



# IQ Mega™ Deodorized Omega-3 Fish Oil

IPC Price: \$40.00 Retail: \$55.00

### Product Description

doTERRA IQ Mega™ takes the fishy taste out of fish oil and puts the fresh orange flavor of doTERRA's wild orange CPTG essential oil in this great tasting and easy to swallow omega-3 supplement providing 1,000 mg of concentrated, pure omega-3 from fish oil per serving. IQ Mega contains the essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune and joint function.\* IQ Mega is formulated to be used daily, by children and adults, with A2Z Chewable.



# A2Z Chewable Strawberry Flavored Dietary Supplement

IPC Price: \$22.50 Retail: \$35.00

### Product Description

doTERRA's A2Z Chewable is a proprietary formula of ingredients developed for children, or for and adults who have difficulty swallowing capsules. Combining a blend of B vitamins with a blend of vitamins A, C, E, and botanical extracts, A2Z Chewable supports healthy cell development and longevity when taken daily.\* A2Z Chewable is formulated to be used with doTERRA's odorless IQ Mega™ Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity as well as antioxidant protection.



# On Guard® Natural Whitening Toothpaste

IPC Price: \$9.50 Retail: \$20.00

### Product Description

doTERRA's fluoride-free Natural Whitening Toothpaste combines the protective benefits of doTERRA's proprietary On Guard® blend of Certified Pure Therapeutic Grade essential oils with other natural ingredients that help strengthen teeth, reduce plaque and whiten teeth with gentle polishing agents. The On Guard® blend of wild orange, clove, cinnamon, eucalyptus, and rosemary essential oils provides a first line of defense against germs and other pathogens that can infect the mouth and throat. Additional essential oils of peppermint and wintergreen and the natural sweetener xylitol give On Guard Natural Whitening Toothpaste a refreshingly unique cinnamon-mint flavor leaving breath (and toothbrush) fresh and clean throughout the day.

## Hand Foot and Mouth Disease

Prevention is better than cure. Make sure your child doesn't come home with bacteria and germs and keep them around the house. Try doTERRA's OnGuard® range of products from our OnGuard® blend to OnGuard® wipes and even OnGuard® throat drops. Diffusing OnGuard® into the air aids eliminating germs and bacteria brought home by your child from school. And before bringing your child to crowded places, drop a few drops of OnGuard® essential oil and rub it beneath your child's feet. It's an instant immunity booster!

<u>Product</u>	<u>IPC Price</u>	<u>Retail</u>
15 ml Oil	\$37.50	\$55.00
Cleaner & Dispenser	\$35.00	\$26.00
Throat Drops	\$25.00	\$19.00
Toothpaste	\$20.00	\$9.50



# doTERRA® For Kids, Babies and Infants

# Essential Products

doTERRA produces many products that are suitable for use on babies, infants and kids. From newborn right through to adulthood.

# doTERRA®

Independent Product Consultant



# dōTERRA Essential Oils for Babies & Children

dōTERRA essential oils are safe to use on children, babies and even newborns.

Because of the sensitive nature of their skin, when applying to newborns or infants dilute the oils. A good ratio to start with is 1-2 drops of oil with 2 TBLs of fractionated coconut oil. Choose some of the gentler oils like lavender, frankincense, tea tree, ginger, lemon, orange, sandalwood, roman chamomile and ylang ylang. Digestzen is an excellent blend to use for stomach upsets. Be careful to keep the oils away from babies hands where they might be able to rub them in their eyes.

## Possible uses:

### Babies

- **COLDS** Tea tree, Lemon, or Lavender. Diffuse 2 drops of either at bedtime or during the day. Mix 1 drop of either with 1 TBL of a good carrier oil and massage the upper chest and back at each diaper change.
- **COLIC** Mix 1 drop of Lavender with 1 TBL of a good carrier oil. Gently massage a few drops into the abdomen in a clockwise direction following the natural movement of the colon.
- **CONSTIPATION** Lavender or Roman Chamomile. Add a drop of either to 1 TBL of good carrier oil and massage in a clockwise motion on the tummy, following the natural movement of the colon.
- **COUGHING** Mix 1 drop of Lavender with 1 TBL of a good carrier oil and rub a small amount on the chest and back.
- **CRYING** Place a small drop of Lavender or Roman Chamomile on your hand or a tissue and just let the baby smell the oil.
- **DIARRHEA** Mix 1 drop of Roman Chamomile with 1 TBL good carrier oil, gently massage 2-3 drops on the tummy in a clockwise motion following the natural movement of the colon.
- **NAPPY RASH** Combine 1 drop of Chamomile and 1 drop of Lavender with 1 drop of whole milk. Add to baby's bath water and swish around before bathing baby. Keep the oils away from baby's eyes.
- **FEVER** Mix 1 drop of Lavender with 1 TBL of quality carrier oil. Massage a small amount onto the bottoms of the feet and apply to the back of the neck and behind the ears, cover the feet with socks.
- **JAUNDICE** Mix 1 drop of Geranium with 1TBL of quality carrier oil. Apply to the bottoms of feet and over the liver area. Do not apply oils within ½ hr before or after UVA treatment.
- **TEETHING** Mix 1 drop of Roman Chamomile or Lavender with a TBL of quality carrier oil. Use a small amount to gently massage outside of the face along the jaw line.
- **TUMMY ACHE** Mix 1 drop of Roman Chamomile and 1 drop of Wild Orange with 2 TBL of quality carrier oil. Add 1 Tsp of mixture to warm bath water, swishing around before bathing baby. Avoid getting oils in baby's eyes.

Other essential oils commonly used on infants: Grapefruit, Lemon, & Tangerine

**Disclaimer:** *These statements have not been evaluated by the Therapeutic Goods Administration. The recommendations above are not intended to diagnose, treat, cure or prevent disease.*

### Children:

- **COLDS** Dilute 1-2 drops of Thyme or Lemon in 2 TBL of quality carrier oil and massage a little on neck and chest.
- **CONSTIPATION** Dilute 1-2 drops of Rosemary, Ginger or Orange in a TBL of quality carrier oil and massage on stomach and feet.
- **CUTS & SCRAPES** Add 5 drops of Lavender and 5 drops of Tea tree to warm water, use to clean the wound. Apply 1 drop of Lavender to a band-aid and cover the wound. The Lavender may sting if applied directly.
- **EARACHE** Apply Tea tree and Lavender to the outside of ear or apply a of each to a cotton ball and set in the ear. Do not apply oils directly into the ear canal.
- **FEVER** Dilute a drop of Lavender and a drop of Peppermint in 2 TBLs of quality carrier oil and massage a small amount on back of neck, behind the ears and on the back.
- **FLU** Dilute 1 drop of Cypress or Lemon in an unscented bath gel and use in a warm bath.
- **MINOR BURNS** Cool burn first with cold water. If the skin is not broken apply 2 drops of Lavender directly to the burn. If the skin is broken apply the Lavender on the perimeter of the burned area. Apply 5 drops of Lavender to a cold, DRY cloth and gently hold over burned area.
- **SUNBURN** Add 5 drops of Lavender to 1 tsp of Aloe Vera and apply to sunburned area.

Other oils commonly used for children: Frankincense, Geranium, Sandalwood, Thyme and Ylang Ylang

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**The bottoms of the feet are really one of the best places to apply oils. Interesting to me is that oils even as hot as oregano can be applied to the bottoms of the feet without discomfort. Be sure to put socks on to prevent getting these kinds of oils on other areas of the body that are more sensitive.**

**It is truly magical to be able to sooth a burn or calm a distraught child will these beautiful essential oils. They will learn to love them and look forward to their benefits from very early on.**

## TerraShield®

### Repellent Blend

**IPC Price: \$22.00**  
**Retail: \$35.00**

#### Product Description

TerraShield is a proprietary blend of Certified Pure Therapeutic Grade essential oils including Citronella, Cedarwood and several other carefully balanced oils blended in a base of 100% pure fractionated coconut oil.

#### Concept

Everyone loves being outdoors, but nobody likes becoming lunch for pesky bugs that can ruin your picnic in the woods. To avoid itchy bites, experts recommend using an effective insect repellent. The most common repellents are products that contain DEET, a powerful and potentially toxic chemical that is known to cause negative side-effects, including seizures.



## HEAD LICE

**NOTE:** *This information is to be used with doTERRA Essential Oils as they are the purest, most potent essential oils available.*

Three different types of lice infestations are common on the human body head lice, body (sucking) lice, and pubic (crab) lice. The louse is a small, wingless, insect parasite that lives off of the blood or other elements of the skin. Since they do not fly or jump they are spread by human contact or exchange of common clothing, bedding, hair brushes, etc. The common symptoms of an infestation are reddish skin, inflammation and itching of the irritated skin.

Lice may be visually detected. They are about 1/8 inch long and their eggs (nits) are about 1/16 inch long. Head lice, common in children, are usually in the hair on the back of the neck or around the ears. The egg will be attached to the hair near the root.

### To prevent lice:

Mix the following and apply to the scalp:

- 5 drops tea tree
- 5 drops lemon
- 5-10 drops fractionated coconut oil

Let stand for at least ½ hour. Shampoo with good quality shampoo (SanoBella) with 5 drops of tea tree added to a teaspoon of shampoo. Follow with the tea tree shampoos daily for the following week.

*\*Massage 2-5 drops of TerraShield blend to scalp and neck 1-2 times daily. Spray jacket and any other clothing that could be exposed.*

### To treat lice:

Mild-Moderate Case: Mix the following and apply to the scalp.

- 5 drops tea tree
- 5 drops lemon
- 5-10 drops fractionated coconut oil

Apply oils and after the application cover the head with a shower cap for at least 1 hour. Follow this with a careful combing with a lice comb. Repeat daily until no signs of lice or nits are visible. Continue with tea tree shampoos daily for a week.

*\*Continue to massage 2-5 drops of TerraShield blend to scalp and neck 1-2 times daily and spray jacket and any other clothing that could be exposed.*

**Severe Case:** Mix the following and apply to the scalp every night for a week:

- 5 drops eucalyptus
- 5 drops rosemary
- 5 drops lavender
- 5 drops tea tree
- 10 drops fractionated coconut oil

Apply oils, comb with a lice comb then cover with a shower cap for the night. Be careful to protect the eyes from any oils. Follow the next morning with a good quality shampoo (SanoBella) with 5 drops of tea tree added to a teaspoon of shampoo.

*\*Continue to massage 2-5 drops of TerraShield blend to scalp and neck 1-2 times daily and spray jacket and any other clothing that could be exposed.*