39.50

Retail: \$52.67

PV: 25

5

Nutrition Facts

About 40 servings per container

Serving size 1 scoop (17.5 g)

Amount Per Serving		
Calories	70	
	% Daily Value*	
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	20 mg	1%
Total Carbohydrate	6 g	2%
Dietary Fiber	0 g	0%
Total Sugars	0 g	
Includes 0 g added sugars		0%
Protein	8 g	16%
Vitamin D	1 mcg	6%
Calcium	130 mg	10%
Iron	1.8 mg	10%
Potassium	30 mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whey Protein Isolate, Maltodextrin, Cocoa Powder, Sunflower Oil, Egg White Protein, Vitamin & Mineral Blend (Vitamin A Acetate, Cholecalciferol, DL-Alpha Tocopheryl Acetate, D-Biotin, Folic Acid, Niacinamide, D-Calcium antiotherate, Thiamine Mononitrate, Cyanocobalamin, Riboflavin, Pyridoxine HCl, Ascorbic Acid, Dicalcium Phosphate, Copper Gluconate, Potassium Iodide, Iron, Magnesium Oxide, Zinc Oxide), Modified Food Starch, Oligofructose, Fructose, Sunflower Lecithin, Ashwagandha Extract, Xanthan Gum, Citrus Fiber (Citrus Powder & Dried Orange Pulp), Potato Protein Extract, Organic Stevia, Natural Flavors, Barley Malt Extract, Tara Gum, Corn Syrup, Cocoa Butter, Sugar, Silicon Dioxide, Cornstarch

CONTAINS: Milk, Egg

Manufactured exclusively for dōTERRA® Intl, LLC, 389 S 1300 W, Pleasant Grove, UT 84062 www.doterra.com 1-800-411-8151

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SLIM & SASSY® TRIMSHAKE CHOCOLATE

ABOUT 40 SERVINGS (OF 17.5 GRAMS) PER CONTAINER

Part Number: 35200001

Wholesale: \$39.50

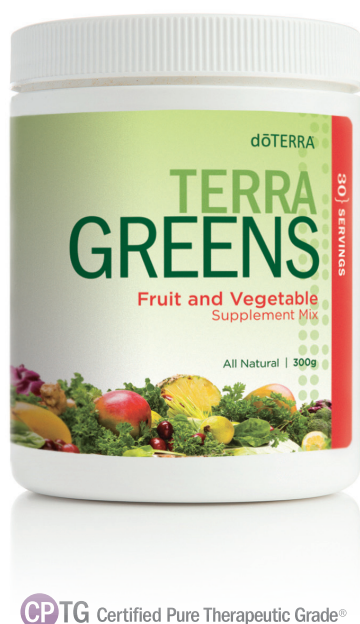
Retail: \$52.67

PV: 25

†EssentraTrim® is a trademark of NutraGenesis LLC and is protected under U.S. Patent 6,713,092

‡Solathin® is a trademark of CYVEX Nutrition

All other words with trademark or registered trademark symbols are trademarks or registered trademarks of dōTERRA Holdings, LLC.



PRIMARY BENEFITS

- Provides the body with essential nutrients*
- Supports immune health*
- Supports digestive health*
- Supports weight management*
- Natural ingredients

TerraGreens®
30 Servings per container

Part Number: 60120001
Wholesale: \$28.00
Retail: \$37.33
PV: 20



PRODUCT DESCRIPTION

dōTERRA TerraGreens is a proprietary blend of whole food fruits and vegetables combined with superfruits and dōTERRA CPTG Certified Pure Therapeutic Grade® Essential Oils. This powdered mix packs a daily boost of fruits and vegetables into a mix that can be stirred into 8 oz. of liquid for easy and convenient nutritional supplementation.

DIRECTIONS FOR USE

Add one scoop of TerraGreens to 8 oz. of water or your favorite beverage and drink immediately.

Supplement Facts

Serving size: 1 Scoop (about 10 grams)
Servings per container: 30

	Amount Per Serving	% Daily Value*
Calories	35	1%
Calories from Fat	5	
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	**
Cholesterol	0mg	0%
Sodium	30mg	2%
Total Carbohydrate	7g	2%
Dietary Fiber	3g	12%
Soluble Fiber	1g	**
Insoluble Fiber	2g	**
Sugars	2g	**
Protein	1g	2%
Green Blend	3550mg	**
Kale Leaf Powder, Dandelion Greens Powder, Spinach Leaf Powder, Parsley Leaf Powder, Collard Greens Leaf Powder, Broccoli Powder, Cabbage Leaf Powder		
Grass Blend	2850mg	**
Wheat Grass Powder, Alfalfa Juice Powder, Oat Grass Powder, Barley Grass Powder, Oat Grass Juice Powder, Barley Grass Juice Powder		
Fruit Blend	2010mg	**
Pineapple Juice Powder, Guava Fruit Powder, Mango Juice Powder, Goji Berry Powder, Mangosteen Powder, Acerola Cherry Powder		
CPTG Essential Oil Blend	30mg	**
Lemon Peel Essential Oil, Ginger Root Essential Oil		

*Percent Daily values are based on a 2,000 calorie diet
**Daily value not established.

Other Ingredients: Non-GMO Sunflower Lecithin, Citric Acid, Guar Gum, Gum Arabic, Stevia Extract, Xanthan Gum

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA Breathe®

Respiratory Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T S

Ingredients: Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oils

Aromatic Description: Minty, fresh, airy

PRODUCT DESCRIPTION

dōTERRA Breathe is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara. dōTERRA Breathe maintains feelings of clear airways and easy breathing while minimizing the effects of seasonal threats. dōTERRA Breathe can be applied topically to the chest, back, or bottom of feet, or diffused at nighttime to calm the senses and promote a restful sleep.

USES

- Diffuse, inhale directly from palms, or rub on chest or feet when environmental threats are high.
- Use when outdoors to minimize the effects of seasonal threats.
- Diffuse at bedtime for a restful environment.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Topical use: Apply one to two drops to desired area. Dilute with carrier oil to minimize any skin sensitivity. See additional precautions below.

PRIMARY BENEFITS

- Maintains feelings of clear airways and easy breathing
- Promotes a restful nights sleep
- Helps minimize the effects of seasonal threats

dōTERRA Breathe

Respiratory Blend 15 mL

Part Number: 60200190

Wholesale: \$22.00

Retail: \$29.33

PV: 22

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA Breathe® Touch

Respiratory Blend 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Fractionated Coconut Oil, Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf

Aromatic Description: Minty, fresh, airy

PRIMARY BENEFITS

- Cooling, soothing vapor
- Calming aroma promotes a restful environment
- Helps minimize the effects of seasonal threats

dōTERRA Breathe® Touch

Respiratory Blend 10 mL Roll-on

Part Number: 60200192

Wholesale: \$14.00

Retail: \$18.67

PV: 14

PRODUCT DESCRIPTION

Experience the soothing, cooling vapor of dōTERRA Breathe essential oil blend, now available in a Touch version for gentle and quick application. dōTERRA Breathe Touch combines Fractionated Coconut Oil with Laurel Leaf, Peppermint, Eucalyptus, Melaleuca, Lemon, Cardamom, Ravintsara, and Ravensara essential oils to maintain feelings of clear airways and easy breathing. Apply topically to the chest, back, or bottom of feet to minimize the effects of seasonal threats or to promote a restful sleep. dōTERRA Breathe Touch can be used safely by every member of the family and it's convenient roll-on application can be applied anytime.

USES

- Apply to chest or feet when seasonal and environmental threats are high.
- Use when outdoors to minimize the effects of seasonal threats.
- Rub on neck, chest, back, or bottom of feet to promote a restful sleep.

DIRECTIONS FOR USE

Topical use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA Breathe[®] Vapor Stick

dōTERRA[®]

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade[®]

PRIMARY BENEFITS

- Apply topically to chest and breath deeply to enjoy a cooling, invigorating vapor
- Quick, convenient delivery system
- Provides a cooling, soothing effect both topically and aromatically

Breathe Vapor Stick

12.5 g/0.4 oz.

Part Number: 60200878

Wholesale: \$8.50

Retail: \$11.33

PV: 5

PRODUCT DESCRIPTION

Enjoy the convenience, quick absorption, and smooth application of dōTERRA Breathe Vapor Stick. This unique delivery method of dōTERRA Breathe essential oil blend can be used anytime, anywhere to enjoy a cooling, soothing vapor. The natural formula of this vapor stick glides on the skin with ease, without leaving a greasy or sticky after-feel. The power of dōTERRA Breathe essential oil blend can be felt immediately, providing a cooling effect both topically and aromatically.

The small and convenient package of dōTERRA Breathe Vapor Stick is perfect for traveling, and only a small amount is needed to feel its immediate effects. The vapor stick works in conjunction with the other dōTERRA Breathe products, providing powerful respiratory support for you and your family.

DIRECTIONS FOR USE

Apply to chest and neck area as needed to soothe airways.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under doctor's care, consult your physician. Avoid sunlight or UV rays for up to 12 hours after applying.

INGREDIENTS:

Isoamyl Laurate, Octyldodecanol, *Eucalyptus globulus* (Eucalyptus) Leaf Oil, *Laurus nobilis* (Laurel) Leaf Oil, *Mentha piperita* (Peppermint) Oil, Menthol, *Melaleuca alternifolia* (Tea Tree) Leaf Oil, Isoamyl Cocoate, *Citrus limon* (Lemon) Peel Oil, Dibutyl Lauroyl Glutamate, Dibutyl Ethylhexanoyl Glutamate, *Ravensara aromatica* (Ravensara) Leaf Oil, Phytosteryl/Octyldodecyl Lauroyl Glutamate, *Elettaria cardamomum* (Cardamom) Seed Oil, *Cinnamomum camphora* (Ravintsara) Leaf Oil, Tocopherol

dōTERRA Breathe[®] Respiratory Drops

dōTERRA[®]

PRODUCT INFORMATION PAGE



PRODUCT DESCRIPTION

dōTERRA Breathe is a long-trusted essential oil blend and has helped many with oils such as Lemon, Peppermint, Eucalyptus, and now Cardamom. Respiratory issues are not fun and we all turn to anything that will help, but very little ever does. dōTERRA Breathe essential oil is a tried-and-true support that has helped many against this age-old foe. dōTERRA Breathe natural drops are a blend of selected oils from dōTERRA Breathe CPTG Certified Pure Therapeutic Grade[®] essential oil blend mixed into a respiratory drop to make it more convenient to enjoy the benefits of these oils. Lemon, Peppermint, Eucalyptus, Thyme, Melissa, and Cardamom essential oils all help to clean and soothe airways, and now they can be delivered straight to your mouth and throat in these great-tasting lozenges.

DIRECTIONS FOR USE

Adults and children 5 years and over: Dissolve 1 drop slowly in the mouth. Repeat every 2 hours as needed. Children under 5 years: Consult a physician.

INGREDIENTS

Organic Cane Sugar, Organic Brown Rice Syrup, Lemon Oil, Peppermint Oil, Cardamom Oil, Eucalyptus Oil, Thyme Oil, Melissa Oil.

PRIMARY BENEFITS

- Maintains clear airways and breathing
- Supports overall respiratory health
- Calms the senses

Nutrition Facts	
30 Servings per Container	
Serving Size 1 drop 0.14 oz (4g)	
Amount Per Serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3.0g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

dōTERRA Breathe[®] Respiratory Drops

30 All-natural drops

Part Number: 35460001

Wholesale: \$12.00

Retail: \$16.00

PV: 10

Deep Blue®

Soothing Blend 5 mL & 10 mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: T S

Ingredients: Wintergreen Leaf, Camphor Bark, Peppermint Plant, Ylang Ylang Flower, Helichrysum Flower, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower.

Aromatic Description: Minty, camphoraceous

PRIMARY BENEFITS

- Soothing and cooling oil blend
- Comforting part of a massage

Deep Blue®

Soothing Blend 5 mL

Part Number: 60200143

Wholesale: \$33.00

Retail: \$44.00

PV: 33

10 mL roll-on

Part Number: 60200144

Wholesale: \$59.00

Retail: \$78.67

PV: 55



PRODUCT DESCRIPTION

dōTERRA Deep Blue is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus work together to soothe and cool. After long hours on the computer, try rubbing Deep Blue essential oil blend on your fingers, wrists, shoulders, and neck. A few drops of Deep Blue Soothing Blend diluted in a carrier oil can be part of a cooling and comforting massage.

USES

- Apply on feet and knees before and after exercise.
- Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime.
- Rub Deep Blue on your lower back after a day of heavy lifting at work or during a move.

DIRECTIONS FOR USE

Topical use: Apply to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

dōTERRA Deep Blue® Touch

Soothing Blend 10mL Roll-on

PRODUCT INFORMATION PAGE



CP **TG** Certified Pure Therapeutic Grade®

Application: **A** **T** **N**

Ingredients: Fractionated Coconut Oil, Wintergreen Leaf, Camphor Bark, Peppermint Plant, Ylang Ylang Flower, Helichrysum Flower, Blue Tansy Flower, Blue Chamomile Flower, and Osmanthus Flower

Aromatic Description: Minty, camphoraceous

PRIMARY BENEFITS

- Soothing and cooling oil blend
- Provides a comforting massage

dōTERRA Deep Blue® Touch

Soothing Blend 10 mL Roll-on

Part Number: 60200145

Wholesale: \$43.00

Retail: \$57.33

PV: 43

PRODUCT DESCRIPTION

dōTERRA Deep Blue Touch delivers the soothing benefits of Deep Blue essential oil blend in a base of Fractionated Coconut Oil—perfect for those with sensitive skin. Packaged in a convenient roll-on, dōTERRA Deep Blue Touch can be used as a soothing massage and to provide a soothing effect when needed. Try rubbing dōTERRA Deep Blue Touch on your hands, wrists, shoulders, and neck after exercising, lifting, or working long hours. Experience the cooling and refreshing sensation of dōTERRA Deep Blue Touch.

USES

- Massage dōTERRA Deep Blue Touch onto growing kids' legs before bedtime.
- Apply on feet and knees before and after exercise.
- Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



Deep Blue® Rub

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG® Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

dōTERRA® Deep Blue Rub is a rich, topical cream infused with the Deep Blue Soothing Blend of CPTG Certified Pure Therapeutic Grade® essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Deep Blue Rub provides a comforting sensation of cooling and warmth to problem areas. Made with dōTERRA's top-selling Deep Blue essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomille, Helichrysum, Ylang Ylang, and Osmanthus, Deep Blue Rub is an essential addition to your bathroom cabinet and gym bag. Deep Blue Rub is blended in a base of moisturizing emollients that leave your skin feeling soft and not greasy. It is the choice of massage therapists and sports practitioners who currently use dōTERRA's Deep Blue essential oil blend in their practice.

DIRECTIONS FOR USE

Massage lotion into affected areas. For a more intensive treatment, apply Deep Blue essential oil blend on the skin prior to lotion application.

CAUTIONS

For external use only. Avoid contact with eyes. Do not use on wounds or damaged skin. Do not bandage tightly after application or use with a heating pad. Keep out of reach of children to avoid accidental ingestion. If swallowed, get medical help or contact a Poison Control Center immediately.

INGREDIENTS

Water (Aqua), *Gaultheria procumbens* (Wintergreen) Leaf Oil, *Cinnamomum camphora* (Camphor) Bark Oil, Menthol, Cetearyl Alcohol, *Prunus amygdalus dulcis* (Sweet Almond) Oil, Stearic Acid, Glyceryl Stearate, PEG-100 Stearate, *Mentha piperita* (Peppermint) Oil, *Eucalyptus globulus* (Eucalyptus) Leaf Oil, Butylene Glycol, Caprylic/Capric Triglyceride, *Cananga odorata* (Ylang Ylang) oil, *Capsicum frutescens* Extract, *Chamomilla recutita* (Blue Chamomile) Flower Oil, *Tanacetum annuum* (Blue Tansy) Oil, *Helichrysum italicum* (Helichrysum) Flower Oil, Allantoin, *Gardenia florida* Fruit Extract, *Osmanthus fragrans* (Osmanthus) Flower Extract, *Aloe barbadensis* Leaf Juice, *Chlorella vulgaris* Extract, Retinyl Palmitate, Squalane, Ceteareth-20, Hydroxyethyl Acrylate/Sodium Acryloyldimethyl Taurate Copolymer, Dimethicone, Phenoxyethanol, Caprylyl Glycol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Xanthan Gum, Ethylhexylglycerin, Hexylene Glycol, Polysorbate 60, Maltodextrin, Sodium PCA, Tetrasodium Glutamate Diacetate

KEY INGREDIENTS AND BENEFITS

- Formulated with the Deep Blue proprietary blend of essential oils and other powerful ingredients
- Perfect for the athlete in your life, Deep Blue Rub is blended in a base of moisturizing emollients that leaves your skin soft and non-greasy
- Provides a cooling and soothing sensation to targeted areas

Deep Blue® Rub

32 fl oz / 946 mL

Part Number: 50210001

Wholesale: \$189.00

Retail: \$252.00

PV: 160

Deep Blue® Rub

4 fl oz / 120 mL

Part Number: 38900001

Wholesale: \$32.00

Retail: \$42.67

PV: 30

Deep Blue

Polyphenol Complex®

Dietary Supplement

PRODUCT DESCRIPTION

The brand name Deep Blue® is synonymous with soothing support. The CPTG Certified Pure Therapeutic Grade® essential oil blend as well as the rub have provided comfort to many and are trusted among their users. It only makes sense that an ingestible supplement would complement the topical benefits of the Deep Blue product line.* Deep Blue Polyphenol Complex delivers polyphenol extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grape seed, and is designed to provide soothing support to aching muscles and to other occasional discomfort.* Take as needed when discomfort presents itself, or take it every day for long-lasting benefits.*

CONCEPT

Deep Blue Polyphenol Complex provides a unique blend of extracts of Indian frankincense (*Boswellia serrata*), along with turmeric and ginger. Indian frankincense has long been used for its soothing properties, and its use in the traditional Ayurvedic practices of India is well established.*

This supplement delivers a unique and standardized *Boswellia serrata* extract (not an essential oil) that has been clinically studied to promote healthy mobility and function, and can provide soothing support throughout the entire body.*

Like frankincense, turmeric has been used for centuries in Ayurvedic practice and is also part of the popular spice Indian curry. The science behind turmeric's soothing role in overworked muscles and joints is now recognized by experts throughout the world.* Ginger root has also been used for centuries throughout Asia for health benefits and as a popular spice. Ginger was among the first spices brought to the New World and has long been recommended for its natural soothing benefits.*

POLYPHENOLS

Polyphenols are natural, powerful, water-soluble antioxidants and Deep Blue Polyphenol Complex delivers the unique polyphenol benefits from what are considered some of the most healthy beverages—green tea, red wine, and grape and pomegranate juice.* Red wine (resveratrol) and green tea (catechins) have, for centuries, been recognized as central to the healthy Mediterranean and Asian diets, respectively. Today, they are the subject of the most exciting anti-aging and wellness research.* Resveratrol is believed to be a key component in the healthy Mediterranean diet and it is thought to be responsible for the “French Paradox,” where the French enjoy far better heart health than would be expected from a less than ideal diet and lifestyle.* Green tea's wide variety of health benefits have been established for hundreds of years, but again, only recently have scientists



CPTG Certified Pure Therapeutic Grade®

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

identified its catechins, specifically EGCG (Epigallocatechin Gallate), as the molecules responsible for these benefits. The green tea extract used in this product concentrates the goodness of green tea to provide targeted levels of catechins.* Grape seed is known for its exceptional levels of protective polyphenols, particularly OPCs (Oligomeric Proanthocyanidins), which are powerful antioxidants.*

Pomegranate is another key ingredient in this product and is often referred to as the “sacred fruit.” Punicalagin has been identified as a key beneficial molecule behind pomegranate’s benefits, yet its levels are rarely declared on pomegranate juice or supplements. Deep Blue Polyphenol Complex® delivers a unique pomegranate fruit extract, standardized to deliver a specific level of punicalagin, which helps ensure the benefits of this powerful fruit. These polyphenols help neutralize a broad range of damaging free-radicals, thereby supporting the health of a wide variety of tissues, organs, and systems throughout the body.*

Deep Blue Polyphenol Complex is designed to offer unparalleled natural support. Furthermore, its formula enables you to enjoy all these exceptionally powerful, natural molecules without consuming any alcohol, caffeine, sugar, or other potentially harmful stimulants.

PRIMARY BENEFITS

- Patent-pending, fast-acting frankincense extract shown to help support muscle and joint comfort and function*
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort*
- Can be used in tandem with Deep Blue® Rub or Deep Blue Soothing Blend
- Contains the dōTERRA® tummy tamer blend of Peppermint, Ginger, and Caraway Seed

DIRECTIONS FOR USE

Take 2 capsules with food per day; 1 capsule in the morning and one in the evening.

FAQS

Q: Is Deep Blue Polyphenol Complex safe to take every day?

A: Deep Blue Polyphenol Complex is safe to use every day. Deep Blue Polyphenol Complex delivers botanical polyphenols that have long been consumed throughout the world, are key components of some of the healthiest of diets, and are well studied for their safety.

Q: Can I take more than the recommended amount?

A: We recommend that you follow the suggested use, which was selected based on an extensive review of the scientific literature showing efficacy at the dose provided. However, there should be no problem taking more than the recommended amount of Deep Blue Polyphenol Complex based on its safety.

Q: Can I take Deep Blue Polyphenol Complex with Alpha CRS® +?

A: Yes, although a few of the active ingredients overlap.

Q: Is it GMO and gluten-free?

A: Yes. All Deep Blue Polyphenol Complex ingredients are derived from non-GMO plants. Likewise, all Deep Blue Polyphenol Complex ingredients are gluten-free.

Q: Is Deep Blue Polyphenol Complex® considered organic and vegetarian?

A: Deep Blue Polyphenol Complex is vegetarian. It is very important to us that our ingredients come from quality sources, and this doesn’t always mean “Certified Organic.” Many ingredients cannot be sourced from organic farms. All of our ingredients are thoroughly tested for contaminants, pesticides, and heavy metals to meet our own high quality standards and specifications.

Q: Does this product contain the Deep Blue® Soothing Essential Oil Blend?

A: No

COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack®
- Microplex VMz®
- DigestZen TerraZyme®
- GX Assist®

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KEY STUDIES

Chandran, Binu, and Ajay Goel. "A Randomized, Pilot Study to Assess the Efficacy and Safety of Curcumin in Patients with Active Rheumatoid Arthritis." *Phytotherapy research*: PTR 26.11 (2012): 1719–1725.

Kizhakkedath, Reji. "Clinical Evaluation of a Formulation Containing Curcuma Longa and Boswellia Serrata Extracts in the Management of Knee Osteoarthritis." *Molecular Medicine Reports* 8.5 (2013): 1542–1548.

Pandey, Kanti Bhooshan, and Syed Ibrahim Rizvi. "Plant Polyphenols as Dietary Antioxidants in Human Health and Disease." *Oxidative Medicine and Cellular Longevity* 2.5 (2009): 270–278.

Paramdeep, Gill. "Efficacy and Tolerability of Ginger (Zingiber Officinale) in Patients of Osteoarthritis of Knee." *Indian Journal of Physiology and Pharmacology* 57.2 (2013): 177–183.

Scalbert, Augustin, Ian T. Johnson, and Mike Saltmarsh. "Polyphenols: Antioxidants and beyond." *The American Journal of Clinical Nutrition* 81.1 (2005): 215S–217S.

Sengupta, Krishanu et al. "Comparative Efficacy and Tolerability of 5-Loxin and Aflapin® Against Osteoarthritis of the Knee: A Double Blind, Randomized, Placebo Controlled Clinical Study." *International Journal of Medical Sciences* 7.6 (2010): 366–377.

Shen, Chwan-Li et al. "Dietary Polyphenols and Mechanisms of Osteoarthritis." *The Journal of Nutritional Biochemistry* 23.11 (2012): 1367–1377.

Sreekumar, Sreeja et al. "Pomegranate Fruit as a Rich Source of Biologically Active Compounds." *BioMed Research International* 2014 (2014): 686921.

Vishal, Amar A., Artatrana Mishra, and Siba P Raychaudhuri. "A Double Blind, Randomized, Placebo Controlled Clinical Study Evaluates the Early Efficacy of Aflapin® in Subjects with Osteoarthritis of Knee." *International Journal of Medical Sciences* 8.7 (2011): 615–622.

Supplement Facts

Serving Size: Two (2) Capsules
Servings per Container: 30

Amount Per Serving		% DV
Deep Blue Polyphenol Blend:		
Frankincense (<i>Boswellia serrata</i>) Gum Resin Extract AprèsFlex®†	100 mg	**
Curcuminoids Complex (from Turmeric (<i>Curcuma longa</i>) Root) BCM95®	250 mg	**
Ginger (<i>Zingiber officinale</i>) Root Extract	300 mg	**
Green Tea (<i>Camellia sinensis</i>) Leaf Extract (75% Catechins) (caffeine-free)	100 mg	**
Pomegranate (<i>Punica granatum</i>) Fruit Extract (30% Punicalagin) POMELLA®††	50 mg	**
Grape (<i>Vitis vinifera</i>) Seed Extract (95% Polyphenols)	50 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> Root)	25 mg	**
Tummy Tamer Extract Blend:		
Ginger (<i>Zingiber officinale</i>) Root Extract, Peppermint (<i>Mentha piperita</i>) Leaf Extract, Caraway (<i>Carum carvi</i>) Seed Extract	30 mg	**

** Daily Value (DV) not established.

Other Ingredients: Vegetable Hypromellose, Magnesium Stearate, Microcrystalline Cellulose, Calcium Silicate, Vegetable Fatty Acid, Silica

Directions for use: Take 2 capsules with food per day; 1 capsule in the morning and 1 capsule in the evening.

Note: Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing.

Store in a cool, dry place.

Manufactured in the U.S.A. exclusively for dōTERRA Int'l, LLC, 389 S 1300 W Pleasant Grove, UT 84062 1-800-411-8151

† AprèsFlex® is a trademark of Laila Nutra LLC, US Patent #8551496
†† POMELLA® Extract is covered under US Patent #7638640

3

DEEP BLUE POLYPHENOL COMPLEX®

60 VEGETARIAN CAPSULES

Part number: 34360001

Wholesale: \$59.50

Retail: \$79.33

PV: 59.5

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA On Guard®

Protective Blend 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: **A T I S**

Ingredients: Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf/Flower essential oils.

Aromatic Description: Warm, spicy, camphoraceous, woody

PRIMARY BENEFITS

- Supports healthy immune and respiratory function when used internally*
- Ingest to support the body's natural antioxidant defenses*
- Powerful surface cleaner
- Energizing and uplifting aroma

dōTERRA On Guard®

Protective Blend 15 mL

Part Number: 31100001
Wholesale: \$34.00
Retail: \$45.33
PV: 34

PRODUCT DESCRIPTION

dōTERRA On Guard, a proprietary essential oil blend, provides a natural and effective alternative for immune support when used internally.* As one of dōTERRA's best-selling blends, dōTERRA On Guard protects against environmental and seasonal threats with essential oils known for their positive effects on the immune system when ingested.* dōTERRA On Guard can be taken internally on a daily basis to maintain healthy immune function.* It can also be used on surfaces throughout the home as a non-toxic cleaner. When diffused, dōTERRA On Guard helps purify the air, and can be very energizing and uplifting.

USES

- Add two to three drops in a veggie capsule for an immune boost.*
- Add to water for an effective all-purpose surface cleaner.
- Soak sliced apples in water and a few drops for a healthy, immune-boosting snack.*
- Combine a few drops of dōTERRA On Guard with Fractionated Coconut Oil for a natural hand cleanser.

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



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dōTERRA On Guard® Touch

Protective Blend 10mL Roll-on

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: A T N

Ingredients: Fractionated Coconut Oil, Wild Orange Peel, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus Leaf, and Rosemary Leaf essential oils

Aromatic Description: Warm, spicy camphoraceous, woody

PRIMARY BENEFITS

- Helps minimize effects of seasonal threats
- Provides an energizing, uplifting aroma
- Purifying to the skin

dōTERRA On Guard® Touch
Protective Blend 10 mL Roll-on

Part Number: 60200142
Wholesale: \$22.00
Retail: \$29.33
PV: 22

PRODUCT DESCRIPTION

dōTERRA On Guard Touch provides a gentle and convenient application method for dōTERRA's proprietary On Guard essential oil blend. Perfect for both children and adults, dōTERRA On Guard Touch can be applied topically to the chest and bottoms of feet when seasonal threats are high and to experience its energizing, uplifting aroma. Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary, the essential oils in On Guard, are known for their purifying properties to the skin.

USES

- Apply to chest or feet when seasonal threats are high.
- Use on palms of hands to purify skin.
- Apply to wrists or pulse points for an energizing aroma throughout the day.

DIRECTIONS FOR USE

Topical Use: Apply to desired area. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight or UV rays for up to 12 hours after applying product.



dōTERRA On Guard[®] Beadlet

dōTERRA[®]

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade[®]

PRIMARY BENEFITS

- Supports healthy immune and respiratory function*
- Freshens breath
- Provides a convenient consumption method for dōTERRA On Guard Protective Blend
- Convenient beadlets are perfect for traveling and on-the-go

dōTERRA On Guard[®] Beadlet

Serving Size: 1 Beadlet

Servings Per Container: 125

Part Number: 31580001

Wholesale: \$16.00

Retail: \$21.33

PV: 16

PRODUCT DESCRIPTION

dōTERRA On Guard Beadlets are an easy and convenient way to obtain the immune-boosting benefits of dōTERRA On Guard Essential Oil Blend.* dōTERRA On Guard Beadlets provide a flavorful dose of dōTERRA's proprietary blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary, all contained in tiny vegetable beadlets that dissolve in the mouth to freshen breath and support the immune system.* dōTERRA On Guard Beadlets are perfect for home use, while traveling, and to boost your family's immunity—anytime, anywhere.*

INGREDIENTS

dōTERRA On Guard Blend (Wild Orange, Clove Bud, Cinnamon Leaf, Cinnamon Bark, Eucalyptus, Rosemary), Coconut Oil, Palm Oil, Agar, Guar Gum, Glycerin, Sodium Alginate, Carrageenan, Xylitol.

USES

- Consume when seasonal threats are high to promote immunity.*
- Take when traveling to protect against environmental threats.*
- Dissolve one to two beadlets after eating to freshen breath.

DIRECTIONS FOR USE

Consume one beadlet as desired.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

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dōTERRA On Guard[®] Sanitizing Mist

dōTERRA[®]

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade[®]

KEY INGREDIENTS AND BENEFITS

- Kills 99.9% of germs and bacteria
- Infused with moisturizing apple extract
- dōTERRA On Guard Protective Blend provides an invigorating citrus spice aroma
- Cleanses hands when soap and water are unavailable
- Convenient size for travel and on the go use
- Use to sanitize hands after touching gym equipment, door handles, and shopping carts

dōTERRA On Guard[®] Sanitizing Mist

0.9 fl. oz./27 mL

Part Number: 60201944

Retail: \$8.67

Wholesale: \$6.50

PV: 5

PRODUCT DESCRIPTION

We all know the protecting power of dōTERRA On Guard essential oil blend and the wonders it does for us in helping our families and homes with environmental threats. Sometimes we're on the go and wish that dōTERRA On Guard could be in a format that's handy, convenient, and easy to use. In other words, sometimes we wish we had a sanitizer with the added benefits of dōTERRA On Guard CPTG Certified Pure Therapeutic Grade[®] essential oils. Now we have dōTERRA On Guard Sanitizing Mist.

dōTERRA On Guard Sanitizing Mist purifies hands by eliminating 99.9 percent of bacteria and other germs on the skin through an extremely fine, quick drying mist. Infused with a natural apple extract, the moisturizing formula will not dry out the skin and leaves hands feeling soft and smooth. The dōTERRA On Guard blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG[®] essential oils provides an uplifting citrus spice aroma and its protective benefits. The naturally derived active ingredient, ethyl alcohol, gives the mist antiseptic properties to effectively cleanse hands and prevent the spread of bacteria. Sanitizing hands with the convenient mist is perfect for traveling, school, work, and on-the-go families.

INGREDIENTS

Active Ingredient: Ethyl Alcohol 64% w/w

Inactive Ingredients: Water (Aqua), *Pyrus malus* (Apple), Fruit Extract, Glycerin, *Eucalyptus globulus* Leaf Oil, *Citrus aurantium dulcis* (Orange) Peel Oil, *Eugenia caryophyllus* (Clove) Bud Oil, *Cinnamomum zeylanicum* Leaf Oil, *Cinnamomum zeylanicum* Bark Oil, *Rosmarinus officinalis* (Rosemary) Leaf Oil

DIRECTIONS FOR USE

Shake well before use. Apply 1–2 mists directly to hands; rub together until dry.

CAUTIONS

Flammable. Keep away from flame, spark, or temperatures above 40° C (104° F). For external use only. When using this product, avoid contact with eyes. Stop use and ask a doctor if irritation and redness develop. Keep out of reach of children. See label for additional cautions.

dōTERRA On Guard®+ Softgels

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

dōTERRA On Guard+ Softgels combine the proprietary blend of dōTERRA On Guard Protective Blend with Black Pepper, Oregano, and Melissa essential oils for additional immune support.* dōTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high.* Encapsulated in vegetarian softgels, this distinctive blend contains essential oils known for their positive effects on the immune system and their ability to protect against environmental threats.* dōTERRA On Guard+ should be taken on an occasional basis.

DIRECTIONS FOR USE

Take 1 or more softgels as needed to promote healthy immune function.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Store in a cool, dry place.

OTHER INGREDIENTS

Extra virgin olive oil, non-GMO modified corn starch, glycerin, carrageenan, purified water, maltitol.

KEY INGREDIENTS AND BENEFITS

- **Wild Orange Peel:** protects the body against seasonal threats*
- **Clove Bud:** supports a healthy immune system*
- **Black Pepper Seed:** supports healthy circulation*
- **Cinnamon Leaf/Bark:** promotes healthy immune function*
- **Eucalyptus Leaf:** purifying and cleansing properties*
- **Oregano Leaf:** helps maintain a healthy immune system*
- **Rosemary Flower/Leaf:** may help support the digestive system*
- **Melissa Leaf:** may help support healthy immune system*



dōTERRA On Guard®+ Softgels

Serving Size: 1 softgel

Servings Per Container: 60

Part Number: 35420001

Wholesale: \$26.00

Retail: \$34.67

PV: 22.5

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

dōTERRA On Guard® Foaming Hand Wash

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT DESCRIPTION

dōTERRA On Guard Foaming Hand Wash is a gentle, healthy alternative to harsh soaps that may dry and irritate sensitive skin. Fortified with the power of naturally safe dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils, dōTERRA On Guard Foaming Hand Wash provides the protective benefits of one of the most popular proprietary dōTERRA essential oil blends. dōTERRA On Guard Foaming Hand Wash cleans and softens hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean.

DIRECTIONS FOR USE

Pump dōTERRA On Guard Foaming Hand Wash dispenser once or twice to dispense foam onto hands. Work to a lather with warm water and rinse thoroughly.

CAUTIONS

For external use only. Avoid contact with eyes and broken skin. Store in a cool, dry place avoiding exposure to direct sunlight.

KEY INGREDIENTS AND BENEFITS

- Gentle cleansers and emollients clean and soften hands throughout the day without drying or irritating sensitive skin
- dōTERRA On Guard Foaming Hand Wash is pH balanced to protect the delicate moisture barriers of the skin
- The spice and citrus aromas of dōTERRA On Guard invigorate the senses during and after use
- The power of dōTERRA On Guard essential oils enhances the cleansing function to take it to a new level and set it apart from other commercially branded products

dōTERRA On Guard® Foaming Hand Wash

16 oz. dōTERRA On Guard Foaming
Hand Wash with 2 Foaming Dispensers

Part Number: 38070001

Wholesale: \$22.50

Retail: \$30.00

PV: 18.5

16 oz. dōTERRA On Guard Foaming
Hand Wash

Part Number: 38010001

Wholesale: \$18.50

Retail: \$24.67

PV: 18.5

dōTERRA On Guard Foaming Hand Wash
Twin Pack (2 x 16 oz.)

Part Number: 38020001

Wholesale: \$33.50

Retail: \$44.67

PV: 33.5

dōTERRA On Guard[®] Laundry Detergent

dōTERRA[®]

PRODUCT INFORMATION PAGE



PRODUCT DESCRIPTION

dōTERRA On Guard Laundry Detergent is an ultra-concentrated 6X laundry detergent that utilizes the power of dōTERRA On Guard Protective Blend and bio-originated enzymes to target and lift stains for amazingly clean clothes. This small bottle packs a punch with 10 mL of dōTERRA On Guard essential oil and the ability to do up to 64 loads of laundry! It is color safe for washable fabrics at all temperatures and is free of synthetic fragrances, dyes, and toxins, which makes it a safe choice for your family as well as the environment.

DIRECTIONS FOR USE

HE washers: ¼ cap (1 tbsp)

Conventional washers: ½ cap (2 tbsp)

Use more as needed for heavily soiled loads.

Stains: Put a small amount of detergent directly on the stain. Let sit for 3–10 minutes; wash as directed. For very stubborn stains, re-apply the detergent before the garment is dry and repeat the wash cycle. After repeating wash, allow garment to dry before attempting additional stain treatment. As with any stain removal, test for colorfastness of garments in small area before treating.

CAUTIONS

Avoid eye contact. For external use only.

KEY INGREDIENTS AND BENEFITS

- Surfactants, enzymes, and stabilizers from sustainable natural-based sources (not petrochemical)
- Unique, natural-based bio-originated enzyme blend
- Unique formulation maximizes essential oil aroma and efficacy—tough on stains and dirt, but low surfactant/enzyme aroma allows full aromatic potential of dōTERRA On Guard essential oil blend
- Now with more dōTERRA On Guard essential oil

dōTERRA On Guard[®] Laundry Detergent

32 fl. oz. / 947 mL

Part Number: 39020001

Wholesale: \$27.50

Retail: \$36.67

PV: 20

dōTERRA On Guard® Cleaner Concentrate

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Proprietary dōTERRA On Guard Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG essential oil provides natural protection by keeping surrounding areas clean and safe
- Plant-based surfactants help improve the cleaning process as well as contribute to a product that is safe for you, your family, and the environment
- No preservatives added, helping to provide a safe and effective household cleaning product

dōTERRA On Guard® Cleaner Concentrate

12 oz./355 mL

Part Number: 38140001

Wholesale: \$14.50

Retail: \$19.33

PV: 10

PRODUCT DESCRIPTION

dōTERRA On Guard Cleaner Concentrate is designed to be the ideal natural cleaner. It is fortified with the proprietary dōTERRA On Guard Protective Blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary CPTG® essential oils, which provide natural protection against certain environmental factors while elevating the overall cleaning capability. This powerful essential oil blend is combined with plant-based derivatives that provide a non-toxic and biodegradable way to clean and eliminate odors, so it is safe for loved ones as well as the environment. The multi-purpose capabilities of dōTERRA On Guard Cleaner Concentrate make it perfect to expertly clean hard surfaces in the kitchen, bathroom, or any room, leaving behind a clean and invigorating scent.

DIRECTIONS FOR USE

MULTI-PURPOSE CLEANER: Mix 2 tbsp of concentrate per 24 oz. of water.

BATHROOMS: Mix 3 tbsp of concentrate per 24 oz. of water.

DISHES: Mix 3 tbsp of concentrate per gallon of water.

TOUGH JOBS: Apply concentrate directly on designated area and let soak.

Avoid direct use of concentrate on hardwood floors and natural stone.

CAUTIONS

Use product only as directed as a household cleaner. Keep out of the reach of children. If cleaner gets in eyes, rinse thoroughly with water.

INGREDIENTS

Aqua (Water), Polysorbate 20, Decyl Glucoside, Disodium 2-Sulfolaurate, Sodium Methyl 2-Sulfolaurate, Cetyl Betaine, Tetrasodium Glutamate Diacetate, *Citrus sinensis* (Wild Orange) Peel Oil Expressed, *Eugenia caryophyllus* (Clove) Bud Oil, *Cinnamomum zeylancium* (Cinnamon) Leaf Oil, *Cinnamomum zeylanicum* (Cinnamon) Bark Oil, *Eucalyptus globulus* (Eucalyptus) Leaf Oil, *Rosmarinus officinalis* (Rosemary) Leaf Oil

dōTERRA On Guard® Protecting Throat Drops

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Helps calm and soothe dry, scratchy throats
- Helps strengthen the body's defenses
- Proprietary dōTERRA On Guard Throat Drop blend of CPTG Certified Pure Therapeutic Grade essential oils including Wild Orange, Clove, Cinnamon, Cassia, Eucalyptus, Rosemary, and Myrrh in the convenience of an individually wrapped drop
- Blended in a sweet base of organic cane sugar and organic brown rice syrup, with no added artificial flavors or colors

Nutrition Facts

30 Servings per Container
Serving Size 1 drop 0.14 oz (4g)

Amount Per Serving

Calories 15

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3.0g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT DESCRIPTION

dōTERRA On Guard Protecting Throat Drops provide the immune-supporting benefits of the dōTERRA On Guard proprietary essential oil blend in the convenience of a natural throat drop. Blended in a base of organic cane sugar and brown rice syrup, dōTERRA On Guard Protecting Throat Drops include CPTG Certified Pure Therapeutic Grade® Wild Orange, Clove, Cinnamon, Cassia, Eucalyptus, Rosemary, and Myrrh essential oils. dōTERRA On Guard Protecting Throat Drops help calm and soothe dry, scratchy throats while supporting overall health. When taken internally, the protective properties of the essential oils in the dōTERRA On Guard blend can promote healthy immune system function. dōTERRA On Guard Protecting Throat Drops can be a potent addition to a defensive health strategy against seasonal and environmental threats.

DIRECTIONS FOR USE

Adults and children 5 years and over: Dissolve one dōTERRA On Guard Protecting Throat Drop in the mouth as needed.

Children under 5 years: Consult a physician. For best results during seasonal and environmental threats, use dōTERRA On Guard Throat Drops throughout the day and wash hands frequently with dōTERRA On Guard Foaming Hand Wash.

INGREDIENTS

Organic Cane Sugar, Organic Brown Rice Syrup, On Guard® Essential Oil Blend (Wild Orange Oil, Clove Bud Oil, Cinnamon Leaf Oil, Cinnamon Bark Oil, Cassia Oil, Eucalyptus Oil, Rosemary Oil), and Myrrh Oil.

dōTERRA On Guard® Throat Drops

30 All-natural drops

Part Number: 34050001

Wholesale: \$12.00

Retail: \$16.00

PV: 10

dōTERRA On Guard[®] Mouthwash

dōTERRA[®]

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade[®]

KEY INGREDIENTS AND BENEFITS

- Natural, alcohol-free formula
- Proprietary dōTERRA On Guard essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary cleanses and soothes mouth
- Miswak extract helps maintain clean teeth by reducing excessive plaque buildup
- Use dōTERRA On Guard Mouthwash after meals to freshen breath and brighten smile
- Use dōTERRA On Guard Mouthwash to promote healthy-looking teeth and gums
- Natural ingredients help reduce plaque, strengthen teeth, and brighten smile

dōTERRA On Guard[®] Mouthwash

16 fl oz/473 mL

SKU: 60203185

WHOLESALE: \$14.50

RETAIL: \$19.33

PV: 10 PV

DESCRIPTION

In a world full of harsh chemicals and artificial flavors, we are often in search of safe products for ourselves and our family to use. dōTERRA On Guard Mouthwash was created with this in mind. Only the best ingredients are used to provide a natural and effective mouthwash. We rely on and trust the protecting benefits of dōTERRA On Guard essential oil blend in our daily routines. Now dōTERRA On Guard Mouthwash can be added as an every day essential to support oral hygiene.

dōTERRA On Guard Mouthwash is alcohol free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth. The refreshing dōTERRA On Guard essential oil blend leaves your breath fresh and your smile bright. The powerful benefits of the proprietary CPTG[®] essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary, and Myrrh combined with other natural ingredients promote a healthy-looking mouth. Miswak extract helps freshen breath and maintain clean teeth by reducing excessive plaque buildup, while Xylitol helps maintain healthy and strong teeth. Add dōTERRA On Guard Mouthwash to your oral hygiene routine, in addition to normal brushing and flossing, to support a healthy mouth and long-lasting fresh breath.

DIRECTIONS FOR USE

Shake well before use. Swish with dōTERRA On Guard mouthwash thoroughly for 60 seconds. Use morning and night after brushing teeth with dōTERRA On Guard Natural Whitening Toothpaste.

CAUTIONS

Do not swallow. Keep out of the reach of children. Do not use if tamper-evident seal is broken or missing.

INGREDIENTS

Water (Aqua), Xylitol, Glycerin, Cyclodextrin, *Citrus aurantium dulcis* (Orange) Peel Oil, *Eugenia caryophyllus* (Clove) Bud Oil, *Cinnamomum zeylanicum* (Cinnamon) Bark Oil, *Cinnamomum zeylanicum* (Cinnamon) Leaf Oil, *Eucalyptus globulus* (Eucalyptus) Leaf/Twig Oil, *Rosmarinum officinalis* (Rosemary) Leaf/Stem Oil, *Gaultheria procumbens* (Wintergreen) Leaf/Stem Oil, *Mentha piperita* (Peppermint) Leaf/Stem Oil, *Commiphora myrrha* (Myrrh) Oil, *Salvadora persica* (Miswak) Bark/Root Extract, *Siraitia grosvenorii* (Monk Fruit) Fruit Extract, Sodium Chloride (Salt), Sodium Citrate, Benzoic Acid, Citric Acid.

dōTERRA On Guard® Natural Whitening Toothpaste

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

KEY INGREDIENTS AND BENEFITS

- Proprietary dōTERRA On Guard essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary that cleans and freshens breath
- Myrrh essential oil is soothing to the mouth, gums, and throat
- Peppermint essential oil combined with the dōTERRA On Guard essential oil blend, leaves your breath cinnamon-mint fresh
- Calcium hydroxyapatite helps to keep teeth looking clean and healthy
- Natural xylitol sweetener tastes great while helping to keep the teeth and gums clean
- Hydrated silica is a natural abrasive that helps remove plaque and tooth stains, but is gentle enough to not damage tooth enamel

PRODUCT DESCRIPTION

dōTERRA's fluoride-free Natural Whitening Toothpaste combines the protective benefits of the proprietary dōTERRA On Guard blend of Certified Pure Therapeutic Grade® essential oils with other natural ingredients that help clean teeth, reduce plaque, and whiten teeth with gentle polishing agents. The dōTERRA On Guard blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils provides an extra cleaning boost. Additional essential oils of Peppermint and Wintergreen, and the natural sweetener xylitol, give dōTERRA On Guard Natural Whitening Toothpaste a refreshingly unique cinnamon-mint flavor that leaves your breath—and toothbrush!—fresh and clean throughout the day.

DIRECTIONS FOR USE

After flossing, apply a pea-size amount of paste to moistened toothbrush. Brush gently but thoroughly, preferably after each meal and in the morning and at night, or use as directed by a dentist or physician. For improved results, follow with a mouthwash of 1 drop of dōTERRA On Guard essential oil blend mixed in 8 oz. of water. Swish vigorously in mouth for 1 minute and rinse.

CAUTIONS

Use only as directed. Keep out of reach of children.

dōTERRA On Guard® Natural Whitening Toothpaste

Net wt. 4.2 oz./125 g Tube

Part Number: 38910001

Wholesale: \$8.50

Retail: \$11.33

PV: 5

(10) 2g Sample Packets

Part Number: 39000001

Wholesale: \$3.50

Retail: \$4.66

PV: 0

dōTERRA Lumo Diffuser

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT FEATURES

- Customizable output: 2 or 5 hrs continuous preset/10 hrs intermittent preset (5 min. on/5 min. off)
- Ultrasonic technology
- Seven lighting color options
- Maple wood base
- Coverage of up to 540 sq. feet

PRODUCT DESCRIPTION

Influenced by nature, the Lumo diffuser features a maple wood base and several light settings inspired by natural elements. Offering customizable output, Lumo can run 2 to 5 hours continuously and 10 hours intermittently.

Transform any room into a serene or uplifting environment by diffusing CPTG® essential oils with a custom-designed, nature-inspired, ultrasonic diffuser.

Lumo Diffuser

Part Number: 60203080

Wholesale: \$70.00

Retail: \$93.33

PV: 40

dōTERRA Petal Diffuser

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT FEATURES

- Substantial mist output helps purify and humidify the air
- 1, 2, and 4 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet
- Simple, 3-piece diffuser is easy and convenient to use
- Stable and light for the many spaces in your life

Petal Diffuser

Part Number: 33150001

Wholesale: \$47.00

Retail: \$62.67

PV: 20

PRODUCT DESCRIPTION

The dōTERRA Petal Diffuser is a small, user-friendly diffuser that delivers health-promoting benefits to your family and home. It has a relaxing mist and soft white ambient light, making it ideal for nighttime diffusion, and can cover up to 330 square feet. The Petal Diffuser has three timed settings—1, 2, and 4 hours—allowing you to customize the release of essential oils into the air. This convenient diffuser is stable, light, and easy to use—perfect for home or office use. The Petal Diffuser permeates an ultra-fine, yet substantial mist output into the air, releasing the aromatic and therapeutic benefits of dōTERRA CPTG® essential oils quickly and safely. This high quality, affordable diffuser is perfect for both novice and experienced essential oil users who want a reliable, easy-to-use essential oil diffuser.

dōTERRA Lotus Diffuser

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT FEATURES

- Elegant stream of mist quickly fills a space with your favorite essential oils
- 1, 2, and 3 hour diffuser settings
- Optional LED light
- Ultra-fine mist reaches up to 330 square feet
- New, 3-piece model allows for easy access when filling and cleaning
- Slender design takes up minimal surface space while being a great decorative piece

PRODUCT DESCRIPTION

Modern and elegant, the Lotus diffuser provides an aromatic and serene essential oil experience. This high quality diffuser quickly releases the therapeutic benefits of dōTERRA® essential oils into the air without a sound, and can run for up to three hours. The contemporary look of the Lotus diffuser provides a decorative piece to any home or office, while emitting an ultra-fine, soothing mist of CPTG® essential oils that covers up to 330 square feet. The Lotus diffuser has three settings—1, 2, and 3 hours—and features an optional soft-white night light. The front panel is easily removed for quick access to the reservoir and cleaning. The Lotus provides state-of-the-art diffuser technology and an exclusive, modern design for essential oil diffusion that promotes health and vitality.

Lotus Diffuser

Part Number: 33160001

Wholesale: \$89.95

Retail: \$119.93

PV: 40

Aroma Lite Diffuser

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

PRODUCT FEATURES

- Silently and powerfully diffuses essential oils
- Releases essential oils through high frequency oscillation for up to eight hours (depending on mist setting)
- Features four mist output settings and an optional night light
- Real-time atomization technology
- Creates an ultra-fine mist (1–3 microns) for maximum essential oil diffusion
- Helps purify and humidify the air
- Designed to be small and compact—perfect for traveling and hotel use
- Relaxing and therapeutic

PRODUCT DESCRIPTION

Experience the aromatic and therapeutic benefits of dōTERRA CPTG® essential oils with the dōTERRA Aroma Lite Diffuser. Utilizing real-time atomization technology, the Aroma Lite Diffuser creates an ultra-fine mist output of 1–3 microns for maximum diffusion of dōTERRA essential oils that quickly fills a room. The Aroma Lite Diffuser features a large reservoir and multiple settings, allowing you to customize the diffusion of dōTERRA single oils, oil blends, or your own customized blends for up to eight hours (depending on the setting). Small and compact, the Aroma Lite Diffuser silently purifies and humidifies the air and has an optional night light, making it perfect for night time use and for traveling.

Aroma Lite Diffuser

Part Number: 33130001

Wholesale: \$89.95

Retail: \$119.93

PV: 40

Fractionated Coconut Oil

Cocos nucifera 115 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG Certified Pure Therapeutic Grade®

Application: T | N

Plant Part: Fruit

Extraction Method: Fractionation

Aromatic Description: Odorless

Main Chemical Components: Caprylic/capric triglyceride

PRIMARY BENEFITS

- Softens and soothes dry skin
- Natural emollient to increase essential oil distribution
- Odorless and colorless for easy blending with any essential oil

Fractionated Coconut Oil

Cocos nucifera 115 mL

Part Number: 31640001

Wholesale: \$12.00

Retail: \$16.00

PV: 12

PRODUCT DESCRIPTION

dōTERRA Fractionated Coconut Oil is a natural carrier oil that readily absorbs into the skin, making it an ideal oil for topical delivery. Its feather-light emollient effect provides a soothing barrier without clogging pores and is excellent for dry or troubled skin. It leaves skin feeling silky smooth and non-greasy, unlike other vegetable carrier oils. Fractionated Coconut Oil is completely soluble with all essential oils and is colorless, odorless, and will not stain.

USES

- Apply topically to hydrate skin without interfering with your perfume or essential oil blends
- Mix with calming oils and massage into neck and shoulders for deeper relaxation
- Dilute stronger oils with coconut oil before applying topically to lessen sensitivity

DIRECTIONS FOR USE

Use as a light carrier oil for topical applications of therapeutic-grade essential oils. Dilute one part essential oil to five parts or more of Fractionated Coconut Oil depending on skin sensitivity, or as directed on essential oil label. Can also be used to help minimize sensitive skin reactions to essential oils by applying directly to affected area. For topical use only.

CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



