

# Natural Solutions

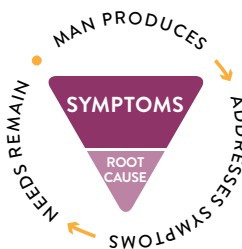
## for healthy, empowered living

Do you need safe, effective, and affordable health solutions?

### YOU HAVE CHOICES

#### Modern Approach

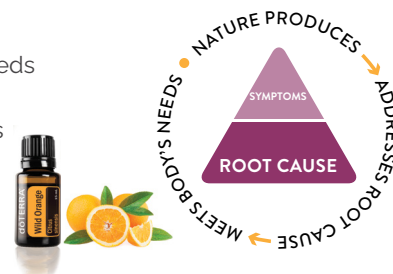
- Designed to manage symptoms
- Made from isolated synthetic agents
- Side effects (known and unknown)
- \$6.5 trillion/year spent on global healthcare
- Are we healthier?



and

#### Natural Approach

- Addresses body's needs and root causes
- Extracted from plants
- Enhances wellness
- Is safe—benefits without side effects



### ESSENTIAL OILS ARE EFFECTIVE



Peppermint Leaf Oil Sac



Essential Oils Pass Through Cell Membrane



3 lbs. Peppermint

=



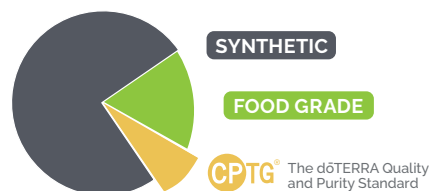
15mL Bottle

#### Natural, Effective, and Safe

- Contains natural compounds that are extracted and distilled from plants for various benefits.
- Comprised of hundreds of different compounds, utilizing complex and versatile abilities.
- Work with the body to address issues and root causes on a cellular level.
- Affordable. Pennies per dose!

### dōTERRA IS SAFE AND PURE

#### Why a new standard of quality?



#### Grades of Essential Oils

#### Most tested. Most trusted.

- Plants harvested in their natural habitat
- Verified pure; free of fillers and harmful contaminants

### HOW TO USE dōTERRA ESSENTIAL OILS



#### AROMATIC

Breathe in or diffuse to:

- Open airways
- Freshen the air



#### PEPPERMINT

- Cooling sensation
- Promote feelings of clear breathing
- Relieve occasional upset stomach when taken internally\*



#### TOPICAL

Apply to bottoms of feet or affected areas to target specific needs.



#### DEEP BLUE®

- Apply pre/post workout
- Use for calm and comforting massage
- Apply to muscles after a long day
- Use on lower back after heavy lifting



#### INTERNAL

Drop in water, under tongue, or into a veggie capsule and swallow.\*



#### dōTERRA ON GUARD®

- Serves as a powerful immune system support when ingested\*
- Diffuse to freshen the air

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

†See individual labels for ingredients, cautions, and instruction for use.

# Live Empowered

Be prepared  
for anything



Be refreshed  
with self-care



Be healthy  
with daily habits



## 1. WHAT ARE YOUR TOP HEALTH PRIORITIES?



I want to feel less:

1

2

3

I want to feel more:

1

2

3

## 2. ARE YOU READY TO DISCOVER SIMPLE SOLUTIONS?

### dōTERRA BREATHE® RESPIRATORY BLEND

- Maintain feelings of easy breathing and clear airways
- Diffuse at night or during changes in season

### DIGESTZEN® DIGESTIVE BLEND

- Maintain healthy gastrointestinal tract when ingested\*
- Help reduce gas and occasional indigestion when taken internally\*
- Ease feelings of stomach upset when used internally\*

### OREGANO

- Cleansing agent
- Support a healthy digestive system when used internally\*

### TEA TREE

- Rejuvenate and cleanse skin
- Soothe skin irritation
- Clean surfaces

### LAVENDER

- Soothe irritated skin
- Promote restful sleep when ingested\*
- Create a calm, peaceful atmosphere
- Apply after a long day in the sun

### dōTERRA SERENITY® RESTFUL BLEND

- Diffuse to provide a calming aroma
- Create restful sleeping environment

### FRACTIONATED COCONUT OIL

- Unscented carrier oil
- Great for delivering essential oils to sensitive skin
- Sustained delivery on specific locations
- Use for dilution

### ADAPTIV®

- Provides a bright, sweet aroma
- Complement effective work and study
- Creates a tranquil environment

### FRANKINCENSE

- Preclinical studies suggest support for healthy cellular function when taken internally\*
- Set a comforting, uplifting environment

### LEMON

- Naturally cleanse body when ingested due to limonene content\*
- Clean surfaces and neutralize odors
- Soothe irritated throat when used internally\*

### dōTERRA TERRAZYME™

- Provides enzymes to aid normal digestive processes\*
- Promote nutrient absorption\*
- Speed conversion of food nutrients to cellular energy\*

### DEEP BLUE® STICK

- Roll onto muscles
- Use before or after working out
- Soothe after a long workday

## 3. ARE YOU READY TO BE HEALTHY WITH DAILY HABITS?

### dōTERRA LIFELONG VITALITY PACK® (LLV)

Maximum nutrition for energy, focus, relief, and well-being.\*

- **MICROPLEX VMz®**: Bioavailable multivitamin and mineral
- **ALPHA CRS+®**: Antioxidant, cellular energy, and longevity\*
- **xEO MEGA®**: Omega 3-6-9 fatty acids and nine essential oils

- Antioxidant and DNA protection\*
- Eye, brain, nervous system function\*
- Healthy inflammatory response\*
- More energy, and less discomfort\*
- Comprehensive nutrition
- Cardiovascular health\*
- Immune function\*
- Digestive health\*

**#1**  
PRODUCT  
30-day  
satisfaction  
guarantee

Need more energy and less discomfort to improve the quality of your life? Try these daily habits.

**dōTERRA Lifelong Vitality Pack** 2 capsules each with morning and noon meals

**dōTERRA TerraZyme** Digestive support\*: 1-3 capsules each meal

**Lemon** Cleansing\*: 2-3 drops in water 2-3x/day

**Frankincense** Cellular support\*: 2-3 drops under tongue and swallow 1-2x/day

**dōTERRA On Guard®** Immune support\*: 2-3 drops in a capsule

**dōTERRA® Breathe Vapor Stick** Apply to chest and breathe deeply to enjoy a cooling, invigorating vapor

**PB Restore™** Probiotic defense\*: 1 capsule/day

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# Changing Lives

Whose life do you want to change? dōTERRA improves lives every day all around the world. Join us in making this world a healthier, happier place.



## LIVE

### Change your life!

Get your *Live* guide and schedule your **Wellness Consult**

- Get the best results with products for you and your family.
- Maximize your wholesale membership benefits.



## SHARE

### Change others' lives!

Get your *Share* guide and learn how to impact lives and earn more

- Connect with the Wellness Advocate who invited you to learn and they'll show you how to share your personalized link with others to qualify them for waived enrollment and 25% off.
- Earn 20% back on all referrals' first orders in dōTERRA Dollars.

Get **FREE** products by sharing dōTERRA through the Refer-a-Friend program!

Scan here to learn more about the program.



## BUILD

### Change your future!

Get your *Build* guide and schedule your **Intro to Build**

- Launch your dōTERRA business with proven training and powerful support.
- Create recurring income and greater potential in your life!†



## You are changing the world!

Every purchase changes the lives of growers and their communities for the better through dōTERRA Cō-Impact Sourcing® and dōTERRA Healing Hands Foundation® initiatives.

*"Every time you buy a bottle of dōTERRA essential oils, you are changing someone's life." —Emily Wright, Founding Executive, President*

