

# dōTERRA®

Independent Product Consultant



## Look Good, Feel Great, Get Slim & Sassy

Just add a few drops of this essential oil blend to your water every day!

- Speeds up your metabolism
- Powerfully suppresses your appetite
- Helps your body cleanse out harmful toxins
- Lifts and elevates your mood

This simple blend contains only the following five natural essential oils—  
No calories, No sweeteners, & No preservatives



### Cinnamon:

- Improves liver function
- Inhibits new fat cells from forming (adipogenesis)
- Reduces diabetic risk
- Helps with serum lipid balance



### Ginger:

- Stimulates weight loss through lipolysis (fat burning)
- Calms the stomach



### Peppermint:

- Enhances a sense of fullness
- Reduces cravings and appetite
- Energizes the body



### Grapefruit:

- Helps reduce appetite
- Induces lipolysis (fat burning)
- Helps dissolve petrochemicals in the body



### Lemon:

- Helps reduce appetite
- Induces lipolysis (fat burning)
- Helps dissolve petrochemicals in the body

### Suggested Uses:

- 3–5 drops in water, 3–5 x per day
- 3–5 drops on the tongue, 3–5 x per day
- 6–10 drops in a capsule, 3 x per day

