

dōTERRA'S NUMBER ONE PRODUCT

LIFELONG

Vitality



WHY SUPPLEMENT?

- Promote overall wellness
- Make up for nutritional deficiencies
- Address personal health issues
- Maintain good health during the aging process
- Combine with exercise and healthy eating for a well-rounded healthy lifestyle

Routine:

Take two capsules of each supplement with breakfast and two capsules of each supplement before dinner. Ensure it is taken with food.



FOOD NUTRIENT *Complex*

PURPOSE

Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells.

BENEFITS

- Supports metabolism
- Supports bone health with calcium, magnesium, zinc, and vitamin D
- Supports healthy digestion



ESSENTIAL OMEGA

Complex

PURPOSE

Provides the body with essential fatty acids such as Omega-3 and Omega-6.

BENEFITS

- Promotes healthy skin
- Healthy function of brain, eyes and nervous system
- Healthy joint function



CELLULAR VITALITY

Complex

PURPOSE

Provides the body with antioxidants and promotes vitality and improved energy levels

BENEFITS

- Healthy cell function
- Mental clarity and brain function
- Promotes cellular energy

