Wellness Consult

1 Write down your health priorities and find solutions.

Top Health Priorities for You and Your Family	Natural Solutions You Have	Natural Solutions You Need
1	1	1
2	2	2
3	3	3

2 Create your daily wellness plan.

Begin with the foundational daily habits listed below. Then add the natural solutions you need and organize them into your daily plan.

	MORNING	AFTERNOON	EVENING
SUPPLEMENTS	☐ dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) (M) ☐ 1–2 DigestZen TerraZyme® (M) ☐ 1 sachet MetaPWR™ Advantage	☐ dōTERRA Lifelong Vitality Pack®* (2 Alpha CRS+®, 2 Microplex VMz®, 2 xEO Mega®) (M) ☐ 1–2 DigestZen TerraZyme® (M)	☐ 1 MetaPWR™ Assist before dinner (M) ☐ 1–2 DigestZen TerraZyme® with dinner (M) ☐ 1–2 PB Assist+® at bedtime
ESSENTIAL OILS	☐ 1–3 drops Lemon in water ☐ 2 drops Frankincense on bottoms of feet or under tongue ☐ 2 drops dōTERRA Balance® on bottoms of feet	☐ 1–3 drops Lemon in water ☐ Diffuse 4–5 drops dōTERRA On Guard® ☐ Apply Deep Blue® after workout	☐ 2 drops Frankincense on bottoms of feet or under tongue ☐ 2 drops dōTERRA Balance® on bottoms of feet ☐ Apply Deep Blue® where needed ☐ Diffuse 3–5 drops Lavender at bedtime

*When beginning dōTERRA Lifelong Vitality Pack®, start with half doses for two weeks. (M) with Meal

3 What other wellness choices could support your goals?

(e.g., water intake, sleep, exercise, dietary changes)

4 Live empowered with natural solutions.

Create a 90-day wellness plan by adding the product you need to your loyalty orders (recommended to run between the 5th—15th).

MONTH 1 LRP	Date: /	MONTH 2 LRP	Date: /	MONTH 3 LRP	Date: /
TOTAL PV		TOTAL PV		TOTAL PV	

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

Make Wellness Complete

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of wellness convenient and affordable. These essential nutrients can be paired perfectly with any of the Wellness Programs or your essential oils to maximize results.

Alpha CRS+® Cellular Vitality Complex contains powerful polyphenols that protect cells from free radicals, which can damage cellular DNA, mitochondria, and other critical cell structures.*

xEO Mega® contains ultra pure essential fatty acids and other fat-soluble nutrients that provide many systemic benefits, including support to heart, circulatory, brain, and cellular health.*

Microplex VMz® is a balanced formula of essential vitamins and bioavailable minerals, carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.*

The Smartest Way to Buy

For greater savings and opportunities to receive free products, create a loyalty order.

Purchase 1 dōTERRA Lifelong Vitality Pack® or MetaPWR™ Advantage, and choose up to 3 of the following products at a reduced price.

Microplex VMz | xEO Mega | Mito2Max® | Deep Blue Polyphenol Complex® | DigestZen TerraZyme® | PB Assist+® | MetaPWR™ Assist & Beadlets | MetaPWR™ Advantage | Kids Kit IQ Mega® and azz Chewable™

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*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.