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**Rest and Digest  
with the Best**  
*eBook*

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# Introduction

The Rest and Digest with the Best eBook is your trustworthy guide for every product offered during BOGO week. Each product was carefully, specifically chosen to support your rest and digestion. Nutrition, digestion rest, and stress management are the foundational levels of the dōTERRA® Wellness Pyramid. They're essential for thriving health, and we want to support you with natural products you'll use and truly love.

## Rest

One of the most ignored and underrated factors of overall well-being is sleep. Research shows sleep quantity and quality directly influence almost every aspect of health: eating behaviors, physical fitness, physiological processes, and mental composure.

Proper sleep hygiene is important for staying strong all season. Along with healthy bedtime habits, essential oils can help you create an ideal atmosphere for a good night's rest.

## Digest

The digestive system retrieves and absorbs nutrients such as vitamins and minerals from the food you eat. The mouth, esophagus, stomach, small and large intestines, and rectum are the continuous chain of muscular, hollow organs known as the gastrointestinal (GI) tract, which is a subdivision of the digestive system. Accessory organs and body parts—like the pancreas, liver, gallbladder, tongue, salivary glands, and teeth—are also part of the digestive system.

Your digestive system does a lot for you, breaking down nutrients your body absorbs and uses for energy, growth, and cell repair. You might not expect it, but your gut health actually impacts all kinds of bodily processes, including immune and nervous system function.

## Restful Sleep and Optimal Digestion

As you read about these products, start incorporating them into your daily routines and habits right away so they can help you on your journey toward restful sleep and optimal digestion.





# DigestZen TerraZyme®

## What's DigestZen TerraZyme®?

DigestZen TerraZyme Digestive Enzyme Complex features a proprietary blend of active whole-food enzymes and supportive cofactors that are often deficient in processed, preservative-laden foods. This powerful combination of digestive enzymes supports critical enzyme production for healthy biochemical functions, including healthy nutrient digestion and cellular metabolism.\* This supplement also has several whole-food enzymes that support protein, fat, complex carbohydrate, sugar, and fiber digestion.

## How Do I Use DigestZen TerraZyme®?

### *Internally*

Take one to three vegetable capsules with meals daily.

## When Should I Use DigestZen TerraZyme®?

Eating a whole-food diet is important. Your body thrives on the nutrients in fruits, veggies, and healthy proteins. But life can get away from you, and sometimes you need extra support. No matter how hard you try, the daily grind sabotages nutrition, so DigestZen TerraZyme can provide a helpful boost.\*

## Why DigestZen TerraZyme®?

DigestZen TerraZyme contains a powerful combination of digestive enzymes—specialized proteins that catalyze most cellular functions and support nutrient digestion and conversion into cellular energy.\* Enzymes are integral to growth, healing, and reproduction. They facilitate respiration, brain function, immune response, hormone regulation, detoxification, and much more.

Endogenous enzymes are produced in the body and are classified as metabolic and digestive. Metabolic enzymes are active in the blood, tissues, and organs. Digestive enzymes are produced in the mouth, stomach, pancreas, and small intestine. Then the liver aids fat digestion with bile salts bilirubin, bile acids, and phospholipids. Together, these processes convert food into usable nutrients.

Exogenous enzymes originate outside the body in raw, unprocessed foods. They help break down nutrients during digestion.\* If your diet doesn't include sufficient exogenous enzymes, your endogenous enzyme resources are redirected to fill the need, reducing essential metabolic enzyme production capacity.





Metabolic enzymes are vital for energy production, tissue growth and repair, and toxin management. One example of an important metabolic enzyme is superoxide dismutase (SOD), which protects cells from free-radical molecules. When you eat enzyme-rich foods, your capacity to create optimal metabolic enzyme levels increases.\*



## Tip:

*Your Meal Determines How Much DigestZen TerraZyme® You Need*

TerraZyme helps put back some of the helpful enzymes that are destroyed when our food is cooked. It helps break down food to be utilized better as energy.





# Vetiver Touch

## What's Vetiver Touch?

Steam-distilled from the strong roots of a tall grass, Vetiver essential oil has a warm, sweet, woody, and earthy aroma. It's nicknamed "fragrance of the soil" or "oil of tranquility." dōTERRA blends Vetiver with Fractionated Coconut Oil in a roll-on bottle that can be used at bedtime or in a nurturing skincare regimen.

## How Do I Use Vetiver Touch?

### *Aromatically*

Roll Vetiver Touch on your wrists, temples, neck, or feet to ground and comfort yourself with its woody, smoky aroma.

### *Topically*

Gently and safely hydrate with Vetiver Touch during your skincare routine. Applying Vetiver Touch is easy and convenient. Simply roll the prediluted essential oil on your skin.

## When Should I Use Vetiver Touch?

The soothing aroma of Vetiver Touch offers support in many situations. Rub it over your heart or apply it to your wrists, your neck, or the bottoms of your feet when you need a break from the daily grind. Keep a bottle in your purse or store it in your nightstand drawer to apply before bedtime.

## Where Does Vetiver Touch Come From?





Vetiver, a hearty grass that can survive both floods and drought, flourishes in Haiti, which export half of the world's oil supply. The plant's name translates to "root that is dug up." Its extensive root system, often reaching 13 feet deep, helps prevent erosion and provides additional nutrients to the soil. Unlike most grass roots, vetiver grows vertically rather than horizontally.

The essential oil is distilled from these roots. The longer the roots spend in the ground, the higher the quality of essential oil. Our partner farmers are paid a premium to delay harvest until 12 to 18 months after planting.

We encourage Haitian farmers to join cooperatives, which provide them with bargaining power to ensure fair prices, access to prepayments, and long-term contracts. By collaborating with us, farmers receive a consistent income. Cooperatives also facilitate regular growing and harvesting trainings. The dōTERRA Healing Hands Foundation® has funded projects to improve the lives of sourcing communities in Haiti, including several clean water systems; a new building foundation, 10 classrooms, toilets, a retaining wall, basketball court, furniture, utilities, and supplies for a local school; and a vetiver warehouse for root storage and cooperative gatherings.

Partnering with Rapha International, the dōTERRA Healing Hands Foundation also helped fund an aftercare center in Haiti to rehabilitate children rescued from sex trafficking with counseling, medical care, education, and vocational training.

## Why Vetiver Touch?

Vetiver is rich in sesquiterpenes, which contain grounding properties. When used on the skin, it can promote a calming effect. Its stabilizing, balancing aroma makes it perfect for cultivating a soothing bedtime ambiance.



### Tip: *Ways to Enjoy Vetiver Touch*

- Apply to your wrists and temples when you wake up. Breathe in the grounding aroma as you mentally prepare for the day.
- Use as a light moisturizer after washing your face.
- Support your yoga or meditation with its centering scent.
- Rub into your wrists or pulse points as a reminder to stop and take a deep breath when you're feeling tense.
- Apply to the bottoms of your feet to encourage a relaxed, comfortable environment while you sleep.



# Lavender Touch

## What's Lavender Touch?

Delivered in a prediluted, convenient roll-on bottle, Lavender Touch provides gentle, soothing comfort to the skin, while also offering a calming aroma.

## How Do I Use Lavender Touch?

### *Aromatically*

The calming, floral scent of Lavender can cultivate an atmosphere of peace and tranquility. While Lavender Touch is designed for topical application, you can still reap aromatic benefits from this beautiful essential oil by rolling it on your wrists or neck and breathing in its sweet, powdery scent.

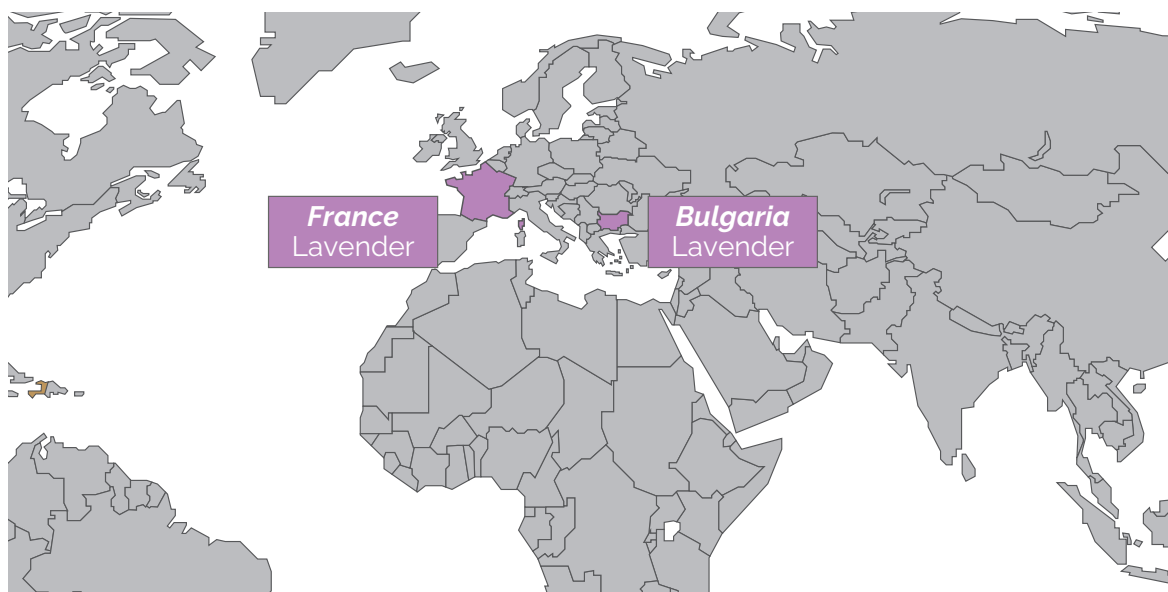
### *Topically*

When applied topically, Lavender Touch can soothe skin irritations and areas that've been overexposed to the sun or other sources of heat. Simply roll the prediluted essential oil on your skin.

## When Should I Use Lavender Touch?

Lavender Touch is perfect for any occasion. Roll it on your wrists and take a deep breath to remind yourself to stay steady or apply it to the bottoms of your feet for a sweet, soothing aroma. Keep a bottle at your desk for when you need a minute to decompress or store it next to your bed for your nighttime routine.

## Where Does Lavender Touch Come From?







France is famous for producing exceptionally high-quality lavender. Some historians estimate lavender production there dates back to 600 BC.

Bulgaria is an agricultural haven for aromatic plants, its people rich in expertise. Near the Black Sea, the sunny, dry climate—coupled with the well-drained, sandy soil—make the growing conditions in the country ideal.

While Bulgaria has historically boasted premier essential oil research, development, and production, the industry faltered after the fall of communism because the government encouraged farmers to grow wheat, sunflower, and corn rather than aromatic plants.

We established the Esseterre facility in Dobrich to rekindle agricultural innovation. While it's owned dōTERRA, Esseterre was built and is managed by Bulgarians. Expert managers, distillers, farmers, and engineers combine their impeccable skills and shared commitment to positively impact their communities. Esseterre works with 161 lavender farms in a small radius around Dobrich. Our entire annual Lavender essential oil production takes place in just three to four weeks, when Esseterre employees work around the clock to ensure the highest-quality product possible.

Though their color is most brilliant in early summer, lavender flowers produce higher-quality essential oil once the summer heat has faded their bright purple color. We harvest lavender in July and distill it within 24 hours.

Esseterre has provided significant economic revitalization to the Dobrich, Bulgaria, region, bringing a multimillion investment and many jobs to a country where nearly a quarter of its population lives at or below the global poverty line. More farmers are coming to Esseterre with their crops because of its reputation as a reliable, fair buyer and its quality equipment and technology.

For years, the few remaining distilleries in Bulgaria were managed by brokers, who arbitrarily determined how much and when the farmers would be paid. Many farmers were undercompensated, and some weren't paid for months or even years. At Esseterre, we can test crop and essential oil quality almost immediately with an onsite gas chromatography–mass spectrometry (GC/MS) machine. Farmers can confirm the quality of their harvest and receive fair, timely payments—usually on the same day. We also award bonuses to farmers whose crops produce the highest-quality essential oil.

## Why Lavender Touch?

Lavender is a highly researched essential oil, with expansive evidence praising its calming, relaxing topical and aromatic properties. Numerous studies involving multiple participant groups have shown Lavender essential oil is a wonderful addition to your bedtime routine.



### Tip: Ways to Enjoy Lavender Touch

- Roll on your wrists, neck, hands or feet at bedtime to create a peaceful environment.
- Apply to minor skin irritations to provide a soothing effect.
- Use when you need a break from the daily grind.
- Keep in your purse or bag for a comforting aroma on the go.



# Spearmint

## What's Spearmint?

Though sometimes confused with Peppermint, Spearmint essential oil is chemically distinct. It's sweeter and milder, containing only a hint of the menthol that dominates Peppermint's flavor. This popular, refreshing herb is used as a flavoring worldwide.

## How Do I Use Spearmint?

### *Aromatically*

Diffuse Spearmint or inhale its scent straight from the bottle to enjoy a fresh, cool, and sweet aroma.

### *Topically*

Spearmint essential oil is commonly used in dental products for its mild cleansing properties and promotion of fresh breath. Add a drop to your toothbrush or toothpaste before brushing your teeth for a minty boost or mix a few drops in a glass of water for a refreshing mouthwash.

You can also apply a small amount to your temples and the back of your neck, diluting it with Fractionated Coconut Oil—or another carrier oil—to minimize any potential skin sensitivity, increase absorption, and lengthen its aroma.

### *Internally*

Spearmint soothes the digestive system when taken internally.\* Place a drop directly under the tongue; mix with water, tea, or juice; or take a couple drops in a Veggie Cap.

## When Should I Use Spearmint?

Gentle Spearmint creates a fresh, courageous, and welcoming atmosphere. Its cool, delicious aroma is perfect in the kitchen or bathroom. Add a few drops to a spray bottle with water and Lemon essential oil to make an effective surface cleanser and leave your home smelling amazing.

Swish a drop or two in your mouth with water during your oral care routine or put a drop on your toothbrush when brushing for cleaner, fresher breath.

You might also soothe your tummy with Spearmint after a large meal.\*



## DIY: Tangerine and Spearmint Garbage Disposal Refreshers

No one likes a smelly garbage disposal. These Tangerine and Spearmint garbage disposal refreshers clean and deodorize your disposal. You'll wish you'd known how to make them sooner!

### Ingredients:

- 2 cups baking soda
- 1 cup salt
- ½ cup water
- ¼ cup liquid Castile soap
- 15 drops Tangerine essential oil
- 15 drops Spearmint essential oil

### Instructions:

1. Combine the baking soda and salt in a bowl.
2. Add the Castile soap and essential oils.
3. Add water one tablespoon at a time, stirring until the mixture is the consistency of damp sand. (It should stay together when you press it. If you use too much water, add more baking soda and salt until the consistency is right.)
4. Pack the mixture tightly in a small silicone mold. If you don't have a silicone mold, grab a tablespoon and scoop packed spoonfuls onto parchment paper.
5. Let the mixture dry for at least 24 hours.
6. Store in a glass jar, placing one or two refreshers in the garbage disposal and turning it on as needed.

## Where Does Spearmint Come From?



## Why Spearmint?

The chemistry and benefits of Spearmint essential oil are distinct. It features constituents like carvone and limonene (which are responsible for many of the powerful benefits of citrus oils), neither of which exist in high quantities in Peppermint.



### Tip: Spice Things Up with Spearmint

Spearmint is a popular seasoning in marinades, desserts, candy, condiments, and summertime drinks—like mint lemonades and mojitos. Try adding it to your recipes for a refreshing twist and to support your internal health.\*



# MetaPWR™ Metabolic Blend

## What's MetaPWR™ Metabolic Blend?

Developed with dōTERRA® clinical researchers, MetaPWR Metabolic Blend is a proprietary balanced ratio of CPTG Certified Pure Tested Grade® Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark essential oils that can serve as an important part of a daily healthy metabolic regimen when used internally.\*

Limonene, a prominent chemical component in MetaPWR, may support a healthy metabolism when ingested.\* Consuming Peppermint essential oil, a MetaPWR ingredient, has been shown to decrease appetite and enhance exercise performance.\* An unpublished preclinical study suggests the Metabolic Blend may target and reduce adipose fat cells when ingested, but more confirming clinical research is needed.\* The citrusy, spicy, and minty aroma of MetaPWR promotes a stimulating, uplifting environment.

MetaPWR Metabolic Blend—part of the MetaPWR system—supports healthy wellness regimens focused on increased energy and vitality, metabolic health, and weight management to add health to your lifespan.\*

## How Do I Use MetaPWR™ Metabolic Blend?

### *Topically*

MetaPWR has an energizing, uplifting aroma. Use it in an invigorating massage to reset and recenter. Apply one to two drops to the desired area and dilute with Fractionated Coconut Oil and then massage carefully as you breathe deeply and focus.

### *Aromatically*

Diffuse MetaPWR to encourage an energizing atmosphere as you focus on your nutrition goals. Use its aroma to create a positive environment as you go throughout your day or enjoy a quick afternoon refresh.

### *Internally*

MetaPWR may support healthy metabolic function when ingested.\* Add a few drops to your water to help curb cravings during midafternoon lows or take one to two drops in a Veggie Cap.\*

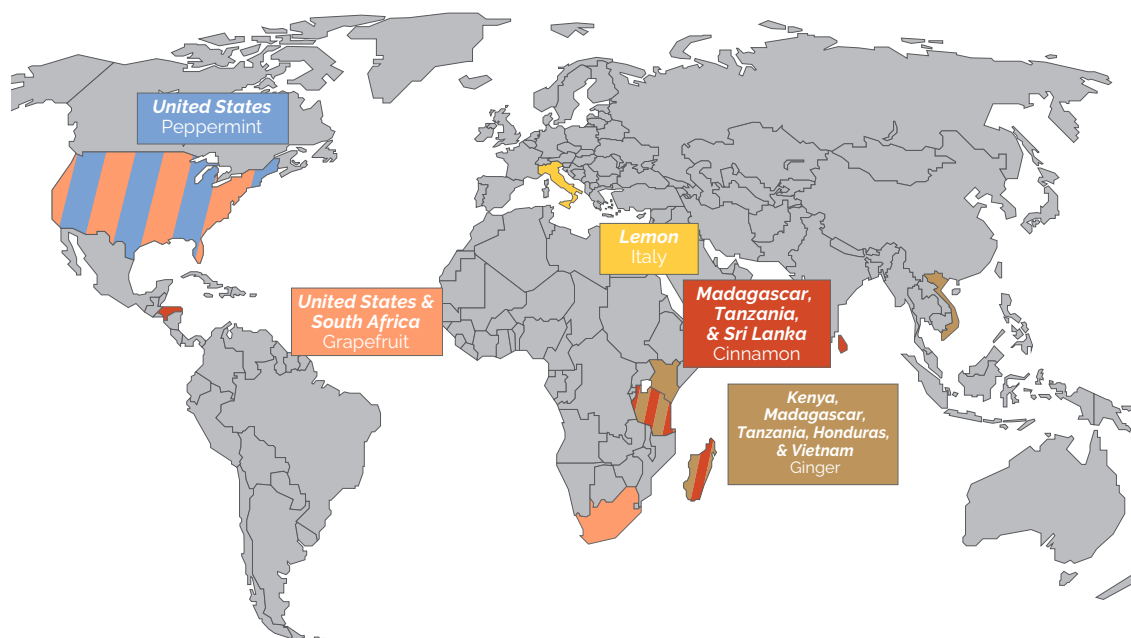
## When Should I Use MetaPWR™ Metabolic Blend?

Cravings are your body's way of telling you it needs something. Unfortunately, even many whole foods lack basic, necessary nutrients. That's where MetaPWR comes in. It can also help reduce adipose fat cells, which expand when you overeat.\* Take MetaPWR during meals to encourage healthy metabolic function.\*

MetaPWR Metabolic Blend can be used any time. Add a few drops to your water as you eat breakfast or diffuse it during your workout to create an invigorating, encouraging environment. Rub a few drops on to your wrists in the afternoon to support your focus on mindful eating.



## Where Does MetaPWR™ Metabolic Blend Come From?



Ginger is one of the most important essential oils in MetaPWR. It's sourced from Kenya, Madagascar, Tanzania, Honduras, and Vietnam through our Cō-Impact Sourcing® model. Hundreds of small-scale farmers plant ginger in the spring and harvest it in the fall or winter when it's mature.

The essential oil is steam-distilled from the rhizome—the subterranean stalk from which roots grow. It takes between one and two pounds of ginger rhizome to make a 15 mL bottle. While many companies distill their products from fully dried rhizomes, we distill our essential oil while the rhizomes are fresh, which results in a better chemical and aromatic profile.

The dōTERRA Healing Hands Foundation® has funded multiple projects in Madagascar and Kenya. In Madagascar, we're establishing and hiring a doctor for a mobile health clinic. Additional health officers from villages will be provided with first aid kits and essential oils and trained on how to use these resources.

In Kenya, we've funded:

- Additional classroom and restroom facilities at Kiwegu Primary School
- A school library, water storage, staff room, restrooms, teacher living quarters, and student veranda at Mwamose Primary School (as well as scholarships)
- The Mwena River bridge
- Mejiwengo Mapya Kindergarten School
- A community center
- TICA, which offers indigenous culture and health trainings for 2,000 children
- Colobus Conservation, which provides indigenous tree education and reforestation
- Mwamose Water Point—a community borehole and water tower)
- The Water Maintenance Trust Fund, which completes ongoing research and maintenance on community water sources

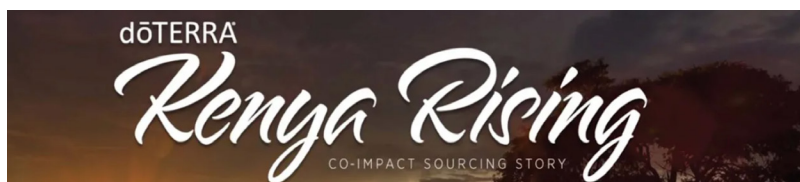




In 2021 alone, we supported the following initiatives:

- Days for Girls Kits and trainings
  - Mount Kenya: 250 girls impacted
  - Lunga Lungu: 1,000 girls impacted
  - Mara: 700 girls impacted
- Water connection to Kiwegu
  - 6,000 people impacted
- Water connection to schools
  - 2,000 students impacted
- Scholarships
  - 12 secondary school students impacted
- Girls on Fire Leaders training
  - 80 girls impacted

Watch a video about business opportunities in Kenya created by Cō-Impact Sourcing.



## How Do I Use MetaPWR™ Metabolic Blend?

### *Topically*

MetaPWR has an energizing, uplifting aroma. Use it in an invigorating massage to reset and recenter. Apply one to two drops to the desired area and dilute with Fractionated Coconut Oil and then massage carefully as you breathe deeply and focus.

### *Aromatically*

Diffuse MetaPWR to encourage an energizing atmosphere as you focus on your nutrition goals. Use its aroma to create a positive environment as you go throughout your day or enjoy a quick afternoon refresh.

### *Internally*

MetaPWR may support healthy metabolic function when ingested.\* Add a few drops to your water to help curb cravings during midafternoon lows or take one to two drops in a Veggie Cap.\*



### **Tip:** *Get the Most Out of MetaPWR™ Metabolic Blend*

Pair MetaPWR with healthy lifestyle habits to enjoy the best results!

- Eat a well-balanced whole-food diet.
- Exercise for 30 minutes four times a week.
- Take the supplements found in the dōTERRA Lifelong Vitality Pack® (LLV) as directed.\*
- Prioritize a good night's rest.



# dōTERRA Serenity® Restful Complex Softgels

## What Are dōTERRA Serenity® Restful Complex Softgels?

dōTERRA Serenity Softgels combine Lavender essential oil and natural plant extracts in vegetarian capsules to promote refreshing sleep without you feeling groggy the next day.\*

## How Do I Use dōTERRA Serenity® Restful Complex Softgels?

*Internally*

Take one to two softgels at bedtime.

## When Should I Use dōTERRA Serenity® Restful Complex Softgels?

dōTERRA Serenity Softgels combine the well-researched, relaxing benefits of Lavender essential oil and L-Theanine with lemon balm, passionflower, and chamomile to gently promote restful relaxation.\*

Experts recommend sleeping seven to eight hours every night, but 33% of Americans aren't getting enough sleep, and one in five adults experience difficulties sleeping. Sleep deprivation has been linked to many health risks and places tremendous strain on your body. It affects weight maintenance or loss; influences how you feel, learn, and behave; negatively impacts your cardiovascular health and overall well-being; and reduces reaction time, interfering with your ability to drive.

Sufficient quality sleep is essential to recovering physically and mentally from daily demands. dōTERRA Serenity Softgels support natural relaxation, helping you prepare for the restful sleep you need.\*



### **Tip:** *Two Is Better than One*

dōTERRA Serenity® Softgels work best when paired with dōTERRA Serenity Restful Blend. Take one to two softgels before going to bed and diffuse dōTERRA Serenity as you sleep to create a sweet, calming environment throughout the night.





# Cedarwood

## What's Cedarwood?

Known for its rich hue and warm, woody scent, Cedarwood provides a myriad of amazing benefits. The plant is native to cold climates, thriving in high altitudes and growing up to 100 feet. Cedarwood essential oil has a grounding aroma and promotes a relaxing environment. It also clarifies the skin and combines well with a soothing massage.

## How Do I Use Cedarwood?

### *Aromatically*

Diffuse Cedarwood for a grounding atmosphere, inhale its scent straight from the bottle when you need to remind yourself to be calm, or keep it in your car for use on the road.

### *Topically*

Cedarwood can help maintain healthy-looking skin. Apply it directly, dilute it with Fractionated Coconut Oil, or add a few drops to your facial toner or moisturizer. Rub a few drops on the bottoms of your feet or your wrists, temples, and neck, breathing deep afterward.

## When Should I Use Cedarwood?

The warm, woody, and somewhat balsamic aroma of Cedarwood essential oil relaxes and calms. Its high concentration of cedrol, a sesquiterpene alcohol, makes it one of the most grounding essential oils. Diffuse Cedarwood for a calming aroma to unwind before bed. Blend its aroma with citrus and floral oils like Bergamot, Jasmine, Rose, and Lemon.

Incorporate Cedarwood into your skincare routine to add a warm, woody scent to your self-care.

You can also place a drop of Cedarwood on a cotton ball and keep it in your closet to repel insects. The same approach can be used outside! Simply add a few drops to mulch or topsoil.

### ***DIY with Cedarwood: Reusable Dryer Sheets***

#### ***Ingredients:***

- 1½ cups white vinegar
- ½ cup distilled water (or boiled water)
- 10 drops Wild Orange essential oil
- 10 Cedarwood essential oil

#### ***Items Needed:***

- Glass storage container with a lid (32-ounce mason jar)
- 20 cloth "sheets" (cut from a sweater, cotton T-shirt, flannel blanket, or fabric of your choice)

#### ***Instructions:***

1. Cut your fabric into five-inch squares. Fold the cloths and place them in your glass container.
2. Mix the vinegar and essential oils in a bowl. Pour over the cloth in the jar until moistened but not dripping with saturation. Keep any excess vinegar mix in another lidded container for the next round.
3. Use one to two dryer sheets per laundry load. Moisten the cloths when dry and reuse.

*Tip: Run the dryer sheets through the wash every two to three weeks, depending on usage (or when you're ready to change scents).*



## Where Does Cedarwood Come From?



Cedar trees grow globally, but we source *Juniperus virginiana*—eastern redcedar—from the Southeastern United States for a superior chemical profile. The eastern redcedar is a dense, slow-growing coniferous evergreen known as a pioneer species, because it's the first to regrow after an area has been damaged by fire, flooding, or even logging. Cedarwood essential oil is steam-distilled from the byproduct scraps and sawdust of the lumber industry, limiting waste.

## Why Cedarwood?

Cedarwood prominently features a chemical group called sesquiterpenes. Essential oils that contain sesquiterpenes are known to provide a grounding, balancing aroma when used aromatically. Along with cedrol, Cedarwood essential oil includes the sesquiterpene chemical constituents cedrene and thujopsene, which help improve the appearance of your skin.

As a warm, woody essential oil, Cedarwood produces an aroma that's reminiscent of the outdoors.



### **Tip:** *Ways to Enjoy Cedarwood*

Pair Cedarwood with healthy lifestyle habits to enjoy the best results!

- Diffuse to create a relaxing environment after a difficult day.
- Add one to two drops to your facial toner or moisturizer.
- Place a drop on a cotton ball and store in your closet to repel insects.
- Massage one to two drops into your chest for a grounding aroma during a workout.
- Apply to the bottoms of your feet for a comforting aroma.



# PB Assist+®

## What's PB Assist+®?

PB Assist+ is a proprietary formula of prebiotic fiber and six strains of probiotic microorganisms in a double-layer vegetable capsule. It delivers six billion CFUs of active probiotic cultures and soluble prebiotic ructooligosaccharides (FOS) that encourage friendly bacterial growth.\*

The time-release capsule protects the sensitive probiotic cultures from stomach acid, offering a safe and effective way to deliver the well-recognized digestive and immune support of probiotics.\*

## How Do I Use PB Assist+®?

### *Internally*

Take one capsule three times a day with food.

## When Should I Use PB Assist+®?

Taking a capsule three times a day with food for 10 days each month promotes friendly digestive flora colonization. Do so more frequently and for longer when digestive flora has been compromised by stressors.\* Use PB Assist+ when traveling to boost digestive immunity or once a day to promote ongoing digestive comfort.\*

## Why PB Assist+®?

You can support healthy digestive and immune function, as well as increase good bacteria necessary for digestive health in the intestines, with the powerful Probiotic Defense Formula.\*

Each serving of PB Assist+ delivers six billion CFUs of active probiotic cultures and soluble prebiotic fiber to support proper digestive function, particularly in the colon and intestinal tract.\* Supplementing your diet with probiotics promotes a healthy intestinal tract, increased digestive comfort, optimal metabolism, and nutrients absorption in the GI tract.\* Recent studies suggest a healthy bacteria balance in the gut also helps the body maintain immune function.\*

While the benefits of probiotics are clearly documented, many probiotic supplements can't pass through the stomach unharmed. PB Assist+ protects probiotic cultures so they can provide the digestive and immune support you want and need.\*





## Why PB Assist+®?

- Promotes a positive balance and proliferation of beneficial gut bacteria necessary for maintaining a healthy GI tract.\*
- Supports healthy digestive and immune system function.\*
- Supports GI tract health, particularly of the intestines and colon.\*
- Supports optimal food metabolism and absorption.\*
- Maintains the microflora population after a cleanse.\*
- Helps restore gut equilibrium.\*
- Provides a convenient way to support GI tract health.\*





# DigestZen® Touch

## What's DigestZen® Touch?

The calming aroma of DigestZen Digestive Blend is perfect at home, at work, or on the go. DigestZen Touch combines the Digestive Blend with Fractionated Coconut Oil for gentle topical application. Peppermint, Coriander, Ginger, Caraway, Cardamom, Fennel, and Anise are soothing and refreshing when inhaled or applied topically. DigestZen Touch is an ideal product for those with sensitive skin.

## How Do I Use DigestZen® Touch?

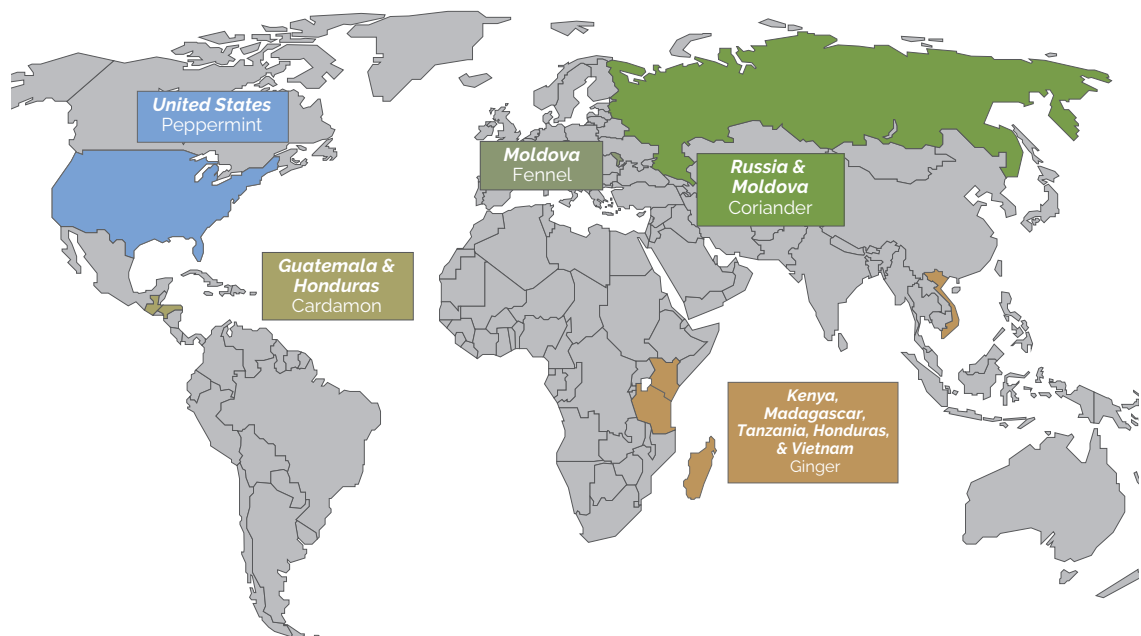
### *Topically*

Rub one to four drops on the stomach before flying or hitting the road to enjoy a calming aroma.

## When Should I Use DigestZen® Touch?

When you need some soothing support, rub DigestZen Touch on desired areas.

## Where Does DigestZen® Touch Come From?





DigestZen Touch combines several key essential oils, with Cardamom being the newest addition to the blend.

Generally grown in Guatemala, cardamom is a newer crop in Honduras, offering significant additional income to farmers who have traditionally cultivated bananas and sugar cane.

Cardamom is a member of the ginger family. It grows best in the shade and is harvested between September and February. The average plant lasts seven years, bearing fruit two to three years after planting and producing 10 to 20 small cardamom seeds in each papery seedpod.

The seeds are dried for 36 hours before being sold to the spice or essential oil industries. Cardamom essential oil is steam-distilled from these dried seeds.

Cō-Impact Sourcing® trains Guatemalan farmers the best growing practices, including seed selection, planting, and harvesting. Farmers receive biweekly training and hands-on experience to help them produce a higher quality and quantity of cardamom, thus receiving a higher price for their yield.

The dōTERRA Healing Hands Foundation® has funded several community development projects in Guatemala. Mario Mendez Montenegro Kindergarten School in Huehuetenango received new bathrooms, a replaced roof, repaired fence, and newly painted classrooms.

The dōTERRA Healing Hands Foundation funded a year's salary for a new doctor in anticipation of a newly built, self-sustaining hospital in Guatemala and sponsored projects like Days for Girls Kits and training.

## Why DigestZen® Touch?

DigestZen is a proprietary blend of Peppermint, Ginger, Cardamom, Caraway, Anise, Coriander, and Fennel—all known for their supportive benefits.

- **Peppermint** is refreshing, minty, and airy.
- **Cardamom** is a relative of ginger and is known as the queen of spices.
- **Coriander** is steam-distilled from the same plant as Cilantro essential oil and has a high linalool content.
- **Ginger** is distilled from the ginger rhizome—often used as a cooking spice—and has a soothing aroma.
- **Caraway** has been used since ancient Egypt. It's distilled from the seeds of a sweet herb in the carrot family. Caraway freshens breath and adds a warm, fresh note to aromas.
- **Anise**—steam-distilled from dried anise fruits—is often added to baked goods and liquors in Europe for its sweet, licorice-like flavor.
- **Fennels** is a flowering plant in the carrot family and has a calming yet invigorating aroma.



### **Tip:** *Ways to Enjoy DigestZen® Touch*

- Take on road trips to provide a sweet, minty, and calming aroma.
- Apply to the stomach or bottoms of the feet after eating a large meal.
- Roll on the stomach before flying or driving as part of a soothing massage.