



Supplements



dōTERRA Supplements

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dōTERRA Lifelong Vitality Pack®

As one of doTERRA's most popular products, doTERRA Lifelong Vitality Pack is full of essential nutrients, metabolism benefits, and powerful antioxidants designed to help promote energy, health, and lifelong vitality.

Primary Benefits

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Does not contain genetically modified material, dairy-free



Description

The doTERRA Lifelong Vitality Program makes taking the first step on the path toward a lifetime of vitality and wellness convenient and affordable. Our lifelong health and vitality depend on many factors including diet, physical activity, weight management, rest, stress management, exposure to toxins, and inherited genetic predisposition for disease or wellness. While some of these variables are beyond our complete control, breakthrough scientific research is revealing many ways we can influence—and even control—significant factors of aging

and wellness. A long life full of vitality and healthy aging begins with providing your cells with essential nutrients and metabolic factors to help them perform optimally.

doTERRA formulations such as those included in the Lifelong Vitality Pack form part of a wellness lifestyle range of products that may assist you at different stages of life.

As one of our most popular products, Lifelong Vitality Pack is full of essential nutrients, metabolism benefits and powerful antioxidants designed to help promote energy, health and lifelong vitality.

Microplex VMz[®]

Microplex VMz Food Nutrient Complex is a formula of bioavailable vitamins and minerals that maybe deficient in our modern diets. The formula includes a balanced blend of essential vitamins, C, E and an energy complex of B vitamins in a patented glycoprotein matrix.

Microplex VMz also contains minerals including calcium, magnesium and zinc, which play a role in the maintenance of healthy bone. It also contains the doTERRA tummy tamer botanical blend of Peppermint, Ginger and Caraway.

Formulated to be used daily with Alpha CRS+ and xEO Mega.

xEO Mega[®]

xEO Mega Essential Oil Omega Complex is a unique formula of CPTG[®] essential oils and a proprietary blend of marine and land sourced omega fatty acids.

Fish oils help support the health and function of the brain, cardiovascular & nervous systems. A daily serve of xEO Mega provides 1 gram of marine lipids (providing 320 mg of EPA, 308 mg of DHA, and 44 mg of other omega 3s (gamma linolenic Acid)), and a blend of 250 mg of plant-sourced fatty acids.

Formulated to be used daily with Alpha CRS+ and Microplex VMz.

Alpha CRS+®

Alpha CRS+ Cellular Vitality Complex is a propriety formula combining natural botanical and nutrients involved in the production of energy within the body.

Alpha CRS+ is formulated to be used daily with xEO Mega or Microplex VMz.

Bioavailability and the Lifelong Vitality Pack

<https://www.doterra.com/US/en/blog/science-wellness-bioavailability-llv>

Contributed by Dr. Damian Rodriguez, DHSc, MS

Introduction

More accurate than the popular adage “You are what you eat.” is the concept that you are what you absorb. If you are not properly digesting what you consume, all those phytonutrients aren’t reaching their target sites, and all that nutrition is only creating colorful—and possibly expensive—excretions without promoting optimum health. With the increase of highly-processed food in the conventional modern diet, nutrient absorption is becoming a progressively bigger concern. This is precisely why daily supplementation with doTERRA Lifelong Vitality Pack® is so important.

The reasons to use dietary supplements, and which ones to use, are very individual, but it all boils down to one primary concern: nutrient deficiencies. A survey conducted by the Centers for Disease Control and Prevention (CDC) found that as much as 95% of the American population has at least one vitamin deficiency¹. If you are currently on a weight management diet, your risk for micronutrient deficiency may be even greater². Unfortunately, avoiding nutrient deficiencies isn’t as simple as eating a whole food diet or picking up the first supplement bottle you see on the shelf.

Bioavailability

While it may sound complex, bioavailability is actually a simple concept. Bioavailability refers to how much of a specific ingested compound your body is able to recognize, absorb, and utilize in its active form. As impressive as that nutrition label or supplement facts panel

may be, if a substance isn't absorbed and delivered in its proper form to the target site in the body (if it isn't "bioavailable"), then it is essentially useless. Food and dietary supplements with low bioavailability do not support health and well-being, and in some cases, they may even be harmful. The source of the food or vitamin, how it is processed or prepared, and even what it is consumed with can all influence bioavailability. Although it is generally recommended that your efforts to meet your nutritional needs start with whole food³, there are other considerations to take into account. For instance, a significant percentage of the population is unable to properly digest and absorb natural vitamin B12 and folic acid when provided by whole food sources, so supplementation or eating fortified foods may be necessary.

While the foundation of health is a balanced, whole food diet, the prevalence of nutrient deficiencies provides strong evidence that integrating highly bioavailable dietary supplements into your daily life could promote improved health and increased lifespan⁴. When formulating the supplements in doTERRA Lifelong Vitality Pack, doTERRA scientists utilized a combination of the best from Mother Nature and the latest evidence-based research to develop a supplement that promotes energy, health, and lifelong vitality.

Chelation

The definition of chelation is to "create a ring-like complex." In the world of dietary supplements, what chelation refers to is bonding, which occurs through combining inorganic minerals with organic compounds for a specific purpose. The purpose, in regards to dietary supplements, is optimum absorption and bioavailability. While several different organic compounds may be used, most supplements containing chelated minerals utilize protein molecules because research has shown that the human body is effective at absorbing individual amino acids⁵. When bonded to an amino acid, it is believed that specific minerals do not break down as readily in the digestive process and are more effectively absorbed and shuttled to their target cells. For optimum bioavailability, Microplex VMz[®] Food Nutrient Complex delivers

several minerals in chelated form that usually have poor absorption, including chromium, copper, iron, manganese, and zinc.

Full-Spectrum Ingredients

“Full-spectrum” is a simple concept in dietary supplementation that essentially means taking advantage of what Mother Nature has provided to promote optimum health. Full-spectrum ingredients in terms of dietary supplements refer to compounds that are provided in their entirety, not as isolated constituents, so that natural ratios are not affected. Microplex VMz uses full-spectrum ingredients whenever possible, including provitamin A carotenoids and vitamin E tocopherols.

Glycoprotein Matrix

The use of the patented glycoprotein matrix process combines the best of nature with the most current nutritional science to increase bioavailability. In creating a glycoprotein compound, individual vitamins are introduced to a culture of lactobacillus (a type of bacteria that lives in the human digestive system and is known to have some beneficial effects) and yeast. The vitamin or mineral is bonded into the protein matrix as the yeast metabolizes, creating a compound that is more efficiently assimilated by the digestive system. This process is used to deliver highly bioavailable sources of vitamin K, thiamin, riboflavin, vitamin B12, niacin, vitamin B6, and pantothenic acid in Microplex VMz.

Conclusion

Microplex VMz Food Nutrient Complex, xEO Mega[®] Essential Oil Omega Complex, and Alpha CRS[®]+ Cellular Vitality Complex represent the perfect synergy of nature and science. Using full-spectrum ingredients and the latest formulation methods to ensure peak bioavailability of essential nutrients and metabolic factors, there is no better way to promote optimum health and well-being than by supplementing a whole food diet with doTERRA Lifelong Vitality Pack.*

Alpha CRS+® Cellular Vitality Complex

<https://www.doterra.com/US/en/blog/spotlight-alpha-crs-plus>

Product Description

Antioxidants are one of the most critical nutritional components of one's health. A substance with antioxidant properties inhibits the molecular oxidation that produces free radicals—these free radicals lead to chain reactions that may damage cells. Antioxidants help your body handle oxidative stress, as well as keep the heart, the cardiovascular system, the brain, and the nervous system functioning optimally.

While these powerful substances are contained in high concentrations in many natural whole foods, it is often difficult to get adequate amounts on a daily basis. With the most comprehensive antioxidant protection, Alpha CRS+ provides all of your daily cellular vitality support in one easy-to-use dietary supplement.*

What Makes Alpha CRS+ Unique?

Antioxidants are one of the most popular nutritional supplements, but Alpha CRS+ Cellular Vitality Complex offers a proprietary combination of natural botanical extracts that make it unique. Alpha CRS+ contains doTERRA's proprietary antioxidant cellular longevity blend, which includes potent doses of powerful polyphenols—including baicalin from scutellaria root, resveratrol from polygonum cuspidatum, pomegranate fruit extract, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle—that support healthy cell function.

Other ingredients contained in Alpha CRS+ support various body systems and work through specific channels to support overall wellness.* A standardized extract of *Boswellia serrata* for boswellic acid supports healthy inflammatory response in cells.* A *Ginkgo biloba* extract is included to support mental clarity and function.* Alpha CRS+ also naturally supports cellular energy through the inclusion of coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-l-carnitine.*

With these ingredients, Alpha CRS+ is truly the most comprehensive antioxidant supplement on the market.

Alpha CRS+ takes care of the digestive issues normally associated with dietary supplements by including the tummy tamer botanical extract blend to prevent stomach upset.* Lastly, it is specially formulated to be used daily with xEO Mega® and Microplex VMz® as a comprehensive dietary supplement foundation for a long-lasting vitality and wellness.* Combining a healthy, balanced diet with the supplements contained in the doTERRA Lifelong Vitality Pack® can help maintain health and well-being.*

Alpha CRS+ Uses and Benefits

As mentioned, Alpha CRS+ aids in inhibiting the oxidation process that creates free radicals.* By reducing oxidative stress to DNA and other critical cell structures in the body, Alpha CRS+ supports healthy cell function and metabolism.*

Not only is it important to avoid oxidative stress, but it is also vital to have healthy energy production for the cells. Alpha CRS+ supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production.*

We've mentioned the importance of avoiding oxidative stress, and the importance of cellular energy, however, to keep the body healthy and strong, it is also important to find a supplement that can help support the healthy immune function of cells. Luckily, this proprietary blend also supports healthy cellular immune function within the body.*

While many supplements focus on benefits for the body, doTERRA supplements also seek to support brain function and mental focus.* For those who seek a healthy brain, it is important to note that Alpha CRS+ supports mental clarity and brain function.*

The specialized formula of Alpha CRS+ has been designed to give the user optimum benefits, particularly when it comes to cell health.* Alpha CRS+ contains potent amounts of powerful polyphenols in a proprietary cellular longevity blend.

Because antioxidants help us avoid oxidative stress, it is important to find a supplement that can provide the proper antioxidant support within the body. The Alpha CRS+ formula includes standardized Ginkgo

biloba extract for further antioxidant support and to promote proper cognitive function.*

Do you have special dietary needs? If you have dietary restrictions, the Alpha CRS+ formula provides a viable supplement option. Alpha CRS+ is made with sodium lauryl sulfate-free vegetable capsules, and does not contain milk, wheat, or animal products.

For many, taking traditional supplements is not an option due to discomfort caused by supplement ingredients. Luckily, the Alpha CRS+ formula has been designed to help prevent stomach upset.*

Alpha CRS+ holds plenty of benefits for the body; however, its effects can reach even further when combined with the powerful benefits of xEO Mega and Microplex VMz. These three supplements have been specially formulated to be taken together daily in order to provide users with a comprehensive dietary supplement and improve overall wellness.

How to Take Alpha CRS+

Adults, take 4 capsules per day with food. Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex VMz.

xEO Mega® Essential Oil Omega Complex

<https://www.doterra.com/US/en/p/xeo-mega>

doTERRA xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Tested Grade® essential oils and a proprietary blend of marine- and land-sourced omega fatty acids. Omega fatty acids help support joint, cardiovascular, and brain health, and support healthy immune function.* One serving of xEO Mega provides 900 milligrams of marine lipids (providing 300 mg of EPA, 300 mg of DHA, and 70 mg of other omega 3s), and a blend of 250 mg of plant-sourced fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of astaxanthin, a powerful antioxidant carotenoid* harvested from microalgae. xEO Mega is encapsulated in a vegetarian-friendly softgel.

Primary Benefits

- Promotes heart and circulatory health*
- Supports healthy joint function and comfort*
- Provides immune-boosting nutrients*
- Protects against lipid oxidation and supports healthy function of the brain, eyes* and nervous system*
- Promotes healthy skin*
- Delivers 900 mg of pure, concentrated, molecularly filtered fish oil with 300 mg of EPA and 300 mg of DHA per daily serving, and 70 mg of other omega-3s
- Provides a wide range of omega-3 fatty acids including EPA, DHA, ALA and SDA from marine and plant sources to help maintain a healthy balance of these vital nutrients*
- Includes the powerful antioxidant carotenoid, astaxanthin*
- Formulated with a proprietary blend of doTERRA CPTG Certified Pure Tested Grade essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile
- Includes 800 IU of natural vitamin D and 60 IU of natural vitamin E
- Does not contain milk or wheat products
- Specially formulated to be used daily with Microplex VMz as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

Description

Essential Fatty Acids (EFAs) are nutrients required for many key functions in the human body, including cell growth, brain development, muscle activity, immune function, joint health, and many others.* While some fatty acids can be produced inside the body, “essential” fatty acids cannot be produced by our bodies; therefore, we rely on the food we eat to supply these important nutrients.

The most common of the essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests that for optimal health, hu-

mans should consume a one-to-one ratio of omega-6 to omega-3 essential fatty acids. Unfortunately, due to the abundance of omega-6 fatty acids in vegetable oils and our increasing consumption of fried and fatty foods, a typical Western diet includes omega-6 fatty acids in a ratio as high as 20 to 1! While our diets must include some omega-6 fatty acids as essential nutrients for life, the disproportionate consumption of omega-6 fatty acids and other unhealthy hydrogenated or trans fats has been linked to poor health. Studies also link low intake of omega-3 fatty acids to reduced mood and cognitive function.

Conversely, there is an enormous body of scientific evidence supporting the health benefits of increasing the dietary intake of omega-3 fatty acids. Studies have shown that increasing omega-3 fatty acid consumption has a positive effect on cardiovascular health and brain function, and promotes healthy immune function.* Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health and mobility, and on skin health.*

Restoring the balance between omega-3 and omega-6 fatty acids is an important step in keeping your body healthy. This can be done by decreasing your intake of unhealthy foods high in omega-6 fatty acids and increasing your intake of foods that are rich in omega-3 fatty acids. Fish is an excellent source of dietary omega-3 fatty acids, but omega-3s can also be found in canola oil and the oils of some nuts and seeds. Because of growing anxiety over the levels of toxins and heavy metals present in the world's oceans, daily fish consumption as a source of omega-3 fatty acids is not acceptable to some consumers. In fact, many nutritional experts warn against frequent fish consumption to prevent exposure to these toxic pollutants. One serving of xEO Mega provides 900 milligrams of pure, micro-filtered marine lipids with 300 mg of EPA, 300 mg of DHA, and 70 mg of other omega-3s. Added to this is 200 mg of plant-based, omega-3 rich, Echium seed oil, along with 50 mg of pomegranate seed oil.

Directions for Use

Adults, take 4 softgels per day with food. xEO Mega is formulated to be used daily with Microplex VMz and Alpha CRS+.

Storage

Sunlight and other light sources can oxidize carotenoids if not stored in a dark, cool, dry environment.

Microplex VMz[®] Food Nutrient Complex

<https://www.doterra.com/US/en/p/supplements-daily-vitality-microplex-vmz-food-nutrient-complex>

doTERRA Microplex VMz Food Nutrient Complex is a food nutrient formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. Microplex VMz also contains chelated minerals including calcium, magnesium, and zinc for optimal bone and metabolic health.* Microplex VMz contains the doTERRA tummy tamer botanical blend of Peppermint, Ginger, and Caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products.* Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules.

Primary Benefits

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells*
- Fights free radicals with the 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*
- Provides systemic benefits of vitality and wellness associated with optimal intake of essential nutrients*
- Natural folate from lemon peel

- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E; an energy complex of B vitamins; presented in a patented glycoprotein matrix for enhanced bioavailability*
- Includes a balanced blend of chelated minerals including calcium, magnesium, zinc, selenium, copper, manganese, and chromium.
- Includes a whole-food botanical blend of kale, dandelion, parsley, kelp, broccoli, brussels sprout, cabbage, and spinach
- Formulated with a digestive enzyme blend of protease, lactase, lipase, amylase, α -galactosidase, diastase, glucoamylase, and peptidase
- Contains a full-spectrum of vitamin E forms including tocotrienols
- Includes the doTERRA tummy tamer digestive blend of Peppermint, Ginger, and Caraway*
- Made with sodium lauryl sulfate-free vegetable capsules
- Specially formulated to be used daily with xEO Mega and Alpha CRS+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

Description

While it is abundantly clear that diets in the United States and in many developed countries include adequate and even an overabundance of calories, a growing body of evidence shows that even as we eat more, we are obtaining less of the essential nutrients vital for optimal health. Over-processed, calorie-rich, nutrient-poor food choices threaten to make us fat even as our bodies are deprived of vitamins, minerals, and other essential nutrients. The American Medical Association acknowledges the prudence of taking nutritional supplements, admitting that while “the clinical syndromes of vitamin deficiencies are unusual in Western societies, suboptimal vitamin status is not” (Journal of the American Medical Association, June 19, 2002).

Microplex VMz is a comprehensive array of vitamins and minerals presented in a food nutrient complex that are essential for normal growth, function, and maintenance of cells.* Microplex VMz provides a balanced blend of essential antioxidant vitamins A, C, and E; an en-

ergy complex of B vitamins; and 800 IU of vitamin D.* It also contains important chelated minerals for metabolism and the essential bone nutrients calcium, magnesium, and zinc.*

Directions for Use

Adults, take 4 vegetable capsules per day with food. Microplex VMz is formulated to be used daily with Alpha CRS+ and xEO Mega. (Taking with the fatty acids in xEO Mega will support absorption of the fat-soluble vitamins in Microplex VMz.)

Deep Blue Polyphenol Complex®

<https://www.doterra.com/US/en/blog/spotlight-deep-blue-polyphenol-complex>

Product Description

The brand name Deep Blue® is synonymous with relief for affected areas. The CPTG Certified Pure Tested Grade™ essential oil blend, as well as the rub, have provided comfort to many and are trusted among their users. Deep Blue Polyphenol Complex works through an entirely different pathway to offer further soothing relief for the aches of everyday life.*

Deep Blue Polyphenol Complex contains a powerful proprietary combination of polyphenols that have been used for thousands of years in Ayurvedic medicine and have been proven by modern science to provide soothing relief. Whether used in combination with Deep Blue essential oil blend or the doTERRA favorite, Deep Blue Rub, or used on its own as a daily nutritional supplement, Deep Blue Polyphenol Complex is a safe and effective way to help support muscle and joint comfort and function.*

What Makes Deep Blue Polyphenol Complex Unique?

The power of Deep Blue Polyphenol Complex is in its proprietary combination of polyphenols revered in traditional Ayurvedic medicine for its soothing benefits.* The foundation of Deep Blue Polyphenol Complex is extracts of Indian frankincense, turmeric, and ginger. Alone,

these extracts are recognized for their soothing benefits; together they provide soothing support throughout the entire body.*

Deep Blue Polyphenol Complex also contains a unique combination of polyphenols—water-soluble antioxidants that work synergistically with Indian frankincense, turmeric, and ginger extracts. Included are powerful polyphenols from green tea, red wine, and grape and pomegranate juice. The resveratrol from red wine is believed to be one of the primary reasons for the health benefits of the Mediterranean diet. Catechins, believed to be the reason green tea is known as a superfood, help scavenge free radicals to aid the body.* Grapeseed includes high concentrations of one of the most powerful antioxidant substances: OPCs (Oligomeric Proanthocyanidins). OPCs assist with proper oxidative stress response.* Finally, punicalagin has been shown to be the source of pomegranate's antioxidant activity.* These polyphenols are the perfect antioxidant complement to the soothing extracts of Deep Blue Polyphenol Complex.

Deep Blue also contains the proprietary tummy tamer extract of ginger root, peppermint leaf, and caraway seed extracts for easy digestion of the sodium lauryl sulfate-free HPMC vegetable capsules. No need to worry about stomach upset, bloating, or allergy issues; just take two capsules with food (one in the morning and another in the evening), for your daily dose of soothing relief.*

Uses and Benefits

Features patent-pending, fast-acting frankincense extract shown to help support muscle and joint comfort and function.* Boswellia serrata extract has been clinically studied to promote healthy mobility and function and can provide soothing support throughout the entire body.*

Deep Blue Polyphenol Complex includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe aches and discomfort.* The extracts of ginger and turmeric have been used for centuries in Ayurvedic medicine for their soothing benefits and are perfectly complemented by a blend of antioxidant-rich polyphenols.*

High levels of catechins from green tea provide antioxidant and immune supporting benefits.* Green tea, highly valued in Asian cuisines has been studied for its powerful oxidative stress fighting and immune system supporting benefits.*

Deep Blue Polyphenol Complex also provides added antioxidant support.* The combination of polyphenols from green tea, red wine, and grape and pomegranate juice offer powerful free radical fighting support that the body desperately needs.*

If you enjoy using Deep Blue Rub for its soothing effects, it is important to note that Deep Blue Polyphenol Complex is a helpful addition to the topical application of Deep Blue Rub. Because it is taken internally and works through a different pathway than Deep Blue Rub, Deep Blue Polyphenol Complex can provide increased soothing for the user.* Of course, both Deep Blue Rub and Deep Blue Polyphenol Complex can be used in combination for any of your problem areas.

Do you dislike taking supplements because of their often unpleasant effects on the digestive system? These negative side effects for digestion can keep us from taking supplements regularly. Luckily, Deep Blue Polyphenol Complex includes the tummy tamer extract that promotes digestibility and bioavailability.* Ginger root, peppermint leaf, and caraway seed extracts support efficient digestion without the digestive discomfort and bloating common when taking other dietary supplements.*

As mentioned, Deep Blue Polyphenol Complex can be used in tandem with Deep Blue Rub or Deep Blue Soothing Blend. If you are a big fan of Deep Blue products, remember that these items can be used together for a powerful soothing combination that attacks discomfort from every angle.

Deep Blue Polyphenol Complex is safe to be used by everyone in the family. Unlike other supplements that aren't suitable for children or designed for the elderly, Deep Blue Polyphenol Complex has been formulated to help anyone in your family, from the youngest child to the oldest grandparent.

A common concern regarding supplements is the source of ingredients. Whether you have strict dietary guidelines or other dietary concerns, it can be difficult to find a supplement that suits your needs. Deep Blue Polyphenol Complex uses sodium lauryl sulfate-free HPMC vegetable capsules, making this blend fully vegetarian.

If you feel like your mornings, afternoons, and evenings are a constant cycle of remembering to take supplements, you'll be happy to know that Deep Blue Polyphenol Complex can be taken as needed. Whether you want to use it occasionally when you experience discomfort, or feel that you need it daily for mild discomfort, Deep Blue Polyphenol Complex can be safely taken as needed.* Take as needed when discomfort presents itself, or take it every day for long-lasting benefits.* This blend can be taken daily for soothing support or used when needing an extra boost of relief.*

How to Take Deep Blue Polyphenol Complex

Safe for the entire family. Take two capsules with food per day; one capsule in the morning and one in the evening. Take as needed when discomfort presents itself, or take it every day for long-lasting benefits.*

Supplements Explained: Cellular Health

<https://www.doterra.com/US/en/blog/product-spotlight-supplements-for-cellular-health>

doTERRA has three specialized supplements that are all about working with your cells. From protecting cell DNA from free radical damage, to boosting cell energy, DDR Prime®, Mito2Max®, and Deep Blue Polyphenol Complex® are each a perfect addition to your daily regimen when you need a boost.

Read on to find out the impact each of these supplements can have on your cells:



DDR Prime

This unique supplement is available both as the oil blend in a 30 mL bottle, or in a softgel. No plant extracts are used in this supplement; the oils in the blend are Frankincense, Clove, Lemongrass, Wild Orange, Niaouli, Thyme, and Summer Savory. Each oil was shown in studies to be able to respond to free-radicals, support cellular renewal, and assist in the healthy, normal function of cells.* Whether you take it in water, make your own veggie capsule, or you use the softgel version, DDR Prime is helpful when it comes to combating oxidative stress from daily life.*

Recommended dose: Use for short periods of time for an extra boost as needed, or take 2 softgels daily with a meal.

Mito2Max

Supporting the mitochondria (the powerhouse or engine of the cell) is the main goal behind the Energy and Stamina Complex. It does so with ingredients like acetyl-L-carnitine and Oligonol® that provide this support and are effective at protecting your cells against oxidation. Unlike energy drinks that come with unwanted side effects and high amounts of sugar, Mito2Max won't cause an energy crash later in the day.

Recommended dose: Take two capsules a day with food. Avoid using before sleep.

Deep Blue Polyphenol Complex

The ingredients in Deep Blue Polyphenol Complex are meant to give your cells even more comprehensive and deep protection from antioxidants. Find out more about how Deep Blue Polyphenol Complex impacts cellular vitality and energy from this video featuring doTERRA's Director of Research and Development, Dr. Tory Parker.

Recommended dose: Take one capsule in the morning and one in the evening with food.

Supplements Explained: Muscle, Joints, and Bones

<https://www.doterra.com/US/en/blog/product-spotlight-supplements-muscle-joints-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. It goes without saying that without any one element of the system, you would not be able to perform daily tasks or other activities that you enjoy.



The following dōTERRA supplements help support your muscles, joints, or bones.

The following dōTERRA supplements help support your muscles, joints, or bones.

Deep Blue Polyphenol Complex®

The specialized, patent-pending Frankincense extract in the complex supports muscle and joint comfort. It goes well with extracts of Ginger, curcumin, resveratrol, and other polyphenols that soothe occasional aches and discomfort. 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. See more about the concept of Deep Blue Polyphenol here.

Recommended Use: Take with food, one capsule in the morning and one in the evening. Or, if preferred, take as needed when experiencing discomfort.

Bone Nutrient Lifetime Complex

Women continue to build bone mass and reach their maximum bone density in their late twenties. But, Bone Nutrient is made up of a blend of vitamins and minerals women need to support bone-health from adolescence through menopause. Note: though this is formulated to

meet the specific bone-health needs of women, men can also use Bone Nutrient to meet their calcium and magnesium needs.

Recommended Use: Teens through adults can take four capsules daily with food.

Phytoestrogen Lifetime Complex

The accompanying supplement to Bone Nutrient, Phytoestrogen provides more support for healthy bones. Maintaining a healthy ratio of estrogen metabolites in the body is vital for women. Current research shows that 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.*

Recommended Use: Take one to two capsules daily with food or as needed. Women going through menopause can take it along with the doTERRA Lifelong Vitality Pack® and Bone Nutrient.

vEO Mega®*, *xEO Mega®*, & *Microplex VMz®

As discussed in our previous post, each of these supplements are also for daily use. Among their other benefits, xEO Mega and vEO Mega specifically have benefits for your joints. This is thanks to the omega fatty acids included in the formula. Microplex VMz includes calcium, magnesium, zinc, and vitamin D to give your bones the best support possible. The vegan version of this supplement also includes these four ingredients.

IQ Mega®

So which of these supplements is good for children's growing bodies? IQ Mega, while mostly known for its benefits to the brain, is great for supporting the joints, thanks to the omega-3s included in the formula.

Recommended Use: Take one teaspoon daily

Supplements Explained: Essential Oil Softgels

<https://www.doterra.com/US/en/blog/product-spotlight-essential-oil-softgels>



Using essential oils internally is a great way to experience their benefits. Together, each of the softgel supplements make up an easy and unique way to take essential oils internally. Individually they all have different benefits that help with day-to-day issues you may be facing.

DDR Prime® Softgels

The DDR Prime blend was formulated to give optimal support to your cells. We all come across free-radicals and oxidation on a daily basis—DDR Prime counters this with antioxidant protection.* The blend contains a blend of Frankincense, Wild Orange, Lemongrass, Thyme, Summer Savory, Clove, and Niaouli essential oils.

Drops per capsule: Four

Recommended dose: Take up to two capsules daily with a meal.

DigestZen® Softgels

For those times when your stomach gets upset, it helps to have DigestZen on hand. The vegetarian softgel easily dissolves, and allows

the blend to naturally soothe mild stomach discomfort and aid digestion.* DigestZen includes Ginger, Peppermint, Caraway, Coriander, Tarragon, and Fennel.

Drops per capsule: Two

Recommended dose: Take one capsule as needed.

doTERRA On Guard+™ Softgels

You can feel it when your immune system isn't functioning at its best. The doTERRA On Guard+ Softgels can give your immune system a boost during those times by protecting against environmental threats.* It also can help maintain your body's healthy circulation.* The doTERRA On Guard blend in the softgels contains Wild Orange, Clove, Black Pepper, Cinnamon Bark, Eucalyptus, Oregano, Rosemary, and Melissa.

Drops per capsule: Two

Recommended dose: Take one or more capsules as needed. Note: it is not recommended for regular daily use.

TriEase® Softgels

Perfect when you're about to step into the great outdoors, TriEase is mainly about helping your body deal with seasonal threats by supporting the respiratory system and clear breathing.* It is made up of the well-known blend of Lavender, Lemon, and Peppermint.

Drops per capsule: Five

Recommended dose: One to two capsules per day as needed. During times when seasonal and environmental threats are high, it is safe to consume on a daily basis.

doTERRA Serenity™ Softgels

Made up of Lavender oil and natural plant extracts, use Serenity to get the rest that you need and wake up feeling refreshed instead of groggy.* Calming the nervous system, reducing stress, and making a difference in the quality of your sleep* are all benefits of taking Serenity internally.

Drops per capsule: Two

Recommended dose: One to two capsules before going to sleep.

Zendocrin[®] Softgels

Need to detox? Zendocrin Softgels can help your body's natural ability to cleanse itself to clear your body of harmful free radicals and toxins.* As part of this cleansing process, Zendocrin supports your liver in its important metabolic functions.* The Zendocrin essential oil blend is made up of Rosemary, Tangerine, Geranium, Juniper Berry, and Cilantro.

Drops per capsule: Two

Recommended dose: One capsule two or three times daily as needed.

Supplements Explained: Digestive Health

<https://www.doterra.com/US/en/blog/product-spotlight-supplements-digestive-health>

You may have noticed that dōTERRA has an abundance of supplements all intended to benefit the digestive system. If you've ever wondered why, the answer becomes clear when you look at statistics. Digestive



health is a prime concern for many people—according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIH), approximately 60 to 70 million people are affected by digestive issues in the US alone. The supplements dōTERRA offers were created to keep the various components of the digestive system functioning at their best.

DigestZen® Softgels

When you want to simply take the DigestZen blend to ease queasiness or soothe stomach discomfort after trying new foods, the softgels are a great option because you don't have to fill your own veggie capsule. At two drops per capsule, you can take one softgel as needed.

Suggested Use:

Take after enjoying a meal to promote digestion.

When traveling or trying new foods take to soothe occasional stomach discomfort.

Take with water or tea to maintain a healthy gastrointestinal tract.

DigestTab®

This chewable tablet is specifically designed for individuals with sensitive stomachs. Formulated with calcium carbonate, DigestTab works to neutralize and reduce acid. Ginger, Peppermint, Caraway, Coriander, Anise, Tarragon, and Fennel essential oils soothe and support the digestive system, and complete the list of ingredients.

Suggested Use:

Use as needed for relief from occasional upset stomach and heartburn.

Take one tablet to provide relief from the occasional acid indigestion and can help reduce unwanted belching and bloating.

DigestZen TerraZyme®

Metabolic enzymes are produced by your body and taken from the food you eat. Your body needs plenty of digestive enzymes to digest food and to help cells convert nutrients into energy. However, the processed, cooked, and preservative-laden foods in the modern diet are often enzyme deficient. TerraZyme contains a blend of active whole-food enzymes and supporting cofactors to make up the difference.

Suggested Use:

Take one to three capsules with meals. Adjust the amount depending on what you're eating—if you're eating plenty of fruits and vegetables, take one. If you're eating something more highly processed, take three.

GX Assist®

Known as the natural way to cleanse, GX Assist was created with both caprylic acid and essential oils. These ingredients create an unfriendly environment in your digestive tract to potential threats that cause digestive issues.

Suggested Use:

On a quarterly basis take one to three softgels with meals. Use for 10 days before starting PB Assist®+. Do not take at the same time as PB Assist+.

PB Assist®+

It's no secret that probiotics are great for your gut. With them your digestive system, (not to mention your immune system), can function at its best. PB Assist+ is a combination of pre-biotics and probiotics to encourage the growth of good bacteria in your gastrointestinal tract. It also can support your metabolism and better absorption of nutrients from food. The capsule has been specifically designed with a time-release, double layered system to protect the probiotics from stomach acid.

Suggested Uses:

If using on its own, take one capsule three times daily with meals for 10 days each month.

If taking as part of a quarterly cleanse after GX Assist, take three capsules a day for five days, and then one capsule a day for 15 days.

When your digestive system has been compromised by digestive stressors, PB Assist is safe to take more frequently or for longer periods of time.

PB Assist® Jr.

This is a probiotic powder for kids, and it is also great for adults that find swallowing pills challenging. It contains 5 billion live cells from six probiotic strains, along with prebiotic FOS. Why give a child probiotics? Consuming probiotics during childhood has been shown to balance their microflora and support long-term well-being. And, just like in the adult version, PB Assist Jr. supports both the digestive and immune systems, as well as metabolism and nutrient absorption.

Suggested Use:

Consume one sachet daily directly in mouth, or in cold water, juice, or yogurt. Do not mix with hot water.

Zendocrine® Softgels

Formulated with essential oils, the softgels are designed to support the liver and detoxification of the body's systems. The body is naturally able to rid itself of unwanted substances; Zendocrine is intended to support this process. Each softgel contains 2 drops of the Zendocrine blend.

Suggested Use:

Take one softgel two to three times daily.

Zendocrine® Detoxification Complex

Instead of essential oils, the complex is made up of herbs that traditionally support the liver and detoxification. It affects the body through a different mechanism than the Zendocrine softgels, and you can experience different benefits than the softgels for that reason. We recommend trying both to see which works best for you.

Suggested Use:

To support the cleansing organs, take two capsules daily (one in the morning and one in the evening) for an entire month. Repeat every three to four months.



Supplements Explained: Daily Vitality for Children

<https://www.doterra.com/US/en/blog/product-spotlight-supplements-daily-vitality>

doTERRA a2z Chewable™ & IQ Mega®

For children four or older, doTERRA recommends a2z Chewable and IQ Mega. While an adult may take these supplements, these products are intended to help children start on the foundation for lifelong wellness.

a2z Chewables

These chewable vitamins are perfect for kids that do not easily swallow pills. The concept here is similar to what the Lifelong Vitality pack provides. The supplement includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese. It is also formulated with the Alpha CRS+ blend, and antioxidant vitamins A, C, E, along with a cellular energy complex of B vitamins. With the final addition of a superfood blend, a2z is the ideal supplement for kid's growing bodies, or for adults that find swallowing pills difficult.

Dose: Take 2 tablets daily with meals. Adults may take up to 3 tablets daily.

IQ Mega

IQ Mega is designed to take along with the a2z Chewable. This unique fish oil supplement has the added benefit of being flavored with Wild Orange. It helps sustain healthy cardiovascular and nervous system function, while supporting healthy joint function as well.* IQ Mega also provides important nutrients for healthy immune function, and supports healthy function of the brain and eyes.*

Dose: Take 1 teaspoon daily

Turmeric Dual Chamber Capsule

<https://www.doterra.com/US/en/blog/science-research-news-doterra-turmeric-dual-chamber-capsule>

The rhizome (stem) of the *Curcuma longa* plant has been used for thousands of years in Ayurvedic and Chinese traditional health practices. Its most beneficial compounds were first isolated in 1815 by French chemists, but it has taken modern research to discover how to best take advantage of its wide spectrum of benefits. Previous turmeric dietary



supplements could only offer high concentrations of curcuminoids (in the extract) or turmerones (in the essential oil), while trying to ensure that the compounds are recognized, absorbed, and used properly by the body. doTERRA didn't want you to have to choose between benefits, so we developed a solution with the Turmeric Dual Chamber Capsules.

The doTERRA Turmeric Dual Chamber Capsule combines the essential oil that is steam distilled from the stems of the *Curcuma longa* plant and the extract, in a revolutionary new oral delivery system, which takes advantage of the best nature and modern science has to offer. The power of Turmeric resides in its concentration of two unique families of compounds, curcuminoids and turmerones.

Curcuminoids

Curcuminoids are active compounds that are found in turmeric extract. Though curcumin is the most well-known, abundant, and researched compound, this family of phenols also includes demethoxycurcumin and bisdemethoxycurcumin. Human clinical research has shown that oral consumption of curcumin helps support the body's internal antioxidant system. Other clinical research has provided evidence that ingesting curcumin can help soothe overworked muscles and help keep joints flexible and resilient due to its ability to support healthy inflammatory response. Curcumin provides amazing benefits

for those dealing with the side effects of an active lifestyle, but bioavailability is a concern. In vivo studies have shown that it is particularly difficult to reach adequate levels of curcumin in the blood when it is ingested. To address this issue, most curcumin oral preparations are combined with other extracts (especially that of black pepper), but combining these extracts can cause inhibition of the CYP450 3A4 pathway, which research has shown may increase the risk for toxicity. Despite all the benefits, without a good delivery system, ingestion of curcumin may actually be detrimental to health. That's why the dual chamber capsule is so great, it provides an effective and safe way to experience the benefits of curcuminoids.

Turmerones

While curcuminoid molecules are too large to be volatilized during the steam distillation process and therefore should not exist in high quality Turmeric essential oil, Turmeric essential oil does contain other compounds that have beneficial properties. Turmerones are the most prominent volatile aromatic compounds contained within Turmeric essential oil. The most abundant turmerone in Turmeric is ar-Turmerone, which has been shown in experimental research to support cellular, immune system, and nervous system function when taken internally. Most fascinating of all, experimental research suggests that when combined, ar-Turmerone may increase the bioavailability of curcumin, allowing it to reach systemic circulation and exert its beneficial biological activities.

How to Use Turmeric Dual Chamber Capsules

The outer layer of the Turmeric Dual Chamber Capsule contains Turmeric root essential oil, standardized for 70 percent turmerones. The inner chamber contains turmeric extract with a 95 percent concentration of curcuminoids. These capsules provide the most beneficial components of turmeric in a convenient oral delivery system that simultaneously improves bioavailability.

To enjoy the benefits of the Turmeric Dual Chamber Capsules, try one of the following:

- Take two capsules per day, one with an afternoon meal and one with an evening meal, to provide the joint and connective tissue support you need for your active lifestyle.
- Take each morning with breakfast for antioxidant support.
- Include in your daily supplement regimen to support healthy cellular, immune system, and nervous system function.
- Take two capsules per day as part of your weight management efforts to support healthy metabolism

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Supplement Price List

Product	\$US	\$AU	Pt
a2z Chewables	24.50	31.60	15
Alpha CRS+ Cellular Vitality Complex (AU)		111.00	78
Alpha CRS+ Cellular Vitality Complex (US)	80.00	103.00	69.5
Bone Nutrient Lifetime Complex	20.25	26.00	12
DDR Prime (US)	28.00	36.00	21
DDR Prime Softgels (AU)			
DDR Prime Softgels (US)	55.00	71.00	55
Deep Blue Polyphenol Complex	71.50	92.00	59.5
DigestTab	17.00	22.00	10
DigestZen Softgels	23.00	30.00	15
GX Assist	30.00	39.00	26
IQ Mega	41.50	53.50	30
Lifelong Vitality Pack (AU)		115.00	60
Lifelong Vitality Pack (US)	79.50	102.50	60
Lifelong Vitality Pack—Vegan (US)	107.50	139.00	60
Microplex VMz Food Nutrient Complex (AU)		63.00	44
Microplex VMz Food Nutrient Complex (US)	47.50	61.00	39.5
Mito2Max	47.50	61.00	39.5
OnGuard Softgels	31.25	40.30	22.5
PB Assist	40.75	52.50	34.5
PB Assist Jr	29.50	38.00	20
Phytoestrogen Lifetime Complex	39.50	51.00	39.5
Serenity Softgels	23.50	31.00	17
Terrazyme	43.00	55.50	37.5
TriEase Softgels	27.50	35.50	20
Turmeric Dual-Chamber Capsules	37.00	48.00	37
xEO Mega Essential Oil Omega Complex (AU)		79.00	55
xEO Mega Essential Oil Omega Complex (US)	59.50	77.00	49.5
Zendocrine Detoxification Complex	28.50	37.00	24.5
<i>A2z and IQ Mega</i>	46.00	59.50	25
<i>Womens Health Kit (Bone, Phyto, Clarycalm)</i>	80.00	103.00	60
<i>Cleanse Kit (GX and PB Assist)</i>	69.50	90.00	60.5
* Products shown in bold available in Australia			

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