



# dōTERRA LIFELONG VITALITY PACK®

## Cellular Vitality Complex

As one of our most popular products, dōTERRA Lifelong Vitality Pack® is full of essential nutrients, metabolism benefits and powerful antioxidants designed to help promote energy, health and lifelong vitality.

### PRIMARY BENEFITS

dōTERRA Lifelong Vitality Pack® is a holistic approach to help support your health, that covers three vital aspects of your wellbeing: immune system support, nutritional support, and energy production maintenance.

- Aids digestion.
- Helps maintain healthy digestive function.
- Source of iron. Iron is necessary for the formation of haemoglobin which transports oxygen to the tissues.
- Maintain health of capillaries.
- Protects capillaries.
- Source of calcium.
- Vitamin D helps calcium absorption.
- Support of healthy eye function.
- Assists in the maintenance of general well-being.
- Reduce free radicals formed in the body.
- Support healthy immune system function.
- Helps convert (Fats and Carbohydrates) into energy.
- Aids metabolism of (Carbohydrates, Fats & Proteins).
- Maintains energy levels.
- Support healthy hair, skin and nails.
- Support healthy cardiovascular system function.
- Support muscle function.
- Maintains nervous system function.
- Maintains bone health.
- Support (Calcium) levels in the body.
- Support healthy muscle contraction function.
- Support collagen formation.

- Support healthy stress response in the body.
- Support healthy thyroid gland function.
- Support healthy eyesight/vision.

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Helps maintain healthy digestive function.

Source of iron. Iron is necessary for the formation of haemoglobin which transports oxygen to the tissues.

Maintain health of capillaries.

Protects capillaries.

Source of calcium.

Vitamin D helps calcium absorption.

Support of healthy eye function.

Assists in the maintenance of general well-being.

#### xEO Mega®

dōTERRA xEO Mega® is a blend of omega-3 fatty acids and fat-soluble nutrients. It is formulated to support the functioning of a healthy immune system.

Supports healthy immune system function

Helps reduce free-radical damage to body cells.

#### MICROPLEX VMz®

dōTERRA Microplex VMz® provides essential vitamins, nutrients and minerals to support health and wellbeing.

Supports nutritional intake by providing essential vitamins, nutrients and minerals

Maintains health and general wellbeing

#### Alpha CRS®

dōTERRA Alpha CRS®+ helps support your body's natural energy production and helps reduce free radicals formed in the body.

Supports energy production in the body

Helps reduce free radicals formed in the body

### WARNINGS

KEEP OUT OF REACH OF CHILDREN.  
DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/ HEALTHCARE PROFESSIONAL. VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET.

#### 30 DAY GUARANTEE

If you purchase dōTERRA's Lifelong Vitality Pack, use it for 30 days, and are not satisfied with the results, you can return your product for full refund.

#### TERMS AND CONDITIONS:

Must be a dōTERRA Wellness Advocate, Wholesale Customer or Retail Member to participate in offer.

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Lifelong Vitality Pack that is purchased as part of a kit receive a full refund determined by kit pricing.



Certified Pure Tested Grade

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Read warnings before purchase.

AUST L 327961  
AU SKU: 60201022



# xEO MEGA®

## Essential Oil Omega Complex

Support your body's natural defences with dōTERRA xEO Mega®.

In today's busy and fast-paced world, it's not always possible to get the nutrients our body's immune system needs to defend itself. dōTERRA xEO Mega® is formulated to support our immune system when our dietary intake is lacking. The unique formula of omega-3 fatty acids and fat-soluble nutrients is designed to support your immune system health, and support cardiovascular health and brain function. It also contains dōTERRA®'s CPTG® essential oil blend.

### PRIMARY BENEFITS

dōTERRA xEO Mega® is a blend of omega-3 fatty acids and fat-soluble nutrients. It is formulated to support the functioning of a healthy immune system.

- Supports healthy immune system function
- Helps reduce free radical damage to body cells

Not only is dōTERRA xEO Mega® great for immune support, its marine-sourced omega-3 fatty acids may also:

- Support heart and cardiovascular system health
- Support brain function

### PRODUCT DESCRIPTION

dōTERRA's xEO Mega® is a special formula of marine omega-3 fatty acids, carotenoids, and vitamin D3 and E combined with a proprietary CPTG® essential oil blend. EPA and DHA omega-3 fatty acids which support brain function and cardiovascular system health.

xEO Mega® also includes vitamin D, vitamin E, and astaxanthin. Formulated to be used daily with Alpha CRS+ and Microplex VMz®. Essential Fatty Acids (EFAs) are nutrients required for many functions in the human body. While some fatty acids can be produced inside the body, "essential" fatty acids cannot be produced by our bodies; therefore, we rely on the food we eat to supply these important nutrients. xEO Mega® contains omega 3 fatty acids.

### ASTAXANTHIN AND VITAMIN E

xEO Mega® includes the carotenoid astaxanthin and Vitamin E. Vitamin E supports the health and function of the cardiovascular and immune systems.

Vitamin E is a fat-soluble antioxidant helping to protect the polyunsaturated fatty acids in cell membranes from free radical damage.

### VITAMIN D

Vitamin D is a fat-soluble vitamin present in foods such as fish, beef liver, cheese, egg yolks, and fortified dairy products. Sunlight can help activate colecalciferol generation (a Vitamin D precursor), which is converted to active Vitamin D within the body.

Vitamin D is important for bone health, supporting the development and maintenance of strong, healthy bones. Vitamin D also supports the health and function of the immune and nervous systems and is important for cardiovascular health. Vitamin D is mainly produced in our skin by a reaction that requires sunlight. People who limit their exposure to sunlight may require Vitamin D supplementation. xEO Mega® contains omega-3 fatty acids and other fat-soluble nutrients that help support the health and function of the cardiovascular, nervous and immune systems and eyes. Containing DHA, which is one of the most abundant fatty acids in the brain, which is required for normal/ healthy brain function. xEO Mega® is formulated to be used daily with Alpha CRS+ and Microplex VMz®.

### DIRECTIONS FOR USE

**ADULTS:** Take 2 capsules twice daily with water before meals or as directed by your healthcare professional.

Contains fish and soya bean products.

Do not use if inner foil liner is missing or broken. Store below 25°C.

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# xEO MEGA®

*Essential Oil Omega Complex*

## INGREDIENTS:

Concentrated Fish Omega-3 triglycerides 260 mg

Equiv. Eicosapentaenoic Acid (EPA) 80.1 mg

Equiv. Docosahexaenoic Acid (DHA) 76.5 mg

Borago officinalis (Borage) Seed Oil Fixed 50 mg

Equiv. Gamma-Linolenic Acid 11 mg

### CPTG® ESSENTIAL OIL BLEND:

Syzygium Aromaticum Herb Top

Flowering Essential Oil 5.7 mg

Olibanum Oil 4.6 mg

Thyme Oil 4 mg

Cumin Oil 3.4 mg

Orange Oil 3.4 mg

Peppermint Oil 3.4 mg

Ginger Oil 2.9 mg

Caraway Oil 2.3 mg

Chamomile Oil German 285 microgram

Betacarotene 1 mg

Colecalciferol (Vit. D 200IU) 5 microgram

d-alpha-Tocopherol (Vit. E 15IU) 10.1 mg

Lycopene 250 microgram

Lutein 750 microgram

Zeaxanthin 250 microgram

Punica granatum (Pomegranate) Seed Oil Fixed 12.5 mg

Astaxanthin Esters extracted from

Haematococcus pluvialis 2 mg

Equiv. Astaxanthin 250 microgram

OTHER INGREDIENTS: Sunflower oil..

OTHER ENCAPSULATING AIDS:

Hydroxypropyl Starch, Glycerol, and Purified Water..

## 30 DAY GUARANTEE

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AUST L 395530  
AU SKU: 60222105



# MICROPLEX VMz®

## Food Nutrient Complex

Help boost your nutritional intake and wellbeing with dōTERRA Microplex VMz®.

In a world where convenience is king and calorie-rich food is all around, it's easy to indulge, while consuming less of the nutrients our body needs for optimal health. While nothing can replace a good and balanced diet, dōTERRA Microplex VMz® provides a comprehensive array of essential vitamins, nutrients and minerals that complements our modern diet, helping to maintain health and wellbeing.

### PRIMARY BENEFITS

dōTERRA Microplex VMz® provides essential vitamins, nutrients and minerals to support health and wellbeing. As part of its extensive benefits, dōTERRA Microplex VMz® is formulated to:

- Maintains health and general wellbeing
- Supports nutritional intake by providing essential vitamins, nutrients and minerals
- Maintain healthy bones
- Support healthy skin, hair and nails
- Maintain immune system health
- Reduce free radicals formed in the body
- Maintains collagen health
- Support energy levels
- Support connective tissue health

### PRODUCT DESCRIPTION

dōTERRA's Microplex VMz® Food Nutrient Complex is a formula of bioavailable vitamins and minerals that maybe deficient in our modern diets. Microplex VMz® also contains minerals including calcium, magnesium, and zinc, which play a role in the maintenance of healthy bone.

Microplex VMz® contains the dōTERRA tummy tamer botanical blend of Peppermint, Ginger and Caraway.

Microplex VMz® Food Nutrient Complex contains nutrients involved in the growth and function of cells. It provides a blend of essential antioxidant vitamins, C and

E; an energy complex of B vitamins in a glycoprotein matrix; and vitamin D. It also contains nutrients essential for carbohydrate, lipid and protein metabolism and the minerals Calcium, Magnesium and Zinc. Adequate dietary calcium is needed and throughout life to help maintain strong, healthy bones. Vitamin D helps calcium absorption and a diet deficient in calcium can lead to osteoporosis in later life.

Microplex VMz® provides vitamin and mineral, for times when dietary intake is insufficient. The formula is encapsulated in sodium lauryl-sulfate free capsules and does not contain wheat or milk products. It also contains the dōTERRA tummy tamer blend of Peppermint, Ginger and Caraway seed botanical extract.

Formulated to be used daily with Alpha CRS+ xEO Mega.

### DIRECTIONS FOR USE

**ADULTS:** Take 2 capsules twice daily, with food, or as directed by your healthcare professional.

Do not use if inner foil liner is missing or broken. Store below 25°C.

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AU SKU: 60222105



# MICROPLEX VMz®

## Food Nutrient Complex

### CAUTIONS

KEEP OUT OF REACH OF CHILDREN.  
Contains sucrose, glucose and sodium benzoate.

### INGREDIENTS:

#### EACH CAPSULE CONTAINS:

Retinol Acetate (Vit. A 75 micrograms retinol equivalents)	86 microgram
Betacarotene	923 microgram
Thiamine Hydrochloride	841 microgram
Riboflavin (Vit. B2)	750 microgram
Nicotinamide (Vit. B3)	5 mg
Calcium Pantothenate (Pantothenic Acid 2.5 mg)	2.73 mg
Pyridoxine Hydrochloride (Pyridoxine 750 micrograms)	912 microgram
Calcium Folate (Folinic Acid 100 micrograms)	139 microgram
Cyanocobalamin (Vit. B12)	2.5 microgram
Biotin	75 microgram
Calcium Ascorbate Dihydrate (Ascorbic Acid 37.5 mg)	45.4 mg
Magnesium Ascorbate Monohydrate (Ascorbic Acid 12.5 mg)	13.9 mg
Total Ascorbic Acid (Vit. C)	50 mg
Colecalciferol (Vit. D 50IU)	1.25 microgram
d-alpha Tocopheryl Acid Succinate (Equiv. Vit. E 12.5IU)	10.3 mg
Phytomenadione (Vit. K1)	5 microgram
Calcium (from Calcified Lithothamnion Species 93.8 mg)	30 mg
Calcium (from Calcium Carbonate 226 mg)	90.5 mg
Chromium (from Chromium Nicotinate 140 micrograms)	12.5 microgram
Copper (from Copper Gluconate 893 micrograms)	125 microgram
Iron (from Iron (II) Glycinate 5.5 mg)	1.5 mg
Fucus vesiculosus (Bladderwrack) Whole Plant	15.6 mg
Powder (Containing Iodine 6.25 micrograms) Magnesium	37 mg
(from Magnesium Amino Acid Chelate	186 mg)
Manganese (from Manganese Amino Acid	125 microgram
Chelate 1.25 mg) Selenium (from Selenomethionine 43.5 micrograms)	17.5 microgram
Zinc (from Zinc Amino Acid Chelate 18.8 mg)	3.8 mg
Palm Tocotrienols Complex	96.5 microgram
Protease 3.066 Thousand HUT	
Lipase	37 LipU
Amylase	111 DU
Tilactase	69 ALU
Cellulase	55 CU
Petroselinum crispum (Parsley) Herb Powder	3.4 mg
Spinacia oleracea (Spinach) Leaf Powder	1.4 mg
Brassica oleracea var. viridis (Kale) Leaf Powder	5.6 mg
Brassica oleracea var. gemmifera (Brussel Sprout) Leaf Bud Powder	1.4 mg
Brassica oleracea var. capitata (Cabbage) Leaf Powder	1.4 mg

#### HERBAL EXTRACTS EQUIV. TO DRY

Zingiber officinale (Ginger) 2.5 mg ext. dry conc.

Derived from dry root 50 mg

Mentha X piperita (Peppermint) 2.5 mg  
ext. dry conc.

Derived from dry leaf 10 mg

Taraxacum officinale (Dandelion) 3.4 mg  
ext. dry conc.

Derived from dry leaf 16.9 mg

Carum carvi (Caraway) ext. dry conc. 2.5 mg

Derived from dry seed 10 mg

Brassica oleracea var. italica 1.4 mg  
(Broccoli) ext. dry conc.

Derived from dry sprout 414 mg

#### OTHER INGREDIENTS:

Microcrystalline Cellulose, Calcium Hydrogen Phosphate Dihydrate, Magnesium Stearate, Crospovidone, Silicon Dioxide and Croscarmellose Sodium, Acacia, Butylated hydroxytoluene, Citric acid, Colloidal anhydrous silica, Dextrin, dl-alpha tocopherol, Ethylcellulose, Gelatin, Glucose monohydrate, Maize starch, Maltodextrin, Medium chain triglycerides, Pea starch, Pregelatinised maize starch, Sodium alginate, Sodium benzoate, Sucrose, Tartaric acid.

#### OTHER ENCAPSULATING AIDS:

Hypromellose, Purified



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AUST L 285193  
AU SKU: 60201024



# ALPHA CRS+

## Cellular Energy Complex

Support your body's natural energy production with Alpha CRS®+.

Eating healthily, getting plenty of sleep and exercising regularly are the best ways to keep your body energised. However, getting all of these things in the right measure isn't always possible. Sometimes life just gets in the way, which is where Alpha CRS®+ can help. Containing botanical extracts Alpha CRS®+ is an antioxidant-rich formula with Coenzyme Q10 and Alpha lipoic acid, which are vital for the production of energy in the body.

### PRIMARY BENEFITS

Alpha CRS®+ helps support your body's natural energy production and helps reduce free radicals formed in the body..

- Supports energy production with the assistance of Coenzyme Q10
- Reduces free radicals formed in the body

When used as part of a healthy lifestyle, including eating right, and rest and relaxation techniques, Alpha CRS®+ may also:

- Maintain general health and wellbeing
- Support energy production

### PRODUCT DESCRIPTION

dōTERRA's Alpha CRS+ Cellular Energy Complex is a propriety formula combining botanical and nutrients involved in the production of energy within the body. Formulated to be used daily with xEO Mega® or Microplex VMz®. Alpha CRS+ Cellular Energy Complex is a proprietary formulation with

Coenzyme Q10 and Alpha lipoic acid which are vital for the production of energy in the body, have antioxidant activity and can regenerate other antioxidants. The polyphenol, resveratrol provides further antioxidant properties, which can assist in protecting the body from the damaging effects of free radicals.

The cellular longevity polyphenol blend found in Alpha CRS+ includes herbal extracts of scutellaria root containing

baicalin, Fallopia japonica- resveratrol, pomegranate - ellagic acid, grape seeds- proanthocyanidins, milk thistle-silymarin and curcumin derived from turmeric root. The blend also includes a proprietary blend of boswellic acid and bromelain protease enzyme and the botanical extract of Gingko.

Alpha CRS+ is formulated to be used daily with xEO Mega® and Microplex VMz®. Formulations such as these included in the Lifelong Vitality Pack are part of a wellness lifestyle care range of products that may assist you at different life stages and are formulated to support healthy life style choices..

### DIRECTIONS FOR USE

**ADULTS:** Take 2 capsules twice daily, with food, or as directed by your healthcare professional.

Do not use if inner foil liner is missing or broken. Store below 25°C.

Alpha CRS+ is formulated to be used with xEO Mega® or Microplex VMz®. All three products can be found in our convenient Lifelong Vitality Pack.

### WARNINGS

KEEP OUT OF REACH OF CHILDREN.  
DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE.

### 30 DAY GUARANTEE

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AUST L 285193  
AU SKU: 60201024



# ALPHA CRS+

## Cellular Energy Complex

### INGREDIENTS:

#### EACH CAPSULE CONTAINS:

Boswellia serrata (Indian Frankincense) ext. dry conc. stand.	77 mg
Derived from Dry Gum Oleoresin	462 mg
Standardised to contain Boswellic Acid	50 mg
Carrum carvi (Caraway) ext. dry conc.	2.5 mg
Derived from Dry Seed	10 mg
Camellia sinensis (Green Tea) ext. dry conc. stand.	9 mg
Derived from Dry Leaf	271 mg
Standardised to contain Catechins	7.5 mg
Curcumin	7.9 mg
Fallopia japonica (Japanese Knotweed) ext. dry conc. stand.	25 mg
Derived from Dry Root	2.5 mg
Standardised to contain Resveratrol	12.5 mg
Ginkgo biloba (Ginko) ext. dry conc. stand.	200 micrograms
Derived from Dry Leaf	10 mg
Standardised to contain Ginkgolides & Bilobalide 12 micrograms & Ginkgo Flavonglycosides	48 micrograms
Mentha X piperita (Peppermint) ext. dry conc.	2.5 mg
Derived from Dry Leaf	10 mg
Pinus pinaster (Pine) ext.	2.6 mg
Derived from Dry Stem Outer Bark	2.6 g
Punica granatum (Pomegranate) ext. dry conc.	15.6 mg
Derived from Dry Seed	781 mg
Sesamum indicum (Sesame) ext. dry conc.	5 mg
Derived from Dry Seed	20 mg
Scutellaria baicalensis (Baical Skullcap) ext. dry conc.	44 mg
Derived from Dry Seed	574 mg
Silybum marianum (Milk Thistle) ext. dry conc. stand.	31 mg
Derived from Dry Fruit	2.2 g
Standardised to contain Flavanolignans (calculated as Silybin)	25mg
Vitis vinifera (Grapeseed) ext. dry conc. stand.	5.3 mg
Derived from Dry Seed	632 mg
Standardised to contain Procyanidins	5 mg
Zingiber officinale (Ginger) ext. dry conc.	2.5 mg
Derived from Dry Root	50 mg
Acetyl Levocarnitine Hydrochloride	29.5 mg
Alpha Lipoic Acid	25 mg
Bromelains (12.5GDU)	4.2 mg (0.1875 million PU)
Quercetin Dihydrate	12.5 mg
Ubidecarenone (Coenzyme Q10)	12.5 mg

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Calcium Hydrogen Phosphate Dihydrate, Magnesium Stearate, Soy Polysaccharide, Silica-colloidal Anhydrous, and Croscarmellose Sodium.

#### OTHER ENCAPSULATING AIDS:

Hypromellose, Purified Water, Carrageenan, Potassium Acetate, glucose monohydrate and maltodextrin



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