



Heal

dōTERRA
SOUTH AFRICA

| 2022

ō

dōTERRA[®] Live Younger, Longer

—
Maximize Your Energy, Focus, and Well-Being



ō

Measuring Wellness



Obstacles that Impede Wellness and Longevity in our Modern Society

- High stress levels
- Lack of exercise
- Lack of quality sleep
- Nutrient deficiencies caused by diet
- Exposure to toxins





Nine out of the ten most impactful risk factors are rooted in poor nutrition.



Wellness Pyramid

Our lifestyle choices are the foundation for wellness.

Illness Pyramid

Our Proactive Medical Care
becomes the foundation because
Nutrition is not.

Nutrient Deficiencies In South Africa

Vitamin or Mineral	Percentage of deficient adults
Iron	31%
Vitamin A	53%
Iodine	36%
Zinc	66%
Calcium	75%
Selenium	62%

Source:

www.tandfonline.com/doi/full/10.1080/10408398.2020.1844636

What Happens When Daily Nutrient Requirements are Not Met?

- Existing conditions can worsen
- Unpleasant problems including weak bones, cardiovascular problems, etc., can result
- **Hormone** imbalance.
- Metabolism is impacted

ō

Breeding the Nutrition Out of Our Food

The New York Times

“The loss of these beneficial nutrients did not begin 50 or 100 years ago, as many assume. Unwittingly, we have been stripping phytonutrients from our diet since we stopped foraging for wild plants some 10,000 years ago and became farmers.”
—By Jo Robinson, May 25, 2013



100x more Phytonutrients!



Essential Vitamins

Essential Minerals



Cellular Longevity Blend

Cellular Energy Blend



Essential Fatty Acids

Carotenoid Blend

CPTG® Essential Oils



Chelated

Inorganic minerals are bound to organic compounds,

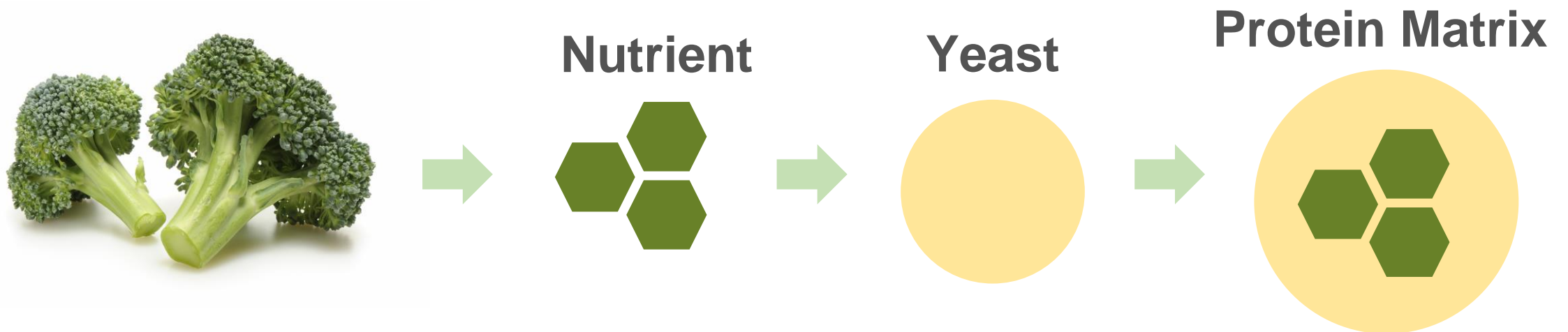
Full Spectrum

Not single concentrations, substances provided in their entirety, so natural ratios are not affected.

ō

Glycoprotein Matrix:

Patented process involving introducing vitamins and minerals to a yeast-based protein matrix so they are better recognized as food in the digestive process.



Clinically-Supported Benefits:

- Cellular Longevity/Lifespan*
- Cellular Inflammatory Response*
- Cellular Energy/Metabolism*
- Powerful DNA Protection*
- Network Antioxidant Defense*
- Immune System Support*
- Stress Management*
- Cardiovascular Health*
- Bone and Joint Health*
- Brain/Cognitive Health*
- Digestive Health*, and more...

*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.



Price Comparison

- dōTERRA Lifelong Vitality Pack®:
- **R1699**(wholesale)
- Equivalent in benefits and ingredients: **R24050**

LLV is a great value.

Nutrient	Amount per Serving	Food with the Nutrients Equivalent to 30-Day Supply of LLV
EPA	300mg	125 ounces of canned tuna
DHA	300mg	35 ounces of canned salmon
ALA	70mg	120 cups of brown rice
SDA	20mg	9 gallons of chocolate milk
Vitamin A	1200mcg	23.6 winter acorn squash
Vitamin E	40.2mg	62 cups of almonds
Astaxanthin	1mg	72 pounds of salmon
Lutein	4mg	33.6 cups of broccoli
Lycopene	1mg	83 cups of red peppers
Vitamin C	200mg	5 gallons of orange juice
Vitamin D3	88 IU	186 eggs
Vitamin K	20mcg	35 cups of blueberries
Folate	400mcg	18.88 cups of edamame
Vitamin B12	10mcg	158 cups of Swiss cheese
Pantothenic Acid	10mg	34.9 cups of sunflower seeds
Iron	6mg	163.9 cups of pumpkin seeds
Zinc	15mg	180 oysters



R1699



R24050

ō

Alpha CRS+[®]

—





Alpha CRS+[®]

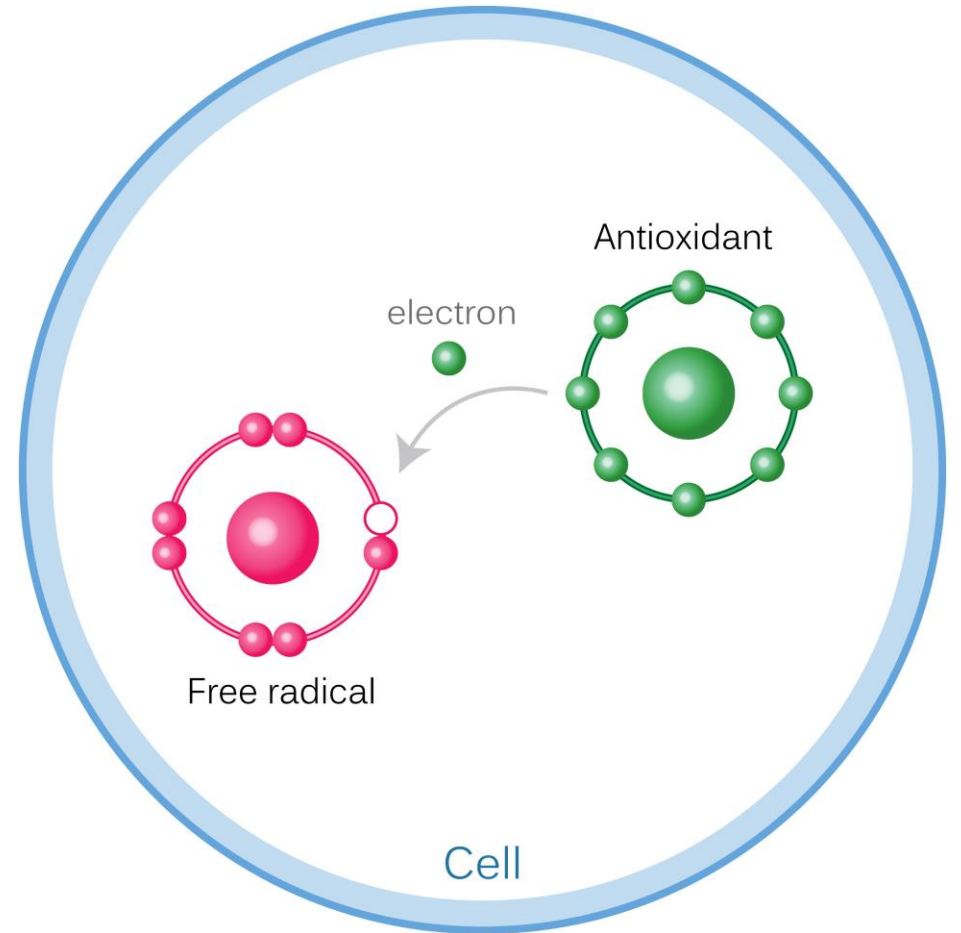
- **Alpha** – a word that means “first”
- **CRS** – an acronym for “Cellular Renewal System”
- **+** (plus) – added to emphasize improvements made to the original product

ō

Alpha CRS+[®]

Purpose

- Provide the body with antioxidants*
- Promote vitality and improved energy levels*
- DNA protection*

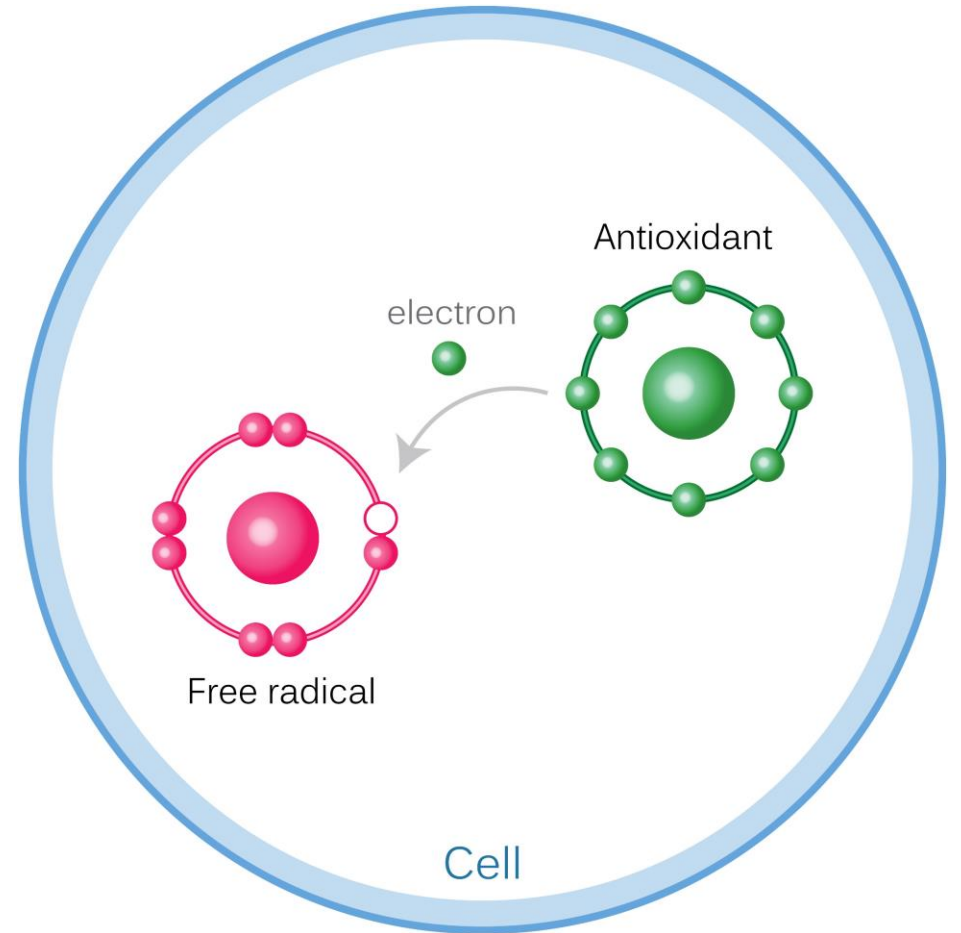


*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Alpha CRS+[®]

Purpose

- Provide the body with antioxidants*
- Promote vitality and improved energy levels*
- DNA protection*



*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.

ō

Alpha CRS+[®] Ingredients



Boswellia Serrata



Baicalin



Milk Thistle



Resveratrol



Green Tea Leaf



Pomegranate



Pineapple



Turmeric



Grape Seed



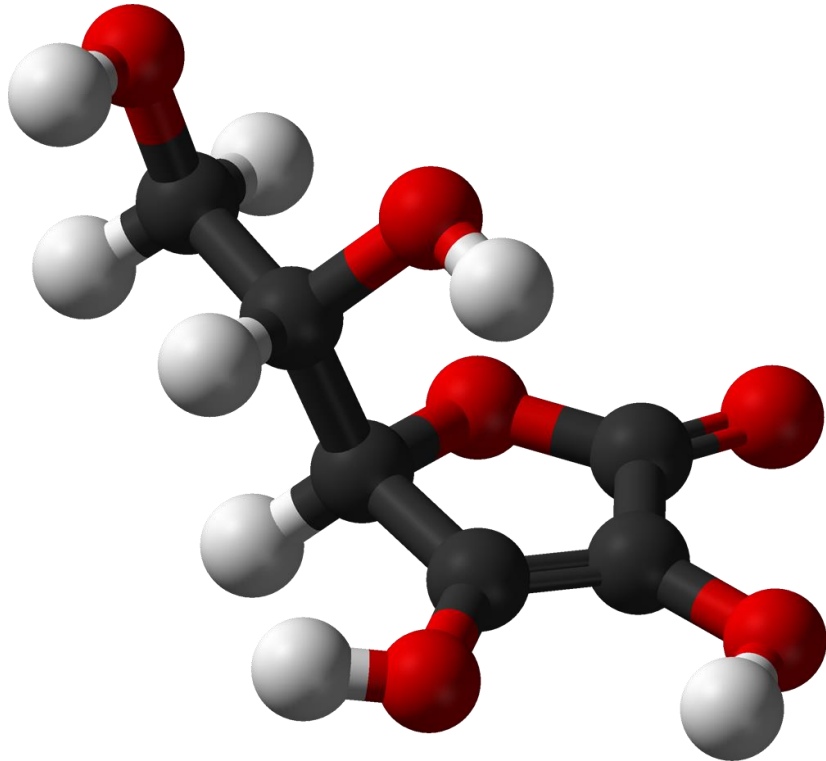
Sesame Seed



Pine Bark

*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.

Alpha CRS+® Benefits



- Supports healthy cell function by protecting cellular DNA*
- Promotes cellular energy by supporting healthy mitochondria*
- Supports healthy cellular immune function*
- Supports mental clarity and brain function*

*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.

ō

xEO Mega®

—

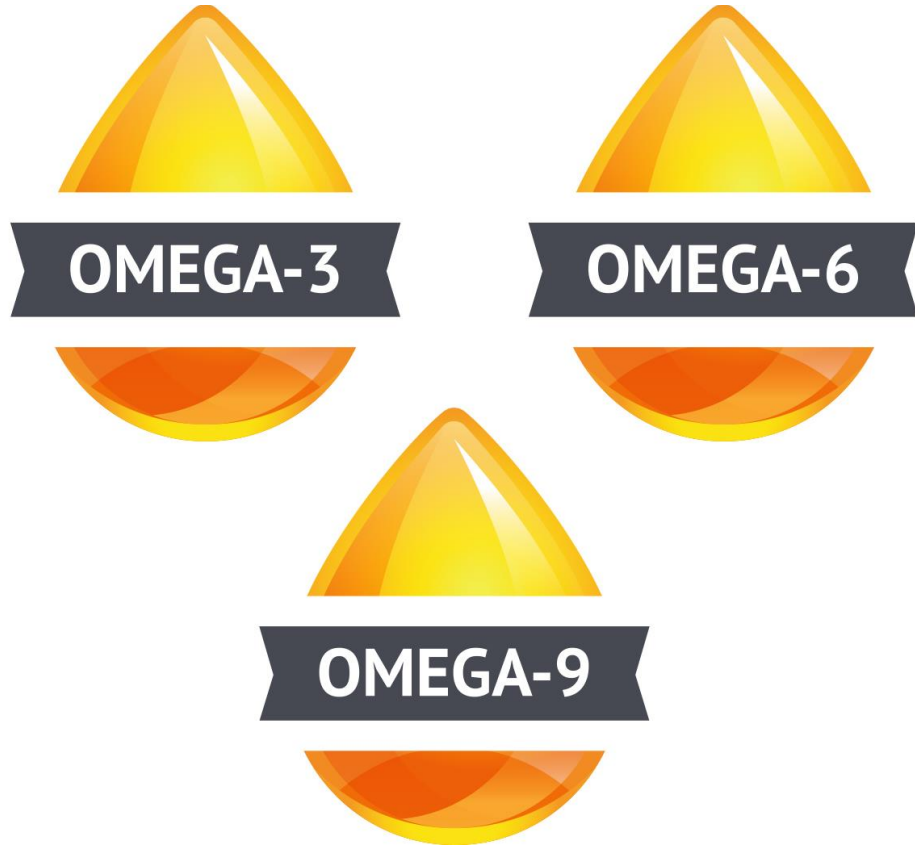




xEO Mega[®]

- **x** – stands for astaxanthin, a standardized extract of microalgae used in the xEO Mega formula
- **EO** – stands for “essential oil”, CPTG[®] essential oils are an important ingredient in xEO Mega
- **Mega** – represents the omega benefits provided by this complex

xEO Mega[®] Purpose



Provide the body with essential fatty acids to help it function in a healthy way*

*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.

xEO Mega[®] Ingredients



Vitamins D
and E



Marine and Plant
Omega Blend

Cartenoids:

Astaxanthin, Zeaxanthin,
Lycopene, Lutein



Clove



Frankincense



Thyme



Cumin



Wild Orange



Peppermint



Ginger



German Chamomile

xEO Mega[®] Ingredients



Vitamins D
and E



Marine and Plant
Omega Blend

Cartenoids:

Astaxanthin, Zeaxanthin,
Lycopene, Lutein



Clove



Frankincense



Thyme



Cumin



Wild Orange



Peppermint



Ginger



German Chamomile

Astaxanthin

Zeaxanthin

Lutein

Lycopene

	Circulatory antioxidant protection	Plays an important role in eye development in developing fetuses	Defend against free radicals and oxidative stress	Strong antioxidant action
	Passes the blood/brain barrier	Reduced risk of eye disease	Enhance the sharpness of your vision	May promote heart health
	Muscle strength & endurance	Carotenoid found in the human eye	Carotenoid found in the human eye	Offer some protection against the damaging effects of the sun
	Supports immune function	Reduces oxidative stress and damage in the eye by absorbing blue light	The human body can convert lutein into zeaxanthin	May help reduce neuropathic pain
	Cognitive function, "Brain Fog"	Reduce inflammation in the eye	Protect eye tissue from sunlight damage	Reinforces bone architecture

ō

**Patients with high levels
of omega fatty acids in
the blood have a slowing
of biological aging.**



ō



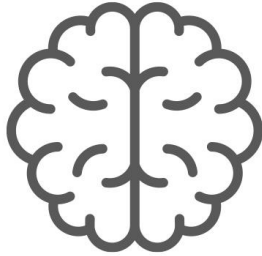
Ultra-filtered Fish Oils

- Top-quality oils from fishing waters near Peru
- Tested for over 250 contaminants
- Certified Sustainable: Friend of the Sea®

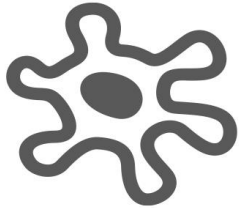


xEO Mega[®] Benefits

Brain Development



Cell Growth



Immune Function



Muscle Activity



Heart and Circulatory Health



Joint Health



- Heart and circulatory health*
- Promotes healthy joint function and comfort*
- Provides immune-boosting nutrients*
- Supports healthy function of the brain, eyes, and nervous system*
- Promotes healthy skin*
- The use of CPTG[®] essential oils provides antioxidants, supports healthy cellular responses, healthy immune function, and digestive calming effects.*
- Provides a wide range of omega-3 fatty acids from marine and plant sources to help maintain a healthy balance of these vital nutrients*
- Astaxanthin provides the body with antioxidants as well as systemic and circulatory benefits*
- Provides the body with natural sources of vitamin D and E

*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.

ō

Microplex VMz[®]

—





Microplex VMz[®]

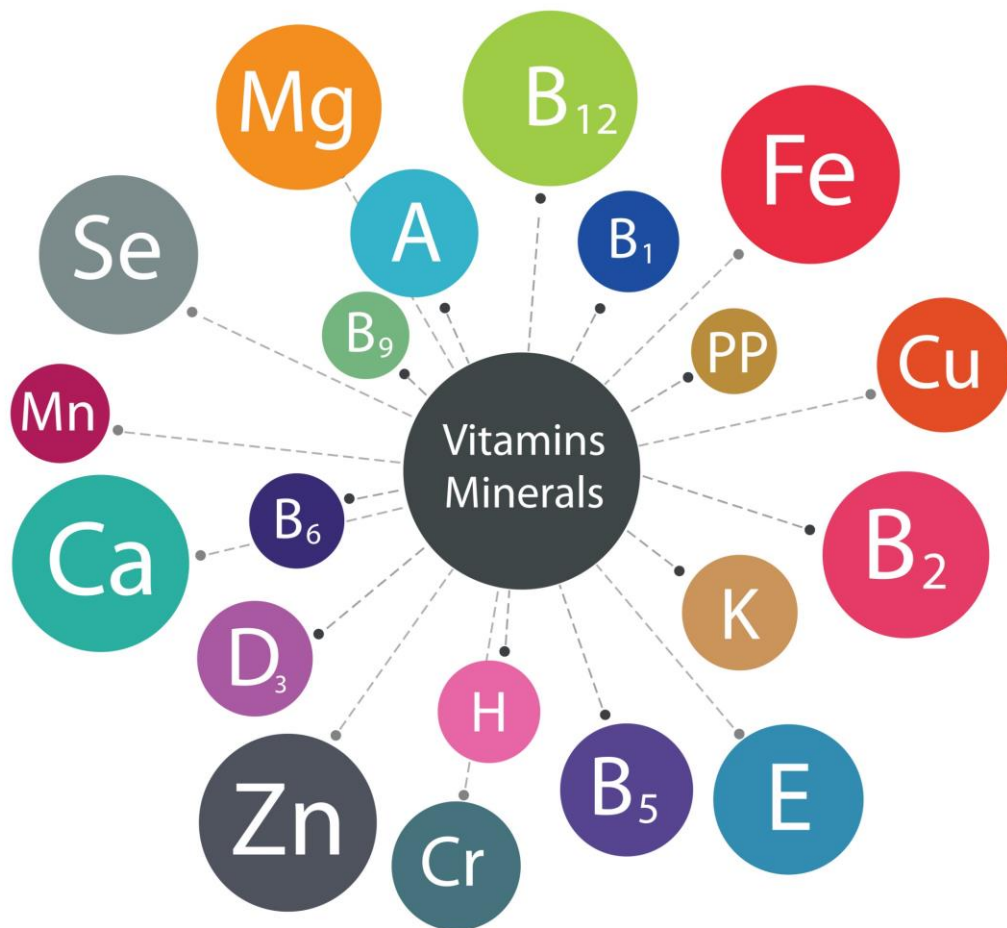
Microplex – a combination of the words “micronutrient” and “complex”

VM – stands for “vitamins” and “minerals”

z – represents improvements made to the original product

ō

Why take Microplex VMz[®]?

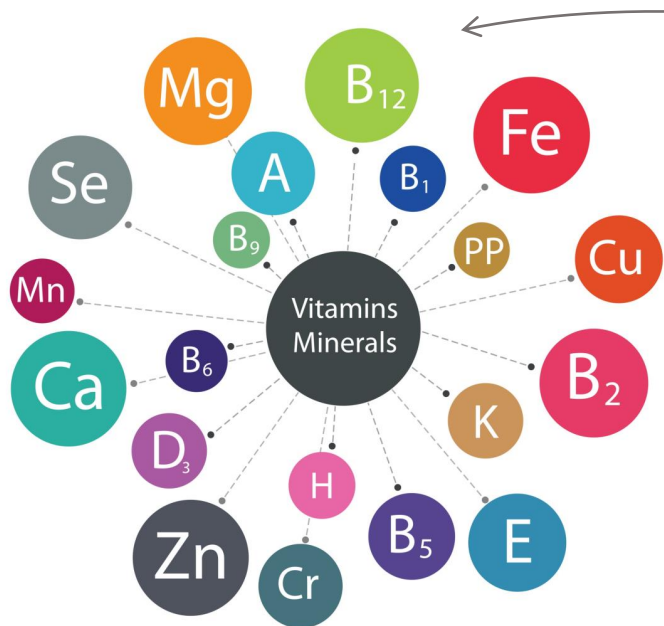


- Provide essential vitamins and minerals to keep the body functioning in a healthy manner*
- Offer vitamins and minerals that we might not be getting in our diet

*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.

ō

Microplex VMz[®] Ingredients



- Balanced blend of essential vitamins and minerals
- Whole food botanical blend
- Enzymes to aid in digestion and help with absorption of nutrients*
- dōTERRA[®] Tummy Tamer botanical blend



Peppermint



Ginger

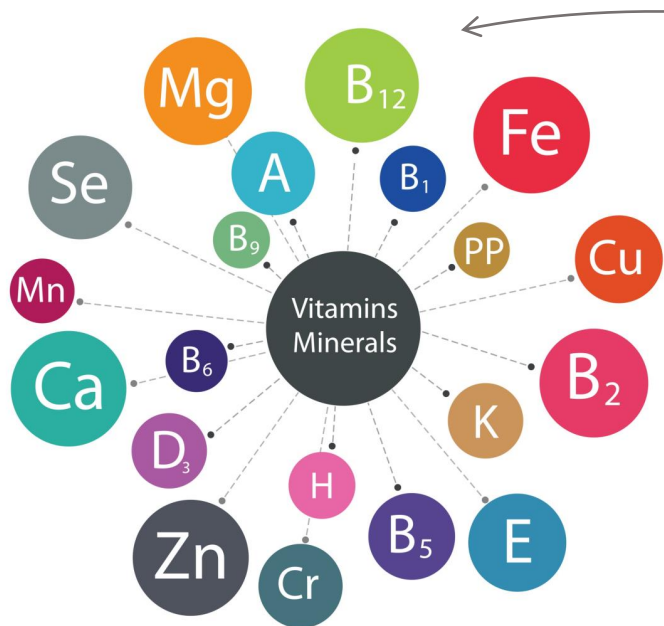


Caraway

*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.

ō

Microplex VMz[®] Ingredients



- Balanced blend of essential vitamins and minerals
- Whole food botanical blend
- Enzymes to aid in digestion and help with absorption of nutrients*
- dōTERRA[®] Tummy Tamer botanical blend



Peppermint



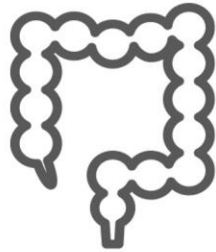
Ginger



Caraway

*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.

Microplex VMz[®] Benefits



Digestive Health



Immune Health



Bone Health



Cellular & Metabolic Health

- 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*
- Includes a patented glycoprotein matrix for enhanced bioavailability*

*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.

ō

The Path Forward

Compare the Savings For the Same Ingredients

R5540(estimated total)



R 1699 ZAR



ō

Incorporating LLV into Your Daily Life



A decorative graphic in the top-left corner of the page, consisting of two parallel diagonal stripes. The outer stripe is a medium gray, and the inner stripe is a darker gray. They run from the top-left towards the bottom-right.

Deep Blue Rub

Copaiba Touch

Copaiba

Wild Orange

Balance

Lavender

On Guard

dōTERRA

Lavender

Lavandula angustifolia 15 mL

Main Chemical Components: Linalool, Linalyl acetate

PRIMARY BENEFITS:

- 💧 Reduce anxious feelings
- 💧 Helps ease feelings of tension
- 💧 Relaxing /calming aroma promotes peaceful sleep
- 💧 Soothes occasional skin irritations
- 💧 Nourishes delicate skin



dōTERRA

On Guard

Protective Blend



Main Chemical Components:
Limonene, Eugenol, Trans-Cinnamaldehyde

PRODUCT BENEFITS:

- Supports healthy immune and respiratory function.
- Powerful surface cleaner.
- Energizing & uplifting aroma.
- Help purify the air & create a positive aroma.



dōTERRA

Copaiba

Copaifera Essential Oil 15 mL



PRIMARY BENEFITS

- 💧 Aroma helps to create a calming and soothing atmosphere
- 💧 May help to reduce the appearance of blemishes
- 💧 Promotes clear, smooth skin
- 💧 Copaiba can be added directly to the mouth to cleanse and soothe the gums and oral cavity.



Now in Touch!

- Promotes a clear, smooth complexion
- Assists natural skin hydration
- Supports healthy-looking skin
- Helps manage minor skin lesions

Balance

- Balance contains the following oils:
- Spruce Needle
- Ho Wood
- Frankincense
- Blue Tansy
- Blue Chamomile
- The wood-like aroma of Balance will calm you down, clear your mind, and help you find tranquility.



- **doTERRA Balance Uses and Benefits**

1. Ground your emotions
2. Promotes feelings on calmness and tranquility
3. Create a soothing environment
4. Use in AromaTouch Technique
5. Helps ease feelings of anxiousness
6. Encourages a restful night's sleep





Deep Blue Rub

- Wintergreen
- Camphor
- Peppermint
- Blue Tansy
- German Chamomile
- Helichrysm
- Ylang Ylang
- Osmanthus



Deep Blue Rub

- Provides a cooling and soothing sensation to problem areas
- Perfect for Athletes to use before and after exercise
- Includes moisturizing emollients that leaves you skin soft and non-greasy

- Energizing
- Stimulating
- Purifying
- Supports healthy immune system function
- Uplifting



- Use in all purpose spray to cleanse and purify
- Add a drop to water or tea to promote health
- Diffuse for an uplifting aroma
- Dispense one or two drops in palm of hand along with Peppermint rub hands together and inhale



Wild Orange



Heal

dōTERRA
SOUTH AFRICA

| 2022