

# dōTERRA® eBOOK



## LIFELONG VITALITY



**CHAPTER 1** Measuring wellness

**CHAPTER 2** Cultivating a healthy lifestyle

**CHAPTER 3** Alpha CRS®+ Cellular Vitality Complex

**CHAPTER 4** xEO Mega® Essential Oil Omega Complex

**CHAPTER 5** Microplex VMz® Food Nutrient Complex

**CHAPTER 6** Using Lifelong Vitality in your daily life



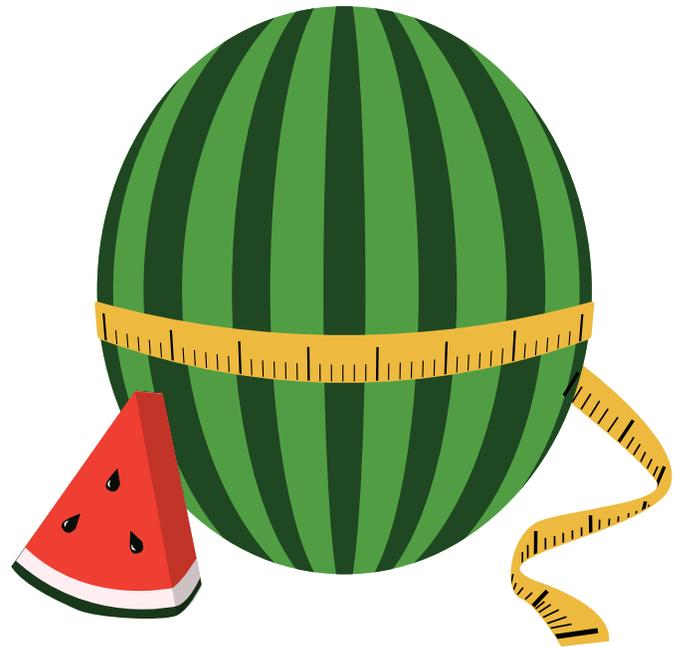
# 1

## CHAPTER

## Measuring wellness

There are many ways to measure health and wellness—some people measure wellness by how they look and feel, while others define their health by numbers like cholesterol levels and weight. Truthfully, being healthy is measured by a combination of many objective and subjective elements including energy levels, exercise habits, diet, stress levels, exposure to toxins, and simply how we feel. Many of these elements are easily measured in quantitative form, such as blood pressure or body mass, while other factors are more subjective and difficult to assess, like emotional health or energy levels.

Whether you are a “by the numbers” person, or tend to judge your wellness levels by how your body looks and feels, it is important to be informed about how your body is functioning, areas where you can improve, and practices that will help you maintain good health.



### ***Risk factors***

When it comes to individual health status, there are several factors beyond our control that can influence how we feel, or the conditions and diseases we are prone to. Our family medical history, predisposition to certain diseases, and our individual DNA are things that we are born with and cannot change. However, there are countless elements of health that are within our control, including our diet, exercise habits, stress levels, sleep patterns, and more. Even if we have a family history or predisposition for a problem, there are actions we can take to lower our risk for certain health issues.

## ***Obstacles that impede wellness in our modern society***

In addition to personal risk factors (both in and out of our control), we face an onslaught of challenges to our health simply because of the world we live in. In our modern society, high-stress jobs and jam-packed schedules that leave little time for exercise and quality sleep have become the norm. We have endless access to processed foods and are accustomed to a diet that lacks many of the important nutrients our bodies need for good health. The products that we use may increase our exposure to toxins, further endangering our health. As mentioned, health status is based on many different factors, some of which we can control and others we cannot, but living in today's world presents extra challenges for maintaining a healthy lifestyle.

### **Obstacles that get in the way of good health**

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

## ***Nutrient deficiencies***

Among many things, what we eat has a major impact on our health status, weight, and how we feel overall. As mentioned, the typical diet in our modern world is full of highly processed food, and thus lacking in vital nutrients. Our specific nutrient requirements will depend on several factors like our age, gender, how much we exercise, and other personal health circumstances like pregnancy or serious health concerns. While the amounts and types of nutrients that an individual needs can vary from person to person, most of us are likely not reaching our daily requirements for a number of vitamins and minerals. Nutrient requirements are determined by the amount of a vitamin or mineral needed to minimize a nutrient deficiency based on our age, gender, and several other factors. Each gender and age group has a specific set of general nutritional requirements that will help keep them healthy. The Estimated Average Requirement (EAR) will allow an individual to compare their nutritional intake to requirements based on their age and gender. Typically, deficiencies can be determined by analyzing biomarkers or symptoms that align with a specific health concern or nutrient deficiency.



### **ESTIMATED AVERAGE REQUIREMENT (EAR):**

The average daily nutrient intake amount that will properly meet the needs of healthy individuals within a certain age and gender group.

The following information shows the amount of American adults who are not reaching their daily nutritional requirements for specific vitamins and minerals. At 94 percent and 95 percent, a majority of American adults are not reaching their daily requirements for vitamins D and E. Nearly half of Americans (or more) do not fulfill nutrient requirements for magnesium, vitamin A, calcium, and vitamin C.

Vitamin or mineral	Percentage of dietary intakes below the EAR (in adults 19 and older)	Sources where vitamin or mineral can be found naturally
Vitamin D	95%	Fatty fish, mushrooms, exposure to sunlight
Vitamin E	94%	Nuts, seeds, vegetables
Magnesium	61%	Whole grains, vegetables, nuts, seeds, legumes
Vitamin A	57%	Fatty fish, milk, eggs, vegetables, pre-formed vitamin A
Calcium	49%	Milk, yogurt, cheese, green vegetables
Vitamin C	43%	Vegetables and fruits (particularly citrus)

Information provided by the Environmental Working Group:  
<https://www.ewg.org/research/how-much-is-too-much/appendix-b-vitamin-and-mineral-deficiencies-us>

## ***What happens when daily nutrient requirements are not met?***

For those who think that daily diet doesn't have serious bearing on how your body functions and feels, it is important to point out the possible negative effects of not meeting daily nutrient requirements. Nutritional deficiencies can lead to more serious issues, or make existing conditions worse. Depending on the type of deficiency, the body may suffer from a wide range of problems including fatigue, weak bones, threats to cardiovascular health, and more. Every time you consume the proper amount of a vitamin or mineral, it provides specific benefits to your body. Therefore, when those nutrients are missing, it can cause adverse effects because the body isn't receiving the resources it needs to function properly.

So, what is the solution? For many, supplementation is a useful way to provide the body with adequate vitamins, minerals, and nutrients that can be used to support healthy function.

## ***Why take supplements?***

While the use of dietary supplements is a widely debated topic (and has been for years), the fact remains that many people are not receiving the nutrients their bodies need through food alone. As is evident by the information above, while there are many food sources that provide vitamins and minerals, a majority of American adults are falling short in their daily nutrient requirements. For many people, overall health would improve by making dietary changes, removing stress, exercising the proper amount every day, getting adequate sleep—the list goes on and on. However, making these changes isn't always as easy as it sounds. Unfortunately, our health often takes a back seat to other tasks like taking care of our families, work, and just keeping up with everyday demands.

Rather than simply falling short in maintaining good health, many people turn to dietary supplements to help promote better overall wellness. It is important to note that supplements are not a substitute for exercise and healthy eating, but can help promote a healthy body when used in conjunction with a healthy lifestyle.

In addition to satisfying nutritional deficiencies that may be lacking in our modern diets, many people choose to supplement as they combat personal health issues. Some supplements are designed to support heart health, while others are useful for promoting healthy bones.\* With a wide variety to choose from, many people choose to take supplements to help them address specific health concerns.\*

For others, supplements provide a healthy way to handle the aging process.\* As is expected, many individuals notice that they feel different as they age, and choose to use supplements to promote overall wellness as the body goes through these changes.\*

Whether you are using supplements to make up for nutrient deficiencies, to combat personal health concerns, to help with concerns about aging, or just to round out a healthy lifestyle, they can be useful for a variety of people throughout different stages of life.

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

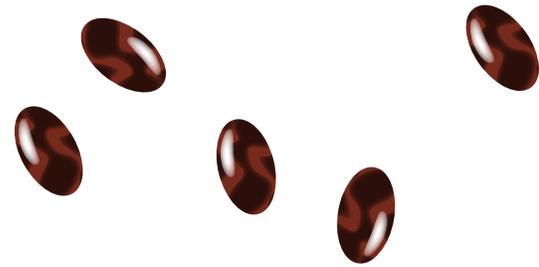
## Why supplement?

- 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

### *Supplement options*

Now that we have discussed some of the reasons why people choose to use supplements, you might be wondering, “If I want to use supplements to promote good health, where do I start?” There are many different types of supplements available on the market, and it can be difficult to decipher what you need, what you can do without, and what will truly help you in your quest for good health.

First, consider your needs. You may already be aware of nutrient deficiencies you have based on a visit with your doctor. After examining your diet, you may be able to determine some areas where you are struggling to provide your body with the proper nutrients. Next, think about any concerns you have about your health. Do you have specific health issues you are worried about? Are you concerned about what might happen to your body as you get older? Do you worry about your weight or energy levels?



Doing a quick inventory of your overall health status can be helpful when determining what type of supplements could help you in your efforts to build a healthy lifestyle. By addressing your specific needs and making a plan for how you will use supplements in conjunction with healthy habits, you are on the right path for healthy supplement use.

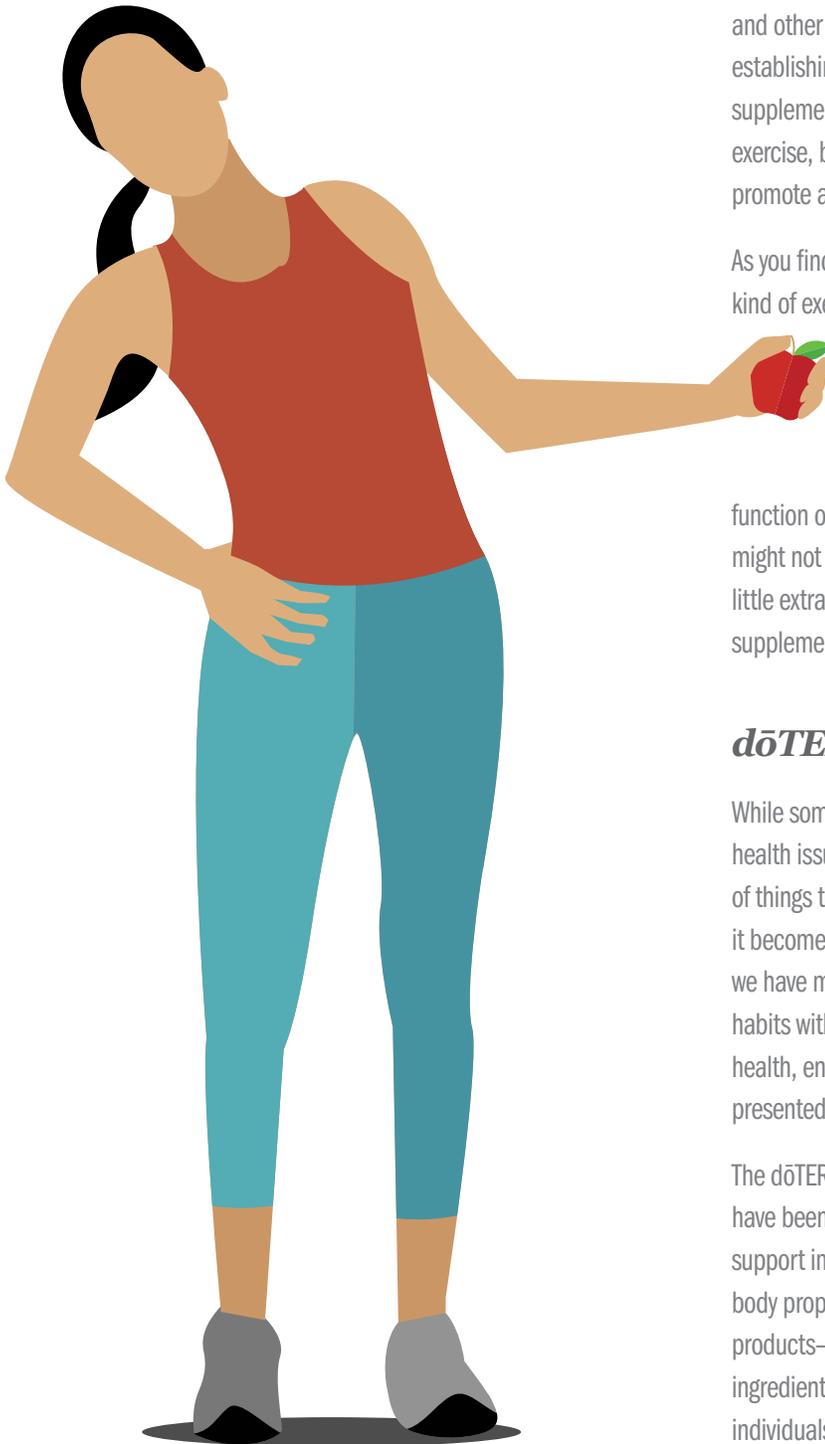
It is best to consult with a healthcare professional before taking any supplements, especially if you have personal health issues or special circumstances, like pregnancy, that could be influenced by adding supplements to your diet.



# CHAPTER

# 2

## Cultivating a healthy lifestyle



When combined with healthy eating practices, regular exercise, and other healthy habits, supplementation can be a catalyst for establishing and maintaining a healthy lifestyle. As discussed, supplements are not meant to make up for poor eating and lack of exercise, but should be used in conjunction with daily healthy habits to promote a well-rounded, healthy life.

As you find ways to work healthy foods into your diet, and decide what kind of exercise works best for your health status and your preferences, you can also determine how to use supplements as a part of a healthy routine—providing your body with all the help it can get. Supplements have the potential to help increase energy levels, support the proper function of many different body systems, and provide the nutrients we might not be getting from our food. If you are ready to give your body a little extra boost in your pursuit of a healthy lifestyle, consider finding supplements that are designed to act as a support to healthy habits.

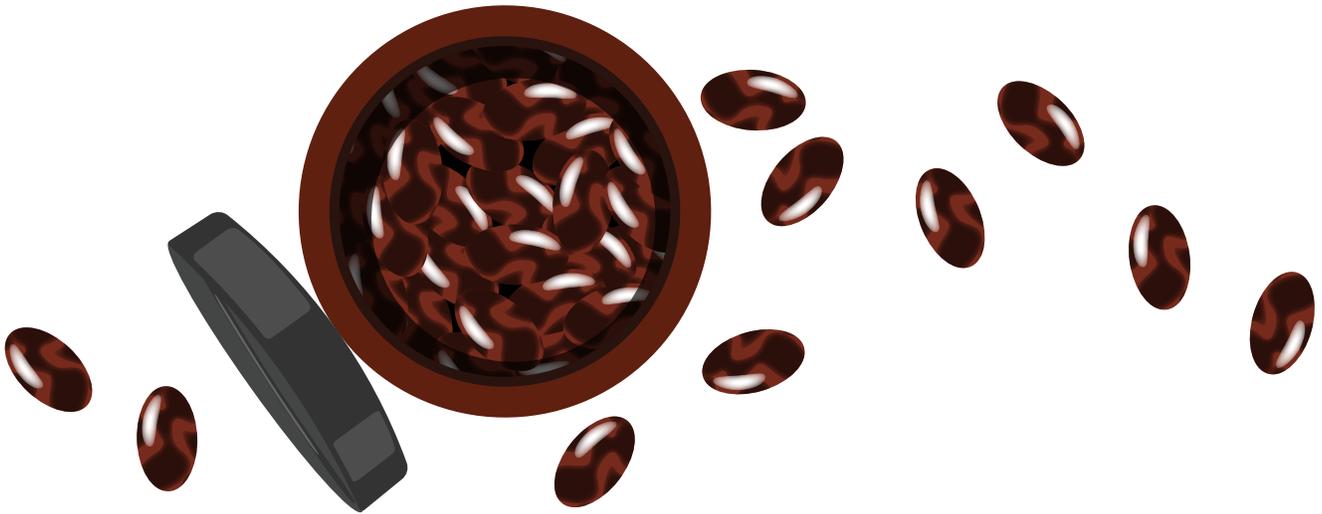
### ***dōTERRA® Lifelong Vitality Program***

While some factors regarding our health like genetic predisposition for health issues and family history are out of our control, there are plenty of things that we can do to help us look and feel our best. As we age, it becomes a little more challenging to care for our bodies because we have more problems to deal with. However, by combining healthy habits with supplements that have been specially designed to promote health, energy, and longevity, it is possible to tackle the challenges presented by the aging process more effectively.\*

The dōTERRA Lifelong Vitality Program includes three products that have been specially formulated to provide the body with antioxidants, support immune health, promote healthy energy levels, and give the body proper nutrients that might be missing from our diets.\* These products—Alpha CRS®+, xEO Mega®, and Microplex VMz®—use safe ingredients along with therapeutic grade essential oils to provide individuals with a healthy way to promote vitality and wellness.\*

## Overview of benefits

The specialized formulas created for the Lifelong Vitality Program offer powerful antioxidants and immune support, and promote increased energy levels, while providing essential nutrients and safe ingredients.\*



### Antioxidant support

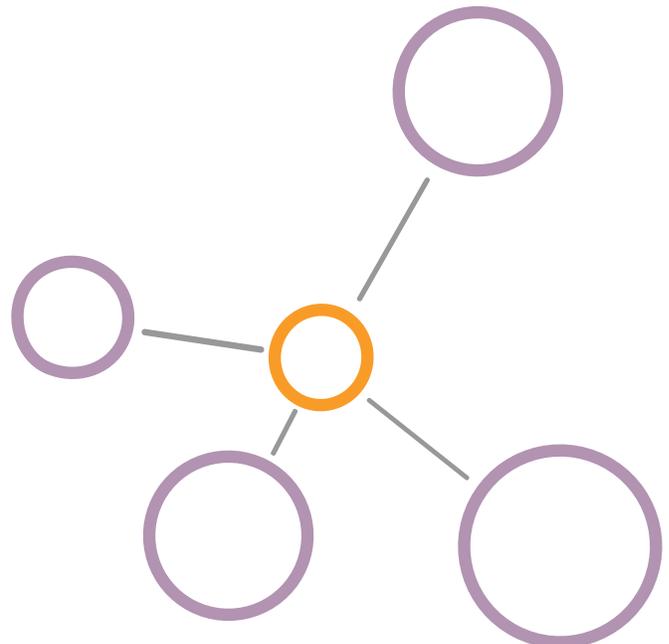
Cellular health plays a major role in living a long, healthy life. Healthy cells are threatened by molecules known as **free radicals**, which are known to damage healthy, functioning cells, thus speeding up the aging process. Free radicals typically enter the body by way of breathing and through the metabolizing of food; however, they can also come from sources like pollution, sun exposure, smoking, and exposure to radiation.

We can neutralize free radicals by providing the body with **antioxidants**. Our bodies can manufacture some antioxidants, and other antioxidants can be found in certain foods. Because we often don't receive enough antioxidants from our diet alone, it can be helpful to provide the body with antioxidants through healthy supplementation. The products in the Lifelong Vitality Program include antioxidants, in particular, they contain **polyphenols**—an especially powerful group of antioxidants that help protect against free radical damage.\*

**FREE RADICALS:** Unstable molecules that can cause damage (and even destroy) healthy cells, thus speeding up the aging process. Free radicals can enter the body by way of breathing, the metabolizing of food, pollution, sun and radiation exposure, and smoking.

**ANTIOXIDANTS:** Stable molecules that are known to neutralize free radicals. Antioxidants can come from food like fruits and vegetables, and can even be manufactured by the body itself.

**POLYPHENOLS:** A powerful group of antioxidants that are known to protect cells against free radical damage.



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

## ***Immune support***

Without a strong immune system, it can be difficult to maintain good health. Inadequate sleep, poor nutrition, high levels of stress, and other factors can lead to a weakened immune system, which can jeopardize our health status and put us at risk for bigger health issues.

Each of the products in the Lifelong Vitality Pack provide specific benefits for immune function.\* The Alpha CRS®+ formula provides a potent blend of antioxidant molecules that provide immune support.\*

Using essential fatty acids and essential oils like Clove Bud, Frankincense, and Thyme, xEO Mega® contains several immune-supporting properties.\* Microplex VMz® offers vitamins and minerals that provide immune support by giving the body the nutrients it needs.\*

Using all of the products in the Lifelong Vitality Program on a daily basis can help support healthy immune function—a major part of cultivating a healthy lifestyle.\*

## ***Energy support***

While many factors can influence our energy levels, energy production typically begins in our cells. Many of us may blame our lack of energy or vitality on “getting old”; however, it is possible to help our cells efficiently produce chemical energy to keep our energy levels high.

All energy is produced in microscopic cellular structures known as **mitochondria**. Mitochondria combines oxygen and food molecules to produce chemical energy. As we get older, we usually experience a decline in the number of mitochondria in our cells, which means that less chemical energy is being produced. With a lack of chemical energy coming from our cells, we typically experience decreased vitality and energy.

While our energy levels can be influenced by the aging process, it is possible to help protect our mitochondria and cells so that they continue to produce energy efficiently. By providing the body with antioxidants, we can protect our cells from threats that may lower their ability to produce chemical energy. We can also support healthy production of cellular energy by giving the body nutrients that are useful for energy production.

The Lifelong Vitality Program provides the body with powerful antioxidants, as well as essential nutrients that we might not be getting in our regular diet.\* Both of these elements can help protect our cells, and allow our bodies to efficiently produce energy at a cellular level—thus giving us the energy and vitality we need as we go through the aging process.\*

## ***Nutrient support***

As mentioned, many of us do not receive the proper nutrients that our bodies need through our diet alone, so supplementation can be a healthy option for nutrient support. The products in the Lifelong Vitality Program provide a balanced blend of vitamins, including antioxidant vitamins A, C, and E; an energy complex of B vitamins; and natural vitamin D3.\* The Lifelong Vitality Program also includes whole-food ingredients to help boost nutrient intake, and enzymes to help the body digest and absorb these nutrients.\*

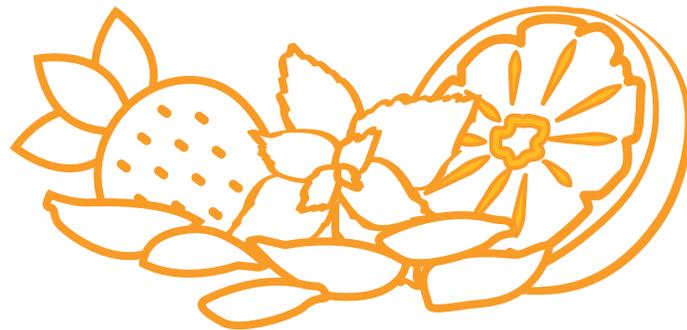


**MITOCHONDRIA:** Tiny cell structures that combine food molecules and oxygen to produce chemical energy.

## ***Safe, effective ingredients***

Perhaps one of the greatest benefits of the Lifelong Vitality Program is that each product contains naturally safe, potent, and effective ingredients. With so many different types of supplements on the market, it can be difficult to find an effective product that doesn't contain questionable ingredients. The Lifelong Vitality Program uses ingredients included on the Food and Drug Administration's (FDA) list of ingredients that are Generally Recognized as Safe (GRAS). These ingredients are tested for purity and ensured safe for human consumption.

In addition, dōTERRA® uses CPTG Certified Pure Therapeutic Grade® essential oils as a part of the proprietary formulas used in the Lifelong Vitality Program. CPTG® essential oils are taken from pure, natural sources, and are always tested for safety and efficacy.



By combining potent, high quality essential oils with other natural extracts and ingredients, dōTERRA can ensure the safety and quality of each supplement product.

## **BENEFITS**

While the main goals of the Lifelong Vitality Program are to provide the body with antioxidants, to support immune function, to promote healthy energy levels, and to deliver useful nutrients to the body, the list of benefits does not stop there. Take a look at the full list of possible benefits that come from using the Lifelong Vitality Program on a daily basis:

## ***Price comparison***

Your health is an important investment. When you have to purchase a different supplement for each desired benefit, the cost of staying healthy can quickly get uncomfortable. Because each of the products in the Lifelong Vitality Program contain ingredients designed to provide multiple benefits, it provides an affordable way to maintain good health.

To obtain the equivalent of the ingredients and benefits included in the Lifelong Vitality Program, one would have to purchase \$200–\$300 worth of supplements. The Lifelong Vitality Program combines several desirable benefits into each product, making it the most convenient and cost-effective method for promoting a healthy lifestyle. The Lifelong Vitality Program also has a 30-day money back guarantee that provides a refund if you feel that the products are not providing you with the desired benefits.

Now that we have discussed the benefits of the Lifelong Vitality Program as a whole, let's take a look at each individual product to learn about the ingredients and elements that make it useful for promoting a healthy lifestyle.

### **Lifelong Vitality Program 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

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

# CHAPTER

## Alpha CRS<sup>®</sup> + Cellular Vitality Complex

### PURPOSE

### *Provide the body with antioxidants*

In chapter 2, we briefly discussed the importance of providing the body with antioxidants in order to protect the cells from damage by free radicals. Remember, free radicals are unstable molecules that can damage and even destroy healthy cells, which speeds up the aging process, while antioxidants are stable molecules that are known to neutralize free radicals. Antioxidants can help protect cellular DNA and other cell structures from damage, which helps promote healthy aging. In addition to helping protect our cells from free radicals, antioxidants can help keep the heart, cardiovascular system, brain, and nervous system functioning properly.\*

Alpha CRS<sup>®</sup>+ provides a healthy source of antioxidants for the body, which promote lifelong health and vitality.\* Antioxidants can be found in many natural whole foods; however, it can be difficult to get adequate amounts of antioxidants on a daily basis from diet alone. By providing the body with antioxidants, Alpha CRS+ aims to provide cellular support and vitality in order to promote healthy aging.\*



### *Promote vitality and improved energy levels*

The health status of our cells can often determine the health of other parts of the body, including tissues and organs. Because energy production is a part of healthy cellular function, we can feel decreased energy and performance as we age, because this is when our cellular function typically begins to deteriorate.

Alpha CRS<sup>®</sup>+ provides cells with essential nutrients and protection from toxic stressors (like free radicals) in order to promote healthy cellular function.\* Helping cells to function properly will support healthy energy production, which can translate to vitality and wellness.\* If you've experienced feelings of decreased energy over the years, Alpha CRS+ can be used to promote healthy energy levels by protecting cells during the aging process.\*

### WHAT DOES THE NAME ALPHA CRS+ MEAN?

**Alpha** – a word that means “first”

**CRS** – an acronym for “Cellular Renewal System”

**+** – added to emphasize improvements made to the original product

### *DNA protection*

Another way to promote healthy cellular function is to protect cellular DNA, which regulates all activity within and between cells. DNA is found in the nucleus of each cell, and helps to regulate the communication and activity that goes on among the millions of cells in our bodies. A healthy cell is supposed to reproduce, perform several specialized functions, and self-destruct when it is no longer useful in order to make room for new, healthy cells. When cellular DNA and other cell structures are damaged, the process of cell reproduction, function, and renewal can get derailed.



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

## INGREDIENTS

The Alpha CRS<sup>®</sup>+ formula includes a **cellular longevity polyphenol blend**, which aims to do as the name suggests—prolong the longevity or lifespan of cells with the use of polyphenols.\* Remember from Chapter 2 that polyphenols can be described as a powerful group of antioxidants that are known to protect cells against free radical damage.\* Free radicals have the potential to damage cellular DNA, mitochondria (molecules that produce chemical energy), and other important cell structures, but consuming antioxidants like polyphenols can help protect cells and cell structures.\*

### Cellular longevity polyphenol blend:



Proanthocyanidins from grape seed

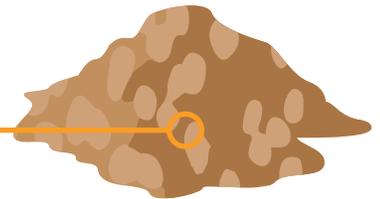


Baicalin from scutellaria root

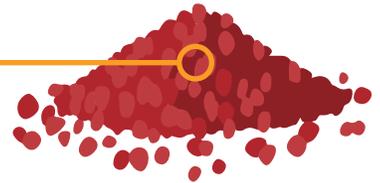


Quercetin from the Japanese Pagoda tree

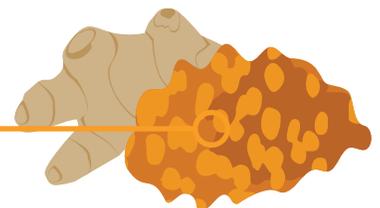
Resveratrol from Polygonum cuspidatum



Ellagic acid from pomegranate fruit extract



Curcumin from turmeric root



Boswellic acids from Boswellia serrata



**DNA (deoxyribonucleic acid):** The nucleic acid found in cells that provides the genetic instructions for cell creation, function, and lifespan. DNA helps to regulate the communication and activity among cells. The disruption of DNA function or damage of cellular DNA can have problematic effects, as our cells are used to make up tissues, organs, and other important body systems.

The Alpha CRS<sup>®</sup>+ formula uses antioxidants, particularly polyphenols, to help protect against damage to cellular DNA and other cell structures, and helps to promote healthy cell function and lifespan.\*

## Other ingredients

- **Boswellic acid and bromelain protease enzyme** – support healthy cellular function\*
- **Coenzyme Q10, alphahalioic acid, acetyl-L-cartine** – this blend of metabolic factors of cellular energy help promote vitality\*
- **Botanical extract of Ginko biloba** – supports mental clarity and energy\*
- **Tummy tamer blend of botanical extracts** – helps prevent upset stomach\*
- The Alpha CRS+® formula is placed in sodium lauryl sulfate-free vegetable capsules



## BENEFITS

Using a proprietary blend of natural extracts and other ingredients, the Alpha CRS+® formula can help combat the effects of aging on cellular health and energy and vitality levels. The following list provides a look at the benefits that can come from using Alpha CRS+ on a daily basis in conjunction with other healthy habits.



### Alpha CRS+® benefits

Supports healthy cell function by protecting cellular DNA and other critical cell structures \*

Promotes cellular energy by supporting healthy mitochondria, which allows for healthy energy production within cells\*

Supports healthy cellular immune function\*

Supports mental clarity and brain function\*

Uses a tummy tamer blend of botanical extracts to help prevent stomach discomfort\*

Made with sodium lauryl sulfate-free vegetable capsules

Specially formulated to be used daily as part of the Lifelong Vitality Program, paired with the use of xEO Mega® and Microplex VMz® to promote vitality and wellness as part of a healthy lifestyle\*

# CHAPTER

## xEO Mega® Essential Oil Omega Complex

### PURPOSE

While the Alpha CRS+® formula aims to provide the body with antioxidants and cellular protection, the xEO Mega Essential Oil Omega Complex is designed to offer the body Essential Fatty Acids (EFAs) that will help the systems of the body function in a healthy way.\* The body requires essential fatty acids to help with key functions like cell growth, brain development, muscle activity, immune function, joint health, and more.\*

### *Fatty acid sources*

Some fatty acids are produced naturally inside the body; however, essential fatty acids cannot be produced within the body, and must be obtained through the diet. While there are several types of essential fatty acids, the most common are omega-6 and omega-3 fatty acids. Although it is possible to provide the body with these essential fatty acids through the food we eat, the typical modern diet usually contains too much of the omega-6 fatty acids in the form of vegetable oils and hydrogenated or trans fats. While we do want some omega-6 fatty acids to provide our body with essential nutrients, consuming too much has been linked to poor health.



In contrast, there is scientific evidence suggesting that increasing dietary intake of omega-3 fatty acids can provide health benefits. Studies have shown that some of these health benefits include positive effects on cardiovascular health, brain function, immune function, joint health and mobility, and the skin.\*

To maintain a healthy body, it is important to keep a proper balance between omega-3 and omega-6 fatty acids by decreasing dietary intake of foods that are high in omega-6 fatty acids and increasing intake of foods with omega-3 fatty acids. Omega-3 fatty acids can come from fatty fish, canola and olive oil, and the oils of some nuts and seeds. The xEO Mega® complex is designed to provide the body with the proper balance of essential fatty acids using a unique blend of marine and land-sourced fatty acids and other plant-based ingredients.

### WHAT DOES THE NAME xEO MEGA MEAN?

**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

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

## INGREDIENTS

The dōTERRA® xEO Mega Essential Oil Omega Complex contains a propriety blend of CPTG® essential oils, marine and land-sourced omega fatty acids, and plant-based ingredients to provide the body with a number of benefits.

As discussed, some fatty acids are produced naturally inside the body, while some must be obtained from the diet. It is possible to provide our body with the levels of omega-3 fatty acids through sources like canola oil, oil from nuts and seeds, and fish. However, many people are increasingly concerned about the levels of toxins and heavy metals that are found in our oceans, so daily fish consumption is not an option that everyone is comfortable with.

Some nutritional experts even warn against eating fish too frequently in order to protect the body against exposure to toxic pollutants. Thankfully, the xEO Mega formula contains marine and land-sourced omega fatty acids to help provide the body with the proper balance of essential fatty acids and the benefits they offer.

Each serving of xEO Mega contains pure, micro-filtered marine lipids, which provide high levels of fatty acids like eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), alpha-linolenic acid (ALA), gamma linolenic acid (GLA), and stearidonic acid (SDA).

In addition to marine sources, the xEO mega formula provides useful fatty acids with the inclusion of pomegranate seed oil and Echium seed oil.

## ESSENTIAL OIL BLEND

The essential oil blend used in xEO Mega® provides the body with antioxidants to promote healthy cells.\* Using essential oils in the xEO Mega formula also helps protect the essential fatty acids used in the formula from oxidation and rancidity, as the oils act as a natural preservative system. The xEO Mega formula includes a proprietary blend containing the following essential oils:



- Clove
- Frankincense
- Thyme
- Cumin
- Wild Orange
- Peppermint
- Ginger
- German Chamomile

## Other ingredients

**Marine and plant omega blend:** Concentrated, pure fish and echium seed oils providing EPA, DHA, ALA, SDA, and GLA fatty acids

**Natural vitamins D and E:** xEO Mega® includes 800 IU (international units) of natural vitamin D and 60 IU of natural vitamin E. Vitamin D plays an essential role in bone health and growth, and can help promote healthy immune function as well as a healthy response to cellular stress.\*

**Astaxanthin:** a powerful antioxidant carotenoid harvested from microalgae. Astaxanthin is coupled with natural vitamin E to provide circulatory and systemic benefits, as well as powerful antioxidants.\*

**900 milligrams** - pure, micro-filtered marine lipids, including:

- 300 mg of EPA (Eicosapentaenoic acid)
- 300 mg of DHA (Docosahexaenoic acid)
- 70 mg of other omega-3s

**200 mg** - plant-based, omega-3 rich, Echium seed oil

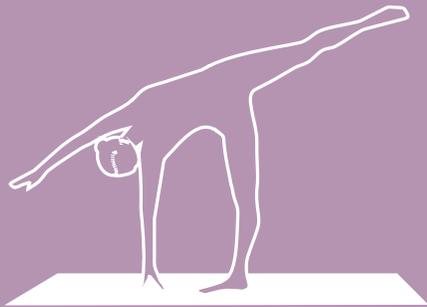
**50 mg** - pomegranate seed oil

The xEO Mega® formula is encapsulated in convenient, vegetarian-friendly softgels

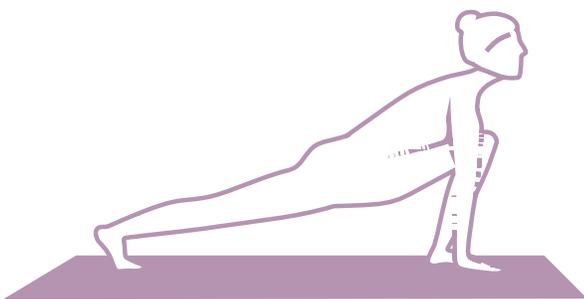


\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## BENEFITS



- Promotes heart and circulatory health\*
- Supports 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 including EPA, DHA, ALA, and SDA from marine and plant sources to help maintain a healthy balance of these vital nutrients\*
- The powerful antioxidant carotenoid, astaxanthin provides the body with antioxidants as well as systemic and circulatory benefits\*
- Provides the body with natural sources of vitamin D and E
- This product has been specially formulated to be used in conjunction with the other products in the Lifelong Vitality Program to provide comprehensive dietary support while promoting vitality and wellness\*



## **vEO Mega<sup>®</sup> Essential Oil Omega Complex**

For those who do not wish to consume fish or marine-based products due to diet restrictions or personal preferences, dōTERRA has created vEO Mega<sup>®</sup>. Alpha CRS<sup>®</sup>+ and Microplex VMz<sup>®</sup> are already considered vegetarian friendly, but the inclusion of the marine omega blend used in xEO Mega<sup>®</sup> does not allow it to be labeled as vegan. By creating vEO Mega, dōTERRA<sup>®</sup> has made it possible for those who only wish to use products with vegetarian ingredients to still provide their bodies with essential fatty acids.

Instead of using a blend of fish oils, the vEO Mega formula uses plant and algae-based sources to provide a unique blend of essential fatty acids. While the ingredients are slightly different than xEO Mega, the vEO Mega complex makes it easy for those who want to use vegetarian supplements to obtain essential fatty acid and omega benefits.

### **WHAT DOES THE NAME vEO MEGA MEAN?**

**v** – represents the vegetarian-friendly nature of this product

**EO** – stands for “essential oil;” CPTG<sup>®</sup> essential oils are an important ingredient in xEO Mega<sup>®</sup>

**Mega** – represents the omega benefits provided by this complex



### **vEO MEGA INGREDIENTS**

**vEO Mega Land Omega Blend:** Flaxseed oil, Inca Inchi Seed oil, Borage Seed oil, Cranberry Seed oil, Pomegranate Seed oil, Pumpkin Seed oil, Grape Seed oil

**Still includes:** Vitamin D and E, pure astaxanthin and other carotenoids, and a proprietary blend of CPTG<sup>®</sup> essential oils.



# CHAPTER

## Microplex VMz<sup>®</sup> Food Nutrient Complex

### PURPOSE

In addition to antioxidants and essential fatty acids, our bodies need essential vitamins and minerals to keep all systems functioning in a healthy manner.\* Essential vitamins and minerals cannot be produced in the body in sufficient quantities, so we must rely on our diet to provide the body with proper nutrients. Unfortunately, most modern diets are lacking a variety of vitamins and minerals, often resulting in nutritional deficiencies.

The Microplex VMz Food Nutrient Complex is designed to provide us with adequate amounts of vitamins and minerals to promote optimum health when combined with a well-balanced diet and healthy lifestyle.\* By using Microplex VMz with xEO Mega<sup>®</sup> on a daily basis, we can help our bodies obtain the proper amount of vitamins, minerals, and omega fatty acids needed for good health.

Using a specialized formula, Microplex VMz aims to provide vitamins that are deficient in our modern diets, like vitamin A, C, E, and B.



The Microplex VMz formula also aims to give the body minerals like calcium, magnesium, and zinc, which can help promote bone and metabolic health.\* We know from the Estimated Average Requirements (EAR) chart in Chapter 1 that more than 90 percent of American adults do not reach the daily requirements for vitamin E, and roughly half of Americans do not fulfill nutrient requirements for magnesium, vitamin A, calcium, and vitamin C. While it is possible to reach these requirements with a healthy diet, this is easier said than done. Using Microplex VMz<sup>®</sup> on a daily basis in conjunction with other healthy habits makes it possible to give the body an adequate amount of nutrients it might be missing.

### WHAT DOES THE NAME MICROPLEX VMz MEAN?

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

**VM** – stands for “vitamins” and “minerals”

**z** – represents improvements made to the original product

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

## INGREDIENTS

Presented in a food nutrient complex, Microplex VMz<sup>®</sup> provides a variety of vitamins and minerals that will help with the growth, function, and maintenance of cells.\* The Microplex VMz formula provides a blend of antioxidant and energy complex vitamins, while also including minerals that are beneficial for metabolism and bone health.\*

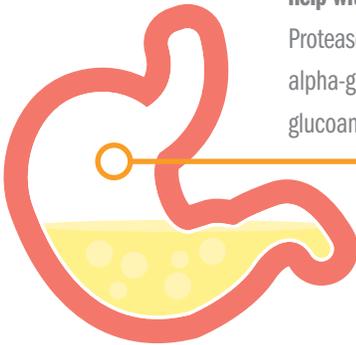
The patented Microplex VMz formula is also designed to promote **bioavailability**—which means that our bodies will recognize and absorb the vitamins, minerals, and food nutrients. Sometimes certain vitamins and minerals can be difficult for our body to recognize or absorb, so the Microplex VMz formula uses a special patented glycoprotein matrix to help with bioavailability. In addition, the formula also contains a blend of digestive enzymes and mineral cofactors to enhance digestion and help with the assimilation of nutrients.\*

**Bioavailability:** In nutrition, the level of bioavailability is the degree to which food nutrients are available for absorption and utilization in the body.

## Take a look at a breakdown of the ingredients found in Microplex VMz<sup>®</sup>:

### Enzymes to aid in digestion and help with absorption of nutrients\*:

Protease, lactase, lipase, amylase, alpha-galactosidase, diastase, glucoamylase, peptidase

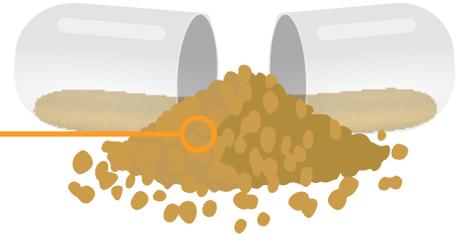


### Balanced blend of essential vitamins:

Antioxidant vitamins A, C, and E\*

Energy complex of B vitamins\*

Natural vitamin D for enhanced bioavailability\*



**Balanced blend of essential minerals:** Calcium, Iron, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium



### dōTERRA<sup>®</sup> tummy tamer botanical blend:

**blend:** Peppermint Leaf, Ginger Root, and Caraway Seed extracts



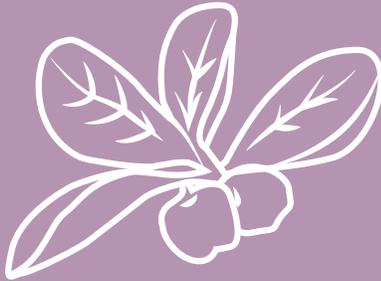
### Whole food botanical blend:

Kale, dandelion, parsley, kelp, broccoli, Brussels sprout, cabbage, and spinach



Microplex VMz uses sodium lauryl sulfate-free vegetable capsules, and does not contain genetically modified material.

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



## 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\*
- Includes a patented glycoprotein matrix for enhanced bioavailability\*
- Uses the dōTERRA tummy tamer digestive blend of Peppermint, Ginger, and Caraway to help reduce stomach upset\*
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain genetically modified material
- Designed to be used daily with xEO Mega® and Alpha CRS®+ to provide the body with adequate nutrients

## ***Vegan Microplex VMz***®

Vegan Microplex VMz offers the same benefits of Microplex VMz, but is sourced from vegan-friendly sources. This complex still includes the vitamins and minerals found in the original Microplex VMz formula, as well as the dōTERRA tummy tamer blend, and a vegan-friendly patented glycoprotein matrix to help enhance bioavailability.\* The Vegan Microplex VMz formula is encapsulated in sulfate-free vegetable capsules, and doesn't contain any genetically modified material.

# CHAPTER

## Using Lifelong Vitality in your daily life

By using the Lifelong Vitality products to provide the body with antioxidants, vitamins and minerals, essential fatty acids, cellular protection, and CPTG® essential oils, you will be on the right track to looking and feeling younger longer.\* But remember, the idea behind healthy supplementation requires more than just taking a pill to look and feel great—you must combine the use of supplements with a healthy lifestyle and responsible habits.

The Lifelong Vitality Program yields the best results when used in conjunction with a healthy, well-balanced diet, regular exercise, and other healthy habits. Alpha CRS®+, xEO Mega®, and Microplex VMz® have been specially formulated to support optimum health when combined with the dōTERRA® wellness philosophy, which includes healthy lifestyle choices and responsible medical care. As you incorporate the use of the Lifelong Vitality Program into your daily life, consider the following aspects of promoting a healthy lifestyle:

**EAT RIGHT** – Provide the body with important nutrients through a well-balanced diet that includes whole foods like fruits and vegetables.



**EXERCISE** – Find an exercise routine that fits your preferences and abilities to help keep your body strong, healthy, and functioning properly.



**REST AND STRESS MANAGEMENT** – Get adequate sleep and learn how to manage your stress before it reaches unhealthy levels or causes adverse effects.

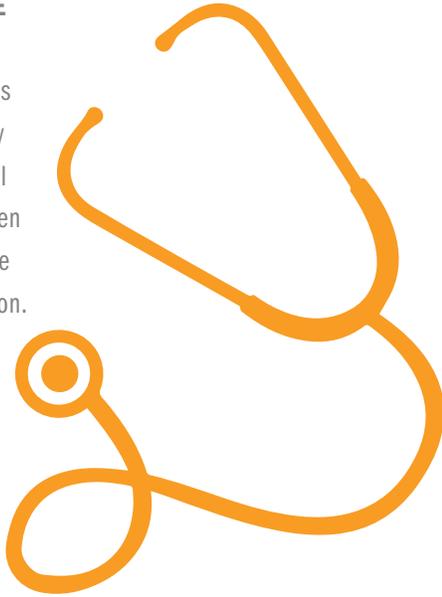


**REDUCE TOXINS** – Be aware of toxins that may be in the environment, your diet, or in your home, in order to help reduce the toxic load on your body.

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

## PROACTIVE MEDICAL CARE

– Become a proactive participant when it comes to caring for your body by partnering with a medical professional who will listen to your needs and provide you with useful information.



## INFORMED SELF-CARE –

Make time for things that will promote good emotional and mental health, and educate yourself about self-care solutions.



## Safety guidelines and usage tips for the Lifelong Vitality Program

Once you have mapped out how you can combine the Lifelong Vitality Program with a healthy lifestyle, it is important to ensure that you are ready to use the supplements in this program in a safe and effective way. Take a look at the following guidelines to ensure that you are ready to use the Lifelong Vitality products safely and correctly:

### Dosage

**Microplex VMz<sup>®</sup>** - 4 capsules per day, with food

**Alpha CRS<sup>®</sup>** - 4 capsules per day, with food

**xEO Mega<sup>®</sup>** - 4 capsules per day, with food

Consider taking two capsules of each supplement with breakfast and two capsules of each supplement before dinner to ensure that each dose is taken with food.



### Shelf life

Each product in the Lifelong Vitality Program will have an expiration date featured somewhere on the packaging. Be sure to pay attention to expiration dates and heed any other instructions or warnings included on the label of each product.



## Storage

It is best to store Lifelong Vitality products in a cool, dark, dry place. This environment is most suitable for xEO Mega specifically, as sunlight and other light sources can oxidize the carotenoids in this product. xEO Mega can be stored at room temperature throughout its shelf life; however, to extend the shelf life or maximize the potency of the omega-3 fatty acids in xEO Mega, consider storing the product in the refrigerator.

## ***Supplement use with children***

Alpha CRS+<sup>®</sup>, xEO Mega<sup>®</sup>, and Microplex VMz<sup>®</sup> can be used in half doses for teenagers and older children who are able to swallow capsules. dōTERRA has created supplements specifically for children that provide safe dosages and are easy to take. Instead of using the Lifelong Vitality Pack with your children, consider using the dōTERRA<sup>®</sup> supplements designed for children—dōTERRA a2z Chewable and IQ Mega<sup>®</sup>. Before using any supplements with your children, it is wise to consult with your child's pediatrician.



### **CONSULT WITH YOUR MEDICAL PROFESSIONAL**

If you have any concerns about using the Lifelong Vitality Program products or about supplements in general, it is best to consult with your healthcare provider before beginning use. Your doctor will be able to help you determine how your personal health status may be affected or improved by using supplements.

## ***Lifelong Vitality 30-Day Challenge***

If you are ready to experience the benefits of the Lifelong Vitality Program, consider trying the dōTERRA Lifelong Vitality Challenge by taking Alpha CRS+, xEO Mega, and Microplex VMz every day for 30 days in a row.