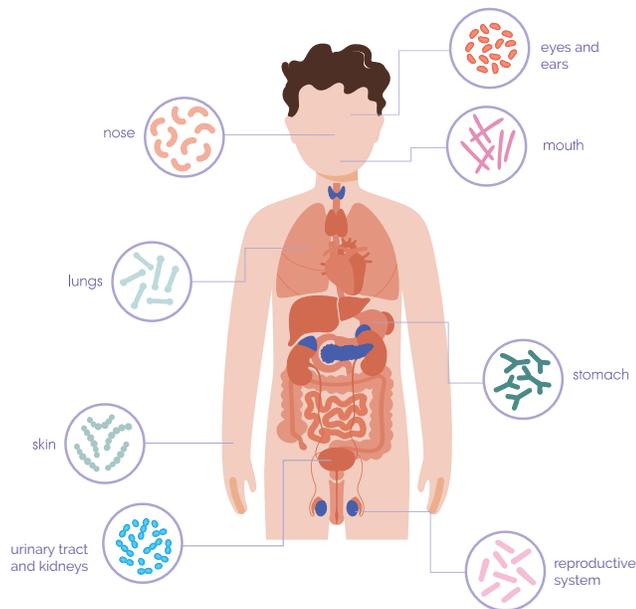


Macro Changes Start with the Microbiome



Human beings have evolved alongside trillions of tiny organisms called microbes. Scientists estimate there are at least as many microbes in your body as there are human cells! Your microbiome functions like a huge invisible organ, influencing every health aspect. You may have heard about the gut microbiome, but microbiomes exist throughout your body, including in your skin, mouth, eyes, ears, nose, lungs, kidneys, urinary tract, and reproductive system. Each microbiome is foundational to systemic health, communicating and supporting your cells and vital organs.

Prioritizing your microbiome allows you to make informed choices regarding your lifestyle, diet, and healthcare so you can foster a thriving microbial community. A healthy, diverse microbiome supports micronutrient absorption, gut barrier integrity, enhanced immune function, metabolic health, and more.

Foundational Wellness

This product lineup, along with proactive lifestyle choices, can provide a solid foundation for a healthy life. Customize your routine to meet your wellness goals.



dōTERRA Lifelong Vitality Pack® (LLV)

These supplements provide maximum nutrition for energy, focus, relief from discomfort, and well-being.* LLV gives you optimal daily doses of vitamins, minerals, omega-3 fatty acids, antioxidants, and essential oils, along with a vitality blend for energy support and lifelong wellness.*

MetaPWR® Advantage

When combined with healthy lifestyle choices, taking MetaPWR Advantage once a day can help fortify your metabolic health.*

MetaPWR Advantage contains NMN and resveratrol. Preclinical studies suggest metabolic health is bolstered by increasing NADH and NAD⁺ production in the body and activating the SIRT longevity genes.* More confirming clinical research is needed. MetaPWR Advantage also contains nine types of collagen tripeptides from marine sources, which may improve skin elasticity, density, and firmness and support lean muscle and connective tissue.*

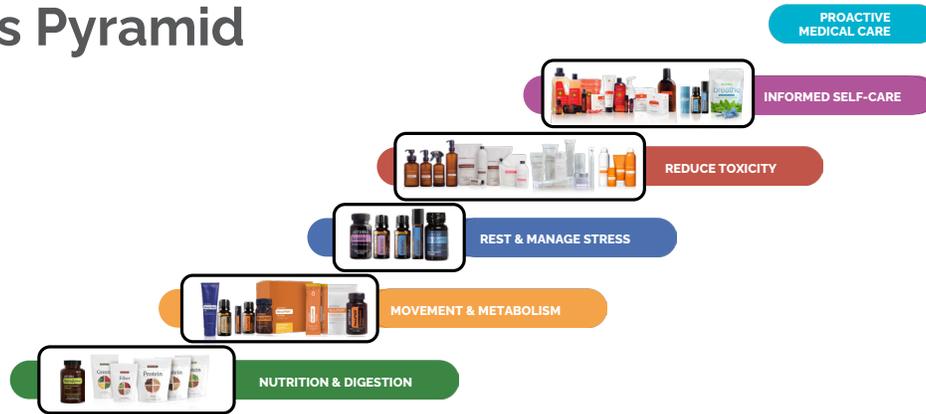
dōTERRA PB Restore™

Taking daily probiotic and prebiotic supplements is one of the best ways to support your whole-body microbiome. The revolutionary dōTERRA PB Restore delivers a proprietary blend of 30 bioactive components of pre-, pro-, and postbiotics and bacteriophages—the four Ps in one ProBiome capsule! Each ProBiome capsule provides 18 billion active live cells.

Tip: Take dōTERRA PB Restore just before a meal.

internally, including supporting healthy cellular function.†

Wellness Pyramid



The dōTERRA Wellness Lifestyle

Wellness is a journey. The dōTERRA Wellness Pyramid illustrates the partnership between lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. As you use these powerful products and live healthy daily habits, you'll experience new levels of wholeness. Take the Wellness Lifestyle Assessment to help you prioritize the wellness aspects and corresponding products you need for a well-rounded, healthy you.

For example, if you scored lower on "Movement and Metabolism," and metabolic health and the nutrition factors that impact it are your primary focus, you'd want to use the entire MetaPWR system, alongside other foundational products, to support your goals.*

Take the
Assessment Here.



Morning

- dōTERRA Balance® on the bottoms of your feet when you wake up
- A drop or two of Frankincense essential oil into your face moisturizer
- Tangerine essential oil in your metal or glass water bottle
- MetaPWR® Advantage sachet in water
- First dose of LLV (two of each supplement)
- One dōTERRA PB Restore capsule before breakfast
- Deep Blue® Rub applied to areas that need support after a morning workout

Afternoon

- Second dose of LLV (two of each supplement)
- PB Assist+® stick anytime during the day (great for the whole family!)
- MetaPWR Assist (if lunch is the largest meal of your day)
- MetaPWR Metabolic Blend, Satiety Gum, or Beadlets when cravings hit
- dōTERRA On Guard® diffused at your work desk

Evening

- MetaPWR Assist (if dinner is the largest meal of your day)
- One to two dōTERRA TerraZyme™ capsules with dinner to support digestion
- Lavender essential oil diffused before bed

Additional Lifestyle Habits to Consider

Morning

- Eat a breakfast with whole, fresh foods.
- Take a moment for personal reflection and set your intentions for the day.
- Engage in 30 minutes of movement.

Afternoon

- Eat a balanced, light lunch.
- Take a 10-minute walk.
- Drink two to three liters of water throughout the day.
- Write in a gratitude journal.

Evening

- Eat a nutritious dinner.
- Stretch thoroughly.
- Take a relaxing bath or shower.
- Take a break from electronics before bed by reading a book.
- Get seven to nine hours of sleep.

It's time to customize your routine and track how you feel. Use the tracker below to customize your 30-day health routine, incorporating both the foundation products that were discussed, as well as the supplemental products you need based on your assessment results.

Before you start, complete a quick check-in to determine your starting point and repeat each week to see your progress!

WEEK 1

Circle one: 1 = Never me! 5 = Always me!

- 1 2 3 4 5 I get seven to eight hours of deep, quality sleep.
- 1 2 3 4 5 I wake feeling rested and mentally sharp.
- 1 2 3 4 5 I can move easily without discomfort.
- 1 2 3 4 5 I have a strong immune system and resist getting sick.
- 1 2 3 4 5 I am emotionally balanced.
- 1 2 3 4 5 I feel capable of handling life's stressors.
- 1 2 3 4 5 I have energy and vitality throughout the day.
- 1 2 3 4 5 My mental focus and memory are quick and sharp.
- 1 2 3 4 5 My skin and hair are healthy and beautiful.
- 1 2 3 4 5 My digestive system moves regularly (daily) and easily.

WEEK 2

Circle one: 1 = Never me! 5 = Always me!

- 1 2 3 4 5 I get seven to eight hours of deep, quality sleep.
- 1 2 3 4 5 I wake feeling rested and mentally sharp.
- 1 2 3 4 5 I can move easily without discomfort.
- 1 2 3 4 5 I have a strong immune system and resist getting sick.
- 1 2 3 4 5 I am emotionally balanced.
- 1 2 3 4 5 I feel capable of handling life's stressors.
- 1 2 3 4 5 I have energy and vitality throughout the day.
- 1 2 3 4 5 My mental focus and memory are quick and sharp.
- 1 2 3 4 5 My skin and hair are healthy and beautiful.
- 1 2 3 4 5 My digestive system moves regularly (daily) and easily.

WEEK 3

Circle one: 1 = Never me! 5 = Always me!

- 1 2 3 4 5 I get seven to eight hours of deep, quality sleep.
- 1 2 3 4 5 I wake feeling rested and mentally sharp.
- 1 2 3 4 5 I can move easily without discomfort.
- 1 2 3 4 5 I have a strong immune system and resist getting sick.
- 1 2 3 4 5 I am emotionally balanced.
- 1 2 3 4 5 I feel capable of handling life's stressors.
- 1 2 3 4 5 I have energy and vitality throughout the day.
- 1 2 3 4 5 My mental focus and memory are quick and sharp.
- 1 2 3 4 5 My skin and hair are healthy and beautiful.
- 1 2 3 4 5 My digestive system moves regularly (daily) and easily.

WEEK 4

Circle one: 1 = Never me! 5 = Always me!

- 1 2 3 4 5 I get seven to eight hours of deep, quality sleep.
- 1 2 3 4 5 I wake feeling rested and mentally sharp.
- 1 2 3 4 5 I can move easily without discomfort.
- 1 2 3 4 5 I have a strong immune system and resist getting sick.
- 1 2 3 4 5 I am emotionally balanced.
- 1 2 3 4 5 I feel capable of handling life's stressors.
- 1 2 3 4 5 I have energy and vitality throughout the day.
- 1 2 3 4 5 My mental focus and memory are quick and sharp.
- 1 2 3 4 5 My skin and hair are healthy and beautiful.
- 1 2 3 4 5 My digestive system moves regularly (daily) and easily.

Daily Tracker

Track your progress every day to ensure you're creating a routine that'll support a healthy, vibrant lifestyle!

Products	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
a.m. LLLV																														
dōTERRA PB Restore™																														
MetaPWR® Advantage																														
p.m. LLLV																														

