

dōTERRA® | eBooks

Supplements Explained



dōTERRA Supplements Explained

Why Is It Important to Take Supplements?

How you fuel your body is foundational to your health, serving as one of the most controllable pathways to lifelong wellness.

The conventional Western pattern diet (WPD)—or standard American diet (SAD)—is characterized by high intakes of processed meat, highly processed and prepackaged foods, refined grains, corn (and high-fructose corn syrup), and drinks with high sugar content.

Recent reports from the Centers for Disease Control (CDC) present a shocking picture of dietary-related health concerns. The population is well-fed but

undernourished. Regardless of your best efforts, modern foods promote nutrient deficiencies, which research has shown can have significant impact on your health.

While the best solution to boost nutrition is to change dietary habits, that's often easier said than done. Plus, recent studies suggest healthy whole foods are getting less nutritious with modern farming techniques and soil degradation, meaning even the strictest and best-planned diets won't meet all your needs.

Dietary supplementation is a convenient way to meet your nutritional needs, promoting whole-body wellness.





The First Step in Creating High Quality Supplements is Uncompromising Quality

A Closer Look at Our Thorough Testing and Clinical Research

At dōTERRA, we believe the foundation of a healthy lifestyle begins with the supplements you can trust to nourish your body. We apply meticulous standards in our supplement creation process, ensuring each product delivers purity, potency, and efficacy.

How Can dōTERRA Promise Pure Supplements?

A Standard Beyond

In an industry where US regulations are often minimal, our standard for supplements signifies more than just meeting the required benchmarks. It represents our dedication to providing supplements that you can trust to be safe, pure, and effective.

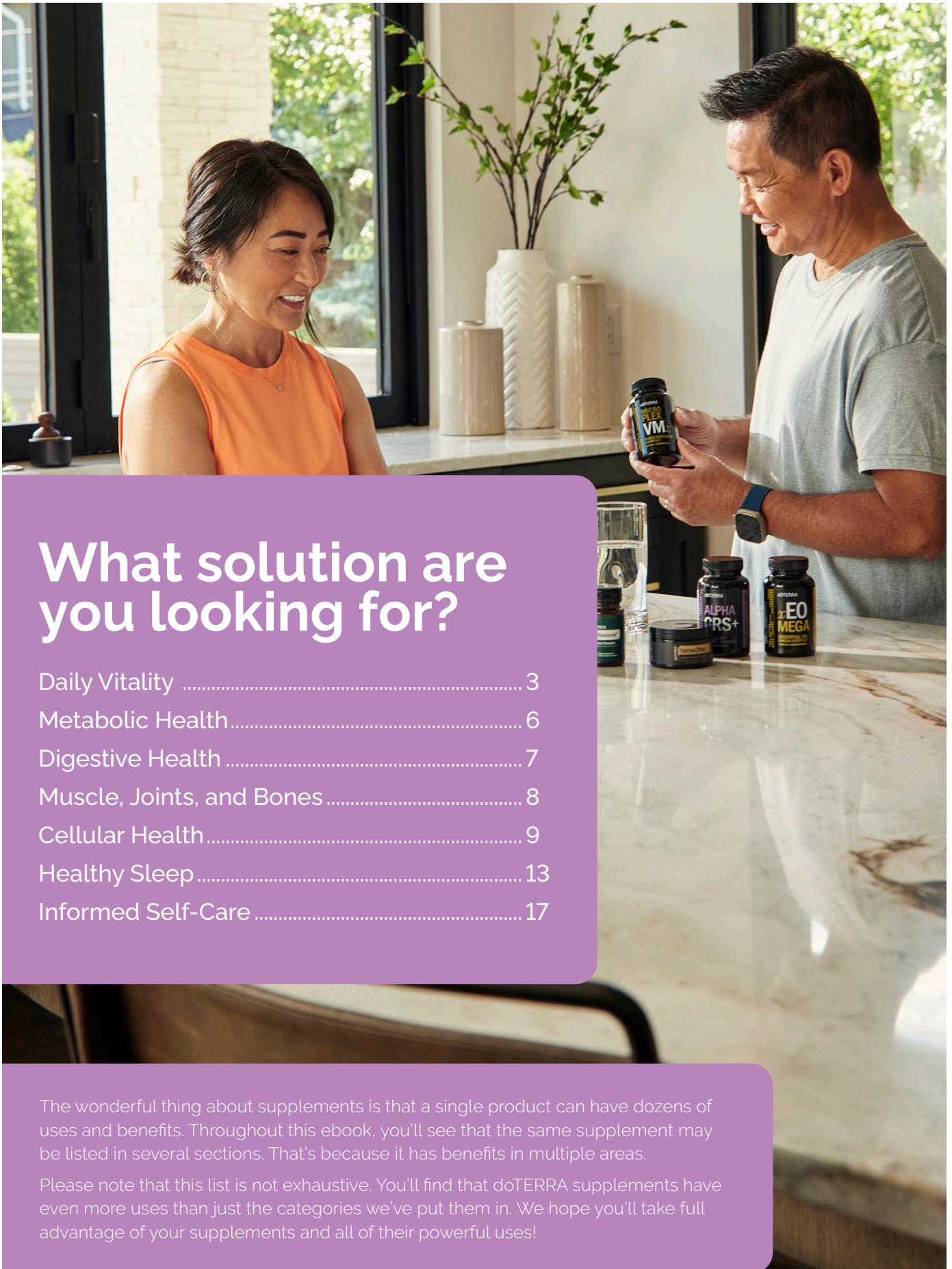
Educated Empowerment

We believe in empowering our customers with knowledge. By communicating about our sourcing, testing, and production practices, we aim to educate and inspire confidence in the choices you make for your health and wellness.

A Promise of Purity and Potency

Our commitment to creating the highest-quality supplements is unwavering. We meticulously test and retest our oils, ensuring they meet our stringent standards. This relentless pursuit of purity and potency means you can be confident in the supplements you choose for yourself and your loved ones.

Our supplement creation is driven by science, grounded in nature, and validated by rigorous testing. We're dedicated to delivering products that support your wellness journey every step of the way.



What solution are you looking for?

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The wonderful thing about supplements is that a single product can have dozens of uses and benefits. Throughout this ebook, you'll see that the same supplement may be listed in several sections. That's because it has benefits in multiple areas.

Please note that this list is not exhaustive. You'll find that doTERRA supplements have even more uses than just the categories we've put them in. We hope you'll take full advantage of your supplements and all of their powerful uses!

Solutions: Daily Vitality

dōTERRA Lifelong Vitality Pack

Whether you're starting to feel the effects of aging or just want to enjoy a healthier lifestyle, the dōTERRA Lifelong Vitality Pack® (LLV) is designed to support your body's health, energy, and longevity.*

Featuring Alpha CRS+®, Microplex VMZ®, and xEO Mega®, LLV is one of our most popular products. Although you can take any of these supplements separately, we recommend using them together. Taken together, all three supplements provide the antioxidant capacity of 12 or more servings of fruit and vegetables.*

Alpha CRS+

Alpha CRS+® combats free radicals and stimulates overall cellular health.* It's also known as the cellular energy and longevity blend.* *Alpha* means "first," CRS is an acronym for "cellular renewal system," and the plus sign emphasizes improvements made to the original product.

Some of the nutrients included in the formula are coenzyme Q10 and Acetyl-L-carnitine, which help cellular metabolic processes to give you more energy.* Antioxidants like quercetin and alpha-lipoic acid help combat oxidative stress and premature aging.* And a botanical extract of Ginkgo biloba helps support mental clarity and energy.*

Primary Benefits

- Supports healthy cell function by protecting cellular DNA.*
- Supports a healthy response to oxidative stress in cells.*
- Supports cellular energy by assisting healthy mitochondria and supplying metabolic factors for energy production.*
- Supports healthy cellular immune function.*
- Supports mental clarity and brain function.*

Suggested Uses

- Adults, take four capsules daily with food.

Safety

- Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a dark, cool, and dry place.

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*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.



xEO Mega

xEO Mega® takes care of your remaining nutritional needs with omega-3s (known as essential fatty acids); essential oils; and fat-soluble vitamins A, D, and E. The x stands for astaxanthin (a standardized extract of microalgae), EO stands for essential oil, and Mega represents the omega benefits provided by this complex.

Fatty acids support your joint, skin, cardiovascular, and brain health.* The best sources of omega-3s are fatty fish and marine algae, which aren't common in most diets and can be expensive.

The molecularly filtered fish oil in xEO Mega supplies 300 milligrams of EPA and 300 milligrams of DHA per daily serving, as well as 65 milligrams of other omega-3s. Ahiflower®† and pomegranate provide other unique fatty acids.

xEO Mega is also formulated with Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile essential oils, promoting antioxidant protection.*

†Ahiflower is a registered trademark of Natures Crops International

Primary Benefits

- Promotes heart and circulatory health.*
- Supports healthy joint function and comfort.*
- Provides immune-supportive nutrients.*
- Protects against lipid oxidation and supports healthy brain, eye, and nervous system function.*
- Promotes healthy skin.*

Suggested Uses

- Adults, take four capsules daily with food.

Safety

- Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a dark, cool, and dry place. Sunlight and other light sources can oxidize carotenoids if not stored properly.

Microplex VMz

Microplex VMz® supports healthy metabolism, digestion, immune function and cellular energy.* It contains natural bioavailable vitamins, minerals, and trace elements that complement your diet, including vitamins A, C, E, B, and D, as well as calcium, magnesium, and zinc.

Microplex is a combination of micronutrient and complex, VM stands for vitamins and minerals, and the z represents improvements made to the original product.

Supplemental vitamins and minerals can be difficult for your body to absorb. Microplex VMz uses a glycoprotein matrix to help the body absorb vitamins and chelated minerals (meaning the mineral is bound to an amino acid), making the supplement recognizable as food nutrients to your digestive system.*

Primary Benefits

- Provides 22 essential vitamins and minerals to support normal cell growth, function, and maintenance.*
- Fights free radicals with 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.*

Suggested Uses

- Adults, take four capsules daily with food.

Safety

- Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a dark, cool, and dry place.

dōTERRA Vegan Lifelong Vitality Pack

Vegan LLV was designed to promote lifelong health and vitality without the use of animal products.*

Alpha CRS+ is already vegan, and we've formulated vEO Mega® (vegan xEO Mega) and Vegan Microplex VMz® to provide all the same benefits as the regular LLV supplements.





Kid's Kit

Inspired by LLV, a2z Chewable™ Tablets and IQ Mega® were formulated to start children ages four and up on the path to lifelong wellness. These supplements are also a fantastic way for adults who don't like swallowing capsule to enjoy essential vitamins and nutrients.*

a2z Chewable Tablets

a2z Chewable™ Tablets combine bioavailable minerals—like calcium, magnesium, zinc, copper, and manganese—with the Alpha CRS+ blend; antioxidant vitamins A, C, and E; a cellular energy complex of B vitamins, and a superfood blend.* They're perfect for kids (and adults) who can't easily swallow pills.

Primary Benefits

- Provide choline, phosphatidylserine, and inositol to help support cognitive function.*
- Contain no high fructose corn syrup or artificial colors, sweeteners, or flavors.
- Contain a superfood blend that helps support overall health and wellness.*

- Features the Alpha CRS®+ blend.
- Provide a balanced blend of essential vitamins, including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins.*
- Include bioavailable calcium, magnesium, zinc, copper, and manganese.*

Suggested Uses

- Children age four and older, take two tablets daily with meals. Adults, take up to three tablets daily with meals.

Safety

- Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Doesn't contain gluten, dairy, wheat, soy, eggs, or nut products. Consult a physician before using this product with children under age four.

IQ Mega

IQ Mega® helps sustain healthy cardiovascular and nervous system function, while also supporting healthy joint function.* IQ Mega also provides important nutrients for a healthy immune response and supports healthy brain and eye function.*

Designed to complement a2z Chewable Tablets, this unique fish oil supplement is flavored with Wild Orange essential oil.

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 brain function.*
- Promotes healthy skin.*
- Supports healthy eye and nervous system function.*

Suggested Uses

- Children age four and older, take one teaspoon daily with meals.

Safety

- Keep out of reach of children. Refrigerate and consume within 100 days after opening. Store away from direct heat and light. The product may change appearance when refrigerated. Keep the bottle tightly closed to preserve freshness.
- Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Contains no gluten, dairy, wheat, soy, eggs, or nut products. Consult a physician before using this product with children under age four.



Solutions: Metabolic Health

MetaPWR System

The MetaPWR® system synergistically supports a healthy metabolism, curbing cravings, sustaining normal-range glycemic and insulin response throughout the day, and naturally promoting cellular energy.* When combined with healthy lifestyle choices, MetaPWR system products can help you feel great and look younger.*

MetaPWR Metabolic Blend

Developed with dōTERRA clinical researchers, MetaPWR Metabolic Blend is a proprietary balanced ratio of CPTG® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils. The MetaPWR essential oil blend can serve as an important part of a daily healthy metabolic regimen when used internally.* MetaPWR Metabolic Blend supports healthy wellness regimens focused on increased energy and vitality, metabolic health, and weight management to add health to your lifespan.*

Primary Benefits

- May support healthy metabolic function when ingested.*
- May reduce adipose fat cells when ingested.*
- Helps curb hunger cravings and promotes mindful eating.*
- May improve exercise performance.*

Suggested Uses

- Aromatic use: Place four drops in the diffuser of your choice.
- Internal use: Adults, take four drops in eight fluid ounces of water to help reduce hunger cravings.*
- Topical use: Apply one to two drops to the desired area. Combine with a carrier oil or lotion to reduce skin sensitivity.

Safety

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





MetaPWR Assist

MetaPWR® Assist can be a powerful addition to a daily metabolic health regimen when taken before the largest meal of the day.* Each capsule contains standardized mulberry leaf extract, berberine, cinnamon bark powder, and the MetaPWR Metabolic Blend.

MetaPWR Assist maximizes the active component in mulberry leaf extract, 1-deoxynojirimycin (DNJ), helping regulate and stabilize postprandial (after-meal) blood glucose levels, reduce carbohydrate and sugar absorption, and support healthy fat metabolism, according to preclinical studies.* More confirming research is needed.

Primary Benefits

- May release glucose more slowly and steadily which can lead to lower postprandial (after-meal) blood glucose levels.*
- May reduce simple carbohydrate and sugar absorption.*
- May support a healthy metabolic profile.*
- May contribute to healthy fat metabolism.*

Tip

Did you know that MetaPWR Assist pairs well with PB Restore? Non-digestible carbohydrates are also known as dietary fiber. MetaPWR Assist works to inhibit the enzymes responsible for carbohydrate digestion, thereby making the digestible carbohydrates of our diet more like non-digestible dietary fiber. In this manner, the benefits of MetaPWR Assist contribute to feeding the probiotics of PB Restore, helping these beneficial bacteria to colonize the intestinal tract and continue to proliferate, performing their important symbiotic role with us, their host.

Suggested Uses

- Adults, take one capsule daily 15 to 30 minutes before your largest meal with at least eight ounces of water.

Safety

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



MetaPWR Advantage

MetaPWR® Advantage contains nine types of collagen tripeptides, which clinical research has shown to boost skin appearance by promoting skin density, increasing firmness, decreasing wrinkles, and improving hydration.*

Primary Benefits

- May sustain vigorous metabolic activity to promote youthful cells and organ system function.*
- Contains nine types of collagen tripeptides that clinical research has shown to boost skin appearance by promoting skin density, increasing firmness, decreasing wrinkles, and improving hydration.*
- Includes vitamin C, which promotes collagen biosynthesis.*
- Contains ingredients that promote a healthy circulatory system, nervous system, and mitochondria.*
- Supports healthy bone function.*

Suggested Uses

- Adults, take one sachet per day. Add the contents of one sachet to five to eight ounces of cold or room temperature water. Stir or shake before drinking.



Safety

- This product should only be used as a food supplement. Don't use for weight reduction. Consult your physician before use if you're pregnant or nursing, have a medical condition, or take any medication. Keep out of reach of children.

MetaPWR Recharge

MetaPWR Recharge™ provides an exclusive, balanced blend of electrolytes—including potassium, sodium, and magnesium—that's perfect for everyone, not just high-performance athletes.

It also includes baobab extract and deep-ocean minerals like molybdenum, magnesium, and vanadium from the Kuroshio Current in the Pacific Ocean, helping water work more cooperatively with your cells so you don't have to work hard to stay hydrated.*

Primary Benefits

- Improves cellular hydration.*
- Facilitates water transport between cells.*
- Provides balanced ratios of six key electrolytes: potassium, sodium, magnesium, calcium, chloride, and phosphate.*

Suggested Uses

- Shake a sachet to activate, pour into 16 ounces of cold water, and enjoy.

Safety

- Consult your physician before use if you're pregnant or nursing, have a medical condition, or take any medication. Keep out of reach of children.

MetaPWR Metabolic Softgels

MetaPWR® Metabolic Blend Softgels contain the MetaPWR Metabolic Blend in easy-to-swallow, tapioca capsules.

Primary Benefits

- May decrease appetite, support mindful eating, and improve exercise performance.*
- May support healthy fat metabolism, according to preclinical research.*
- May protect cells and tissue, according to preclinical research suggests.*

Suggested Uses

- Adults, take up to five softgels as needed throughout the day.

Safety

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

MetaPWR Beadlets

MetaPWR® Beadlets are an easy, convenient way to incorporate MetaPWR Metabolic Blend into your daily weight and exercise regimen. The beadlets fit perfectly in a purse, briefcase, backpack, or desk so you can support mindful eating and appetite control anytime, anywhere.



Primary Benefits

- Provide MetaPWR Metabolic Blend in convenient beadlets.
- Help support metabolic health and function.*
- Help curb hunger cravings.*
- Promote mindful eating and appetite control.*

Suggested Uses

- Adults, chew a beadlet as needed up to four times a day.

Safety

- If you're under age 18, pregnant, nursing, under a doctor's care, or about to start an exercise or metabolic health program, consult your physician before use.





MetaPWR Metabolic Blend Satiety Gum

Flavorful with a long-lasting sweet, minty, and spicy taste, MetaPWR® Satiety Gum helps curb hunger cravings, promotes mindful eating, and supports healthy metabolism.*

Without sugar or artificial sweeteners, this gum is an enjoyable way to optimize MetaPWR Metabolic Blend as part of a daily weight and exercise regimen.*

Primary Benefits

- Provides MetaPWR Metabolic Blend in a chewing gum.
- Helps support metabolic health and function when chewing.*
- Promotes mindful eating and appetite control.*
- Helps curb hunger cravings.*

Suggested Uses

- Adults, chew a piece of gum when hunger cravings come.*

Safety

- Store in a cool, dry place. If you're under age 18, pregnant, nursing, under a doctor's care or about to start an exercise or metabolic health program, consult your physician before use.

Solutions: Digestive Health

You may have noticed dōTERRA has several supplements that benefit your digestive system.* Digestive health is a prime concern for people, and many struggle with digestive issues. dōTERRA supplements help keep various digestive system components functioning at their best.*

DigestZen Softgels

DigestZen® Softgels naturally soothe mild stomach discomfort and aid with digestion.* These easily dissolvable softgels provide Ginger, Peppermint, Caraway, Coriander, Anise, and Fennel essential oils.

Primary Benefits

- Peppermint supports a healthy gastrointestinal tract.*
- Coriander may aid healthy colon function.*
- Ginger helps soothe mild or occasional stomach upset and ease indigestion.*

- Caraway is often combined with Peppermint to relieve occasional indigestion.*
- Cardamom is a traditional solution for supporting a healthy stomach.*
- Fennel helps manage gastrointestinal disturbance.*
- Anise supports dyspepsia and healthy bile flow.*

Suggested Uses

- Adults, take one softgel one or more times daily as needed. Take after a meal, while traveling, or when trying new foods to promote digestion and soothe occasional stomach discomfort.*

Safety

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





DigestZen DigestTab

The chewable DigestZen® DigestTab® uses calcium carbonate to neutralize and reduce acid.* It also features Ginger, Peppermint, Caraway, Coriander, Anise, and Fennel essential oils to soothe and support the digestive system.*

Primary Benefits

- Provides a gentle formula specifically designed for individuals with sensitive stomachs.*
- Combines the unique digestive benefits of calcium carbonate with pure essential oils known for soothing the gastrointestinal tract.*
- Relieves occasional heartburn and indigestion, while promoting the overall GI tract health.*
- Provides relief for occasional stomach upset.*

Suggested Uses

- Adults, take one tablet as needed for relief from occasional stomach upset and heartburn.* Take up to six tablets per day.

Safety

- Keep out of reach of children. Don't use with other acid reducers. Ask a doctor or pharmacist before use if you're taking a prescription drug.



dōTERRA TerraZyme

dōTERRA TerraZyme™ contains a blend of active enzymes and supporting cofactors that promote digestion.* Your body produces metabolic enzymes from the food you eat, using them to help cells convert nutrients into energy. Processed, cooked, and preservative-laden foods are often enzyme deficient, making dōTERRA TerraZyme an excellent addition to a healthy routine.

Primary Benefits

- Supports healthy digestion and metabolism of enzyme-deficient, processed foods.*
- Supports the conversion of food nutrients into cellular energy.*
- Promotes safe, effective gastrointestinal comfort and food tolerance.*

Suggested Uses

- Adults, take one to three capsules with meals throughout the day. If a meal includes lots of fresh, raw foods, take one capsule. If a meal includes highly processed foods or food products known to cause specific GI discomfort, take two to three capsules.

Safety

- Some people may experience an initial change in digestive schedule and function when they begin using enzyme supplements. For most, 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. Contains no milk products. Contains no animal products.

GX Assist

GX Assist® is the natural way to cleanse with both caprylic acid and essential oils.* These ingredients create an unfriendly environment for potential threats that cause digestive issues.*

Primary Benefits

- Serves as the first step in an essential oil digestive maintenance program.*
- Supports a healthy digestive environment.*
- Contains CPTG Certified Pure Tested Grade® essential oils and caprylic acid to naturally cleanse the digestive system.*

Suggested Uses

- Adults, take one to three softgels with meals for 10 days. Repeat quarterly. Use for 10 days before taking PB Assist+®. Don't take at the same time as PB Assist+.

Safety

- Pregnant or nursing women and people with known medical conditions should consult a physician before using.

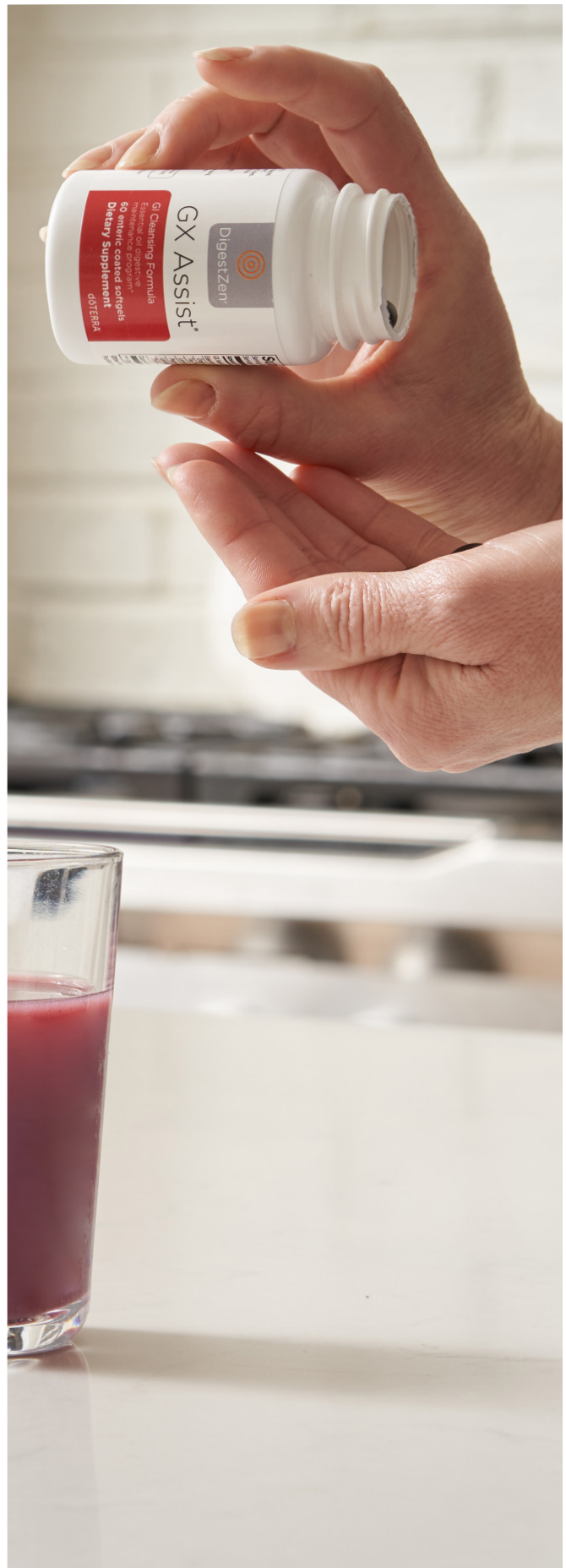
dōTERRA PB Restore ProBiome Complex

dōTERRA PB Restore™ is designed with your whole-body biome in mind. In one little dual chamber capsule, it delivers 30 bioactive components of pre-, pro, and postbiotics and bacteriophages. These represent the four Ps in one ProBiome complex.



Primary Benefits

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



Suggested Uses

- Adults, take one capsule daily with water before a meal. Avoid taking with high-temperature foods or beverages (above body temperature). It's completely normal to experience temporary changes in your digestive system or your stool when taking this product. These reactions show dōTERRA PB Restore is active and your body is adapting to it. Most discomfort you may feel will resolve within the first couple weeks.

Tip

Consider taking PB Restore with MetaPWR Assist. These two work in tandem to help you get the most out of your product. MetaPWR Assist works to inhibit the enzymes responsible for carbohydrate digestion, thereby making the digestible carbohydrates of our diet more like non-digestible dietary fiber. In this manner, the benefits of MetaPWR Assist contribute to feeding the probiotics of PB Restore, helping these beneficial bacteria to colonize the intestinal tract and continue to proliferate, performing their important symbiotic role with us, their host.

Safety

- Store in the refrigerator after opening. Keep out of reach of children. If you're pregnant, nursing, diabetic, or under a doctor's care, consult your physician.

Zendocrine Softgels

Zendocrine® Softgels support the liver and natural detoxification of bodily systems.* They provide Rosemary, Tangerine, Geranium, Juniper Berry, and Cilantro essential oils.

Primary Benefits

- Tangerine provides a concentrated source of limonene, shown in preclinical studies to have purifying benefits.*†
- Rosemary supports healthy liver function, according to preclinical research.*†
- Geranium 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 toxin elimination process, according to preclinical studies.*†

Suggested Uses

- Adults, take one to two softgels per day as needed

Safety

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

†More confirming research is needed.



Zendocrinel Detoxification Complex

Instead of essential oils, Zendocrinel® Detoxification Complex contains herbs that traditionally support the liver and detoxification.* It affects the body differently than Zendocrinel Softgels, meaning you experience new benefits. We recommend trying both to see which works best for you.

Primary Benefits

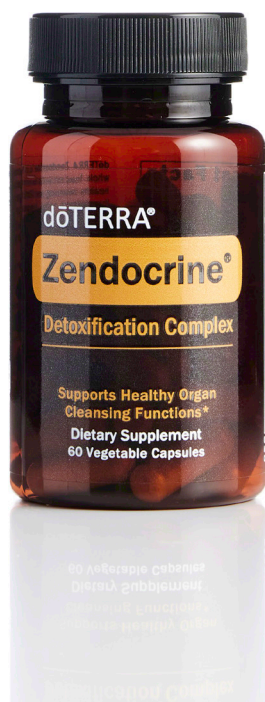
- Provides extracts traditionally used to aid the healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin.*

Suggested Uses

- Adults, take two capsules daily (one in the morning and one in the evening) with food to support cleansing organs.*

Safety

- Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Contains no milk products. Contains no animal products. Store in a cool, dry place.



Peppermint Softgels

dōTERRA Peppermint Softgels encapsulate CPTG® Peppermint essential oil in an enteric-coated softgel to provide digestive relief to the small intestines, improving overall digestive health and ultimately whole-body wellness.*

When taken internally, Peppermint essential oil has clinically demonstrated its ability to help ease and relax the gastrointestinal muscles and calm the stomach and intestinal tract.* The softgels support healthy digestive function and help reduce occasional gas, bloating, and other digestive difficulties.* The enteric coating allows the active ingredients to pass through the stomach and reach the small intestines where they're most effective.*

Primary Benefits

- Support gastrointestinal comfort.*
- Support healthy digestive function and help reduce occasional gas, bloating, and other digestive difficulties.*
- Provide digestive relief to the small intestines.*

Suggested Uses

- Adults, take up to two softgels before meals to reduce occasional digestive discomfort.* Children eight years and older, take one softgel before meals. For best results, take 30–60 minutes before meals.

Safety

- Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Don't use if safety seal is missing or broken. Store in a cool dry place.



Copaiba Softgels

Copaiba Softgels provide Copaiba essential oil in convenient, easy-to-swallow capsules.

When taken internally, Copaiba essential oil may calm, soothe, and support the nervous system.* Antioxidant support from Copaiba promotes healthy immune function, while also supporting cellular health.*

Primary Benefits

- Provide the internal benefits of Copaiba essential oil in convenient, easy-to swallow capsules.*
- Support the cardiovascular, immune, and digestive systems.*
- Provide powerful antioxidants.*
- Soothe and support the nervous system.*

Suggested Uses

- Adults, take one softgel as needed.

Safety

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



Solutions: Muscle, Joints, and Bones

Your bones, muscles, and joints together form the musculoskeletal system—along with your tendons, ligaments, and cartilage. The bones provide the structural component that protects your internal organs. Your muscles and joints then make movement possible. The following dōTERRA supplements help support your muscles, joints, or bones.*

Deep Blue Polyphenol Complex

Deep Blue Polyphenol Complex® combines polyphenol extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grapeseed. It's designed to provide soothing support to aching muscles and other occasional discomforts.*

Polyphenols are natural water-soluble antioxidants and can come from a variety of sources. The polyphenols in this complex are from green tea, red wine, and grape and pomegranate juice.

Primary Benefits

- Peppermint supports a healthy gastrointestinal tract.*
- Includes frankincense extract, which has been shown to help support muscle and joint comfort and function.*
- Helps soothe occasional aches and discomfort.*
- Contains the dōTERRA tummy tamer blend of peppermint, ginger, and caraway seed extracts.

Suggested Uses

- Adults, take one capsule twice daily with food or as needed when experiencing discomfort.*

Safety

- Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if safety seal is broken or missing.





Bone Nutrient Essential Complex

Bone Nutrient Essential Complex provides a blend of vitamins and minerals women need to support bone health from adolescence through menopause.* Though the complex is formulated to meet the specific bone health needs of women, men can also take it to meet calcium and magnesium needs.*

Primary Benefits

- Provides optimal levels of vitamins and minerals essential for developing and maintaining healthy bone mass and density.*
- Serves as an excellent source of calcium and magnesium.
- Supports healthy bones and overall health throughout a woman's life.*

- Contains the highest-quality bone nutrients in bioavailable forms.*
- Contains vitamins D2 and D3 to help bones absorb calcium.*
- Is delivered in sodium lauryl sulfate-free HPMC vegetable capsules.

Suggested Uses

- Teens through adults, take four capsules daily with food.

Safety

- Pregnant or nursing women and people with known medical conditions should consult a physician before using. Store in a cool, dry place.

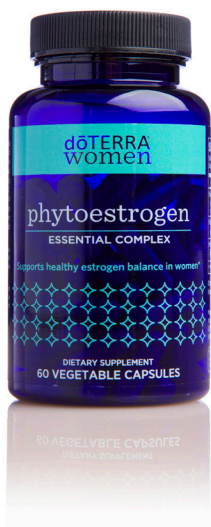
Phytoestrogen Essential Complex

Phytoestrogen provides more support for healthy bones.* Maintaining a healthy ratio of estrogen metabolites is vital for women. Current research shows an imbalance of certain metabolites can have a negative impact on a woman's health (including bone health) as she ages.

The phytoestrogens in this supplement (plant compounds with similar properties to estrogen) help with estrogenic effects in the body and help balance hormones.*

Primary Benefits

- Provides supplemental dietary phytoestrogens that help balance and support normal hormone levels.*
- Provides nutritional support for managing estrogen metabolism.*
- Complements a healthy diet, exercise, 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 substantiated to provide health benefits in women.*
- Contains a flax seed extract standardized to 40 percent lignans, which helps manage estrogen metabolism.*
- Contains a standardized pomegranate extract providing powerful antioxidant support.*
- Is delivered in sodium lauryl sulfate-free HPMC vegetable capsules.



Suggested Uses

- Adults, take one to two capsules daily with food or as needed.

Tip

Women going through menopause can take the complex with dōTERRA Lifelong Vitality Pack® (p. 5-7) and Bone Nutrient Essential Complex (p. 22) for added benefits.*

Safety

- Pregnant or nursing women and people with known medical conditions should consult a physician before using. Contains no wheat or milk products. This product is complementary to but not a replacement for hormone replacement therapies.*

xEO Mega, vEO Mega, Microplex VMz, and Vegan Microplex VMz

Among other benefits, the omega fatty acids in xEO Mega® and vEO Mega® support the joints.* Microplex VMz® and Vegan Microplex VMz contain calcium, magnesium, zinc, and vitamin D to give your bones the best support possible.*

See pages 6-7 for benefits, suggested uses, and safety.



IQ Mega

IQ Mega®, while mostly known for supporting healthy brain function, is great for supporting the joints, thanks to its omega-3s.*

See page 9 for benefits, suggested uses, and safety.

Solutions: Cellular Health

dōTERRA has several specialized supplements designed to support your cells.* From protecting cellular DNA from free radical damage to boosting cell energy, DDR Prime® Cellular Complex, Mito2Max®, and Deep Blue Polyphenol Complex® are perfect additions to your daily regimen when you need a boost.*

DDR Prime Cellular Complex

DDR Prime® provides optimal support to your cells, countering free radicals with antioxidant protection.* It features a blend of Frankincense, Wild Orange, Lemongrass, Thyme, Summer Savory, Clove, and Niaouli essential oils.

Primary Benefits

- Frankincense: Promotes a healthy response to free radicals.*
- Wild Orange: Supports a healthy cellular response.*
- Litsea: May promote healthy cognitive function.*
- Thyme: May provide immunity and cellular support with broad-spectrum activity.*
- Clove: Provides powerful antioxidant properties.*
- Summer Savory: Supports healthy response to oxidative stress.*
- Niaouli: Supports cellular immunity.*
- Lemongrass: Helps protect against environmental threats.*



Suggested Uses

- Adults, take 2 softgels daily, 1 with a morning meal, 1 with an evening meal.

Safety

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





MetaPWR Mito2Max

MetaPWR Mito2Max Energy & Stamina Complex is a proprietary formula of standardized plant extracts and metabolic cofactors that support healthy cellular energy production.* Research suggests the ingredients in MetaPWR Mito2Max may help improve stamina and decrease fatigue.*

Studies show the chemical component pyrroloquinoline quinone (PQQ) in MetaPWR Mito2Max may support mental cognition and memory.* It can also promote mitochondrial biogenesis to support energy production at the cellular level.* According to emerging clinical research, the acetyl-Lcarnitine (ALC) and coenzyme Q10 in MetaPWR Mito2Max may support energy production and mitochondrial and cardiovascular health.*

Delivered in sodium lauryl sulfate-free vegetable capsules, MetaPWR Mito2Max Energy & Stamina Complex has no harmful stimulants and doesn't contain milk or wheat products or any ingredients made from animal products.

Primary Benefits

- Supplies a proprietary blend that promotes energy through healthy mitochondrial function and metabolism*
- Reduces fatigue and improves physical energy and performance*
- Supports cognitive abilities, including memory*
- May act as an antioxidant and support cardiovascular and circulatory health*
- May assist metabolic adaptation in diverse activities*

Suggested Uses

- For optimal results, take 2 capsules daily with food, ideally in the morning through mid-afternoon..

Safety

- Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if the safety seal is broken or missing. Store in a cool, dry place.

Deep Blue Polyphenol Complex

The ingredients in Deep Blue Polyphenol Complex® provide comprehensive protection through antioxidants.*

See page 21 for benefits, suggested uses, and safety.



Turmeric Dual Chamber Capsules

Turmeric Dual Chamber Capsules provide the most beneficial components of turmeric in a convenient oral delivery system that improves bioavailability.*

The outer layer of the capsule contains Turmeric essential oil, standardized up to 70 percent turmerones. The inner chamber contains turmeric extract with a 95% concentration of curcuminoids.

Turmerones support healthy glucose and lipid metabolism and may promote healthy weight management.* Curcumin may support a healthy inflammatory response and manage oxidative stress, as well as promote healthy glucose and lipid metabolism.*

Primary Benefits

- Turmeric Dual Chamber Capsules provide the most beneficial components of turmeric in a convenient oral delivery system that improves bioavailability.*
- The outer layer of the capsule contains Turmeric essential oil, standardized up to 70 percent turmerones. The inner chamber contains turmeric extract with a 95% concentration of curcuminoids.
- Turmerones support healthy glucose and lipid metabolism and may promote healthy weight management.* Curcumin may support a healthy

inflammatory response and manage oxidative stress, as well as promote healthy glucose and lipid metabolism.*

Suggested Uses

- Adults, take two capsules per day as needed to support an active lifestyle.

Tip

Take with MetaPWR® system products (p. 10-14, 25) to support your metabolic health.*

Safety

- Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Don't use if the safety seal is broken or missing. Store in a cool, dry place.

Copaiba Softgels

Copaiba Softgels provide Copaiba essential oil in convenient, easy-to-swallow capsules.

When taken internally, Copaiba essential oil may calm, soothe, and support the nervous system.* Antioxidant support from Copaiba promotes healthy immune function, while also supporting cellular health.*

See page 20 for benefits, suggested uses, and safety.

Solutions: Sleep Health

Good sleep is one of the most essential elements of a healthy life, giving you more energy during the day, assisting your brain and body through important processes, and helping you avoid more serious health concerns. Lack of quality sleep can leave you feeling tired, make it difficult to concentrate, make it harder to lose or maintain weight, and weaken the immune system. Changing your sleeping habits can change nearly every significant part of your day.

dōTERRA Serenity Restful Complex Softgels

dōTERRA Serenity® Restful Complex Softgels serve as a natural solution for occasional sleeplessness when taken internally.* While dōTERRA Serenity isn't designed for internal use, these softgels contain an adapted version of the essential oil blend, with Lavender essential oil, lemon balm, passionflower, chamomile, L-Theanine, and tart cherry. All these ingredients work together to create a natural formula that can encourage restful sleep without leaving you feeling groggy the next day.

Inadequate sleep over time raises your risk for health problems. It affects your hormones and reproductive system, heart and circulatory system, metabolism,

emotional response, respiratory system, and immune system. Research suggests one night of four hours of sleep results in a 70% reduction in natural killer cells—an important cell line in your immune system.

Primary Benefits

- May support healthy sleep patterns and improve sleep quality.*
- Help relieve occasional sleeplessness.*
- Support healthy relaxation, making it easier to fall asleep and stay asleep.*
- Provide refreshing sleep without after effects the next day.*
- Calm the nervous system.*

Suggested Uses

- Adults, take one to two softgels before going to sleep.

Safety

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





Adaptiv Calming Blend Capsules

Adaptiv® Calming Blend Capsules can help reduce feelings of stress and restore mental and physical resiliency.* Adaptiv Capsules combine the soothing benefits of CPTG Certified Pure Tested Grade® essential oils with clinically studied botanicals.* This supportive, relaxing formula helps empower and encourage when adapting to stressful situations or acclimating to new surroundings.* Adaptiv Capsules are among the best natural tools available to manage effects from everyday tension, uneasiness, and worry.*

Primary Benefits

- Help calm and promote positive feelings.*
- Support mood and help improve state of mind.*
- Help when acclimating to new surroundings and adapting to stressful situations.*
- Encourage relaxation.*
- Support cognitive function and emotional balance.*
- Promote mental well-being.

Suggested Uses

- Adults, take one capsule in the morning and one in the evening with food.

Safety

- Keep out of reach of children. If you're pregnant, nursing, or under a doctor's care, consult your physician. Don't use if the safety seal is broken or missing. Store in a cool, dry place.

Solutions: Informed Self-Care

As you take greater responsibility for your health, it's paramount to understand the issues that may not require the immediate attention of a medical professional. While it's important to see a doctor when the situation calls for it, some minor issues can be solved at home, especially if you're proactive (instead of reactive) about taking care of your body. Taking care of yourself, supplementing to promote the health of your body's systems, staying on top of issues—all of these can be addressed with proper use of natural products.

dōTERRA On Guard+ Protective Blend Softgels

You can feel when your immune system needs more support. dōTERRA On Guard+™ Softgels can give your immune system assistance as it may protect against immune threats.* The softgels feature Wild Orange, Clove, Black Pepper, Cinnamon Bark, Eucalyptus, Oregano, Rosemary, and Melissa essential oils.

Primary Benefits

- May support healthy immune system function, according to preclinical data.*
- May protect against threats to the immune system, according to preclinical research.*

Suggested Uses

- Adults, take one or more softgels as needed. Not recommended for regular daily use.

Safety

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

TriEase Softgels

TriEase® Softgels help your body deal with seasonal threats by supporting the respiratory system and promoting clear breathing.* They feature Lavender, Lemon, and Peppermint essential oils.

Primary Benefits

- Lemon may support a healthy inflammatory response, due to limonene content.*
- Provide calming, balancing effects when consumed, due to Lavender.*
- Peppermint supports clear breathing and healthy respiratory function when used internally.*

Suggested Uses

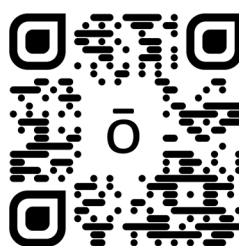
- Adults, take one to two softgels daily as needed. Safe to consume regularly.

Safety

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



Want to learn more
about dōTERRA
supplements?



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continue
your journey.