

look, feel, and live younger, longer

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LOOK, FEEL, AND LIVE YOUNGER, LONGER*

dōTERRA®'s Lifelong Wellness Program makes it convenient and affordable to take the first step on the path towards a lifetime of vitality and wellness. dōTERRA's three core supplements, Alpha CRS™, EO Mega™, and Microplex VM™ are formulated to provide you with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

Our overall health and vitality depend on many factors including diet, physical activity, weight management, rest and managing stress, exposure to toxins, and inherited genetic proclivities for disease or wellness. While some of these variables may be beyond our complete control, breakthrough scientific research has revealed important ways we can influence our bodies' ability to keep us healthy and fit. Understanding what is happening in our bodies at the cellular level helps us understand the impact of our lifestyle choices on our overall health and how we feel.

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



ALPHA CRS™

CELLULAR VITALITY COMPLEX

Alpha CRS Cellular Vitality Complex contains potent levels of powerful polyphenols that protect cells from free-radical molecules that can damage cellular DNA, mitochondria, and other critical cell structures.*

PROTECT YOUR CELLS WITH POLYPHENOLS

Free radicals are unstable molecules that can damage and even destroy healthy, functioning cells and speed the aging process by compromising cellular DNA and other critical cell structures including energy-producing mitochondria. Free radicals are a toxic byproduct of breathing and metabolism of food. They also come from other sources such as pollution, smoking, sun exposure, and exposure to radiation that can push oxidative stress on the body beyond what it can safely handle. Cellular free-radical damage is believed to play a major role in many degenerative diseases associated with aging including cancer, atherosclerosis, and others.

Antioxidants are stable molecules that can neutralize the danger of free radicals. Antioxidants are found in the foods we eat, particularly in fruits and vegetables, and some antioxidants can be manufactured by the body. Most medical experts recommend that we increase our consumption of foods rich in antioxidants. Polyphenols are a particularly powerful group of antioxidants that provide protection against free-radical damage to cellular DNA and mitochondria. They have a very high capacity (Oxygen Radical Absorption Capacity or ORAC) to neutralize free-radical molecules and have been studied for a number of longevity health benefits. Reducing oxidative stress to cellular DNA and other important cell structures supports healthy cell proliferation, function, and lifespan.*

Proanthocyanidins from grape seed



Resveratrol from polygonum cuspidatum



Baicalin from scutellaria root



Ellagic acid from pomegranate



Quercetin



EGCG from green tea



POLYPHENOLS: A class of antioxidant molecules that provide numerous longevity health benefits including powerful antioxidant protection against free-radical damage to cellular DNA, mitochondria, and other critical cell structures.

FREE RADICALS: Unstable molecules that can start a damaging chain reaction of cellular oxidation contributing to degenerative disease and aging.

ORAC: A measurement of the capacity of a substance to neutralize free-radical molecules—Oxygen Radical Absorption Capacity.

DNA: Nucleic acid in cells that contains the genetic instructions for cell proliferation, specialized function, and lifespan. It is through the DNA that the instructions for life is stored and passed to new cells that comprise tissues, organs, systems, and organisms. Disruption of normal DNA function can result in sub-optimal health conditions.

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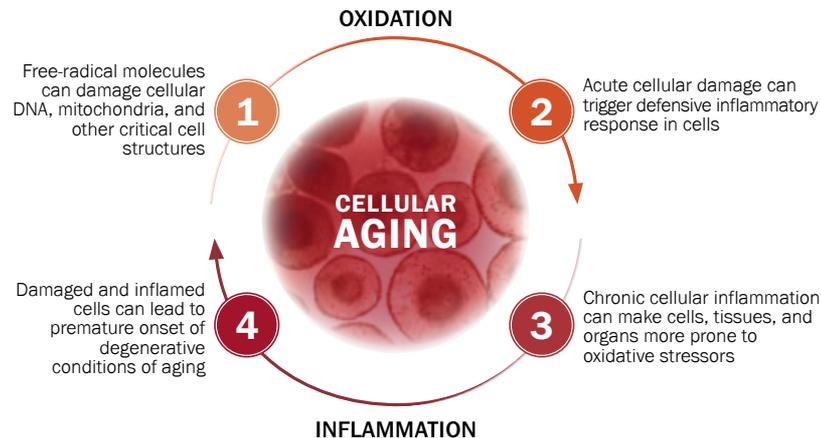
doTERRA's LIFELONG WELLNESS PROGRAM PROVIDES A DAILY ORAC VALUE OF OVER 5900! (12 servings of fruits and vegetables per day)†

† In independent testing performed by Brunswick Laboratories, a daily recommended dose of Alpha CRS, EO Mega, and Microplex VM had an ORAC score of 5910 or the approximate antioxidant protection of 12 servings of fruits and vegetables with an average ORAC value of 500 per serving.

SUPPORT A HEALTHY INFLAMMATORY RESPONSE IN CELLS BY REDUCING OXIDATIVE STRESS

Our bodies are made up of millions of cells which rely on complex chemical communication pathways to perform their many specialized and synchronized functions. When cells are under stress, they respond defensively through a process of inflammation. Inflammation is an important and normal part of the body's immune system and helps to fight infectious pathogens and other threats to cellular health. Free-radical damage to critical cell structures can trigger a defensive response that, if left unchecked, can lead to a chronic state of defensive readiness that can have deleterious long-term health consequences. Chronic inflammation has been linked to a myriad of illnesses such as chronic pain, cancer, cardiovascular and pulmonary disease, neurological diseases, diabetes, and autoimmune diseases such as arthritis.

Many of the ingredients found in dōTERRA® Lifelong Wellness Program have been shown to support a healthy inflammatory response in cells by reducing oxidative stress. The program also includes a blend of essential fatty acids and therapeutic-grade essential oils that have been clinically demonstrated to support normal and healthy inflammatory response in cells.*



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EO MEGA™
ESSENTIAL OIL OMEGA COMPLEX

In addition to the potent Cellular Longevity Blend contained in Alpha CRS™, dōTERRA's Lifelong Wellness Program includes EO Mega™, providing you with ultra-pure essential fatty acids to help balance your body's natural anti-inflammatory response*

EO Mega Essential Oil Omega Complex provides a unique blend of plant and marine-sourced essential fatty acids. Fatty acids make up the lipid walls of cells and play a critical role in intracellular communication and healthy inflammatory response to cellular stimuli. Healthy levels of essential fatty acids in our diet also contribute to healthy brain and joint function.*

EO Mega includes a proprietary blend of dōTERRA's Certified Pure Therapeutic Grade essential oils that also function as antioxidants, support healthy inflammatory response in cells, and provide other powerful health benefits.* They also function as a natural preservative system protecting the essential fatty acids in EO Mega from oxidation and rancidity.



EO Mega Land Omega Blend (1000 mg):
Flaxseed oil, Pomegranate Seed oil, Evening Primrose oil, Cranberry Seed oil

EO Mega Marine Omega Blend (1000 mg):
Pure, micro-filtered fish oil concentrate providing 180 mg EPA and 120 mg DHA

EO Mega Essential Oil Blend:
Clove, Frankincense, Thyme, Cumin, Orange, Peppermint, Ginger, Caraway, and German Chamomile



CPTG Certified Pure Therapeutic Grade™

INCREASE YOUR ENERGY AT THE CELLULAR LEVEL

All energy for life is produced in tiny cellular structures called mitochondria in which food molecules and oxygen are combined to produce chemical energy in the form of ATP (adenosine triphosphate). As we age, the number of mitochondria per cell and their output efficiency can decline resulting in decreased vitality and energy. Compromised mitochondria can also release more toxic exhaust in the form of free-radical molecules, which can further damage mitochondria, DNA, and other critical cell structures. Less efficient production of energy in cells can result in a decrease of physical performance and mental energy.

Increasing our dietary consumption of foods rich in antioxidants, particularly polyphenols, can help protect mitochondria and other cell structures from free-radical byproducts of energy production in cells. Additionally, supplementing our diets with nutritional co-factors of energy production in mitochondria can support healthy production of cellular energy.*

dōTERRA's Lifelong Wellness Program includes potent levels of these antioxidant and energy cofactors:

- **Acetyl-L-Carnitine:** Helps shuttle fatty acids into mitochondria for energy production
- **Alpha Lipoic Acid:** Supports the production of ATP and acts as a powerful antioxidant in mitochondria
- **Coenzyme Q10:** Important coenzyme for energy production, supports heart health
- **Quercetin:** Provides powerful polyphenol antioxidant protection in mitochondria and to other cell structures
- **Resveratrol:** Polyphenol found in red wine, supports healthy mitochondria biogenesis
- **Vitamins & Minerals:** Essential cofactors of energy production in cells



MITOCHONDRIA: Sometimes described as micro power plants in cells, mitochondria produce the energy chemical adenosine triphosphate or ATP that powers all cellular activity for life. Cellular mitochondria also play critical roles in other cell functions including intracellular signaling, cellular differentiation, growth, and apoptosis. Mitochondria energy functions can decrease with age or increased exposure to oxidative stressors.



SUPPORT YOUR IMMUNE FUNCTION

A healthy immune system begins with a healthy diet with optimal levels of antioxidants, vitamins, minerals, and essential fatty acids that are vital for optimal immune function. Poor nutrition, stress, inadequate rest, and exposure to other environmental stressors can all lead to weakened defenses against infectious pathogens and other factors that can compromise health.

dōTERRA's Lifelong Wellness Program is formulated to provide nutritional support for healthy immune functions* Microplex VM™ is a balanced formula of essential vitamins and chelated minerals that include the immune-supporting nutrients vitamins A, C, E, vitamin B6, and the mineral zinc. EO Mega™ is formulated with immune supporting essential fatty acids and a proprietary blend of essential oils including clove, frankincense, and thyme. Alpha CRS™ provides powerful antioxidant and immune support through a potent blend of polyphenols and the carotenoids lutein and lycopene.



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MICROPLEX VM™

MICRONUTRIENT COMPLEX

dōTERRA's Lifelong Wellness Program includes Microplex VM™, a balanced formula of essential vitamins and chelated minerals carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions but are often deficient in our modern diets.

Vitamins and minerals are essential cofactors of growth, energy production, and cellular immune function. They are classified as “essential” because they cannot be produced in the body in sufficient quantities to sustain life and healthy functioning of body systems. Essential vitamins and minerals must be obtained from food, yet our modern diets are often deficient in adequate amounts of the variety of vitamins and minerals necessary for optimal health and wellness. While severe diseases related to vitamin and mineral deficiencies are not common in developed cultures, suboptimal levels of vitamins and minerals have been associated with premature or accelerated onset of degenerative diseases in children and adults. Increased consumption of foods rich in essential vitamins and minerals, and supplementing with dōTERRA's Microplex VM, will help support optimal function of cellular systems and body functions.*



Balanced blend of essential vitamins:

Includes antioxidant vitamins A, C, and E and an energy complex of B vitamins. Also contains vitamin D which supports mineral absorption and immune function.



Balanced blend of essential chelated minerals:

Includes bio-available forms of the bone nutrients calcium, magnesium, and zinc. Also contains a blend of essential trace minerals for cellular metabolism, communication, and regeneration.

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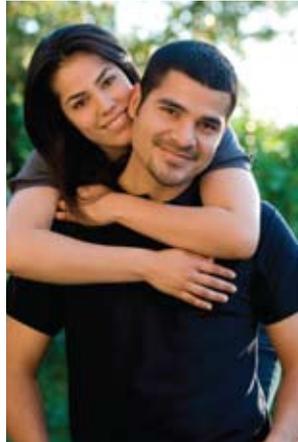
NATURALLY SAFE, PURELY EFFECTIVE, GUARANTEED

dōTERRA's Lifelong Wellness supplements are formulated with FDA GRAS-listed (Generally Recognized As Safe) ingredients tested for purity in GMP (Good Manufacturing Practices) facilities to ensure safe products with consistent potency and performance per manufacturing lot. dōTERRA guarantees each product will meet or exceed customer satisfaction for quality and performance or they will refund the full purchase amount of the product. dōTERRA's Lifelong Wellness supplements represent a unique dietary supplement foundation of powerful ingredients, present in potent levels, and offered at a compelling price point representing unparalleled value for consumers.

WHAT PEOPLE ARE SAYING ABOUT dōTERRA®'s LIFELONG WELLNESS SUPPLEMENTS†

I have suffered for many years with chronic neck and back pain, and muscle spasms. My only way of coping with the pain was the daily use of muscle relaxers and anti-inflammatory pain medication. To get any rest at night, I was forced to sleep on an ice pack. When I began taking dōTERRA's Lifelong Wellness supplement pack, my muscle spasms disappeared almost instantly. I sleep much better now and I rarely wake up in the morning feeling stiff and sore as before. I finally have the physical ability and energy to play with my three young sons more often.

Ronnette Weir



As a fitness dance instructor I ached in my knees after every class and wore elastic support braces to help me cope with the pain. After using dōTERRA's Lifelong Wellness supplements for about six weeks I started noticing a difference with the pain, and I am now able to teach without the braces. If I even miss one or two days of the supplements I can tell a difference, they are wonderful!

Marti Christensen

For years I have suffered from pain and a lack of energy. I would consume two or three energy drinks throughout the day to keep me going. Since I have been using dōTERRA's supplements, my energy is back, I feel better and I have less pain.

Tav Truman

I have noticed a significant increase in my mental focus and energy since starting dōTERRA's Lifelong Wellness supplement program. I sleep better and the pain I used to have in my joints is gone. Unlike other supplements I have used that have upset my stomach and left me wondering if they are doing anything for me, I used dōTERRA's supplements from day one with no stomach upset and noticeable results. dōTERRA supports my goal of getting better as I age, not the other way around.

Peggy Smith



I coupled dōTERRA's Lifelong Wellness supplements with dōTERRA's philosophy of healthy lifestyle choices in an effort to lose weight. After changing my lifestyle and using the products for one month, I've lost 10 lbs., and with my increased energy and elevated mood find it easy to manage my appetite and keep the weight off.

Peter Bagwell



I have been an avid runner for more than 40 years, but four years ago I had severe pain in my hip that caused me to stop running. Within six weeks after being introduced to dōTERRA's Lifelong Wellness program, the pain in my hip was completely gone. I can now run again pain free.

Wayne Shute

I have suffered for years from a broken ankle that was full of arthritis and threatened my career as a school teacher. My daughter introduced me to dōTERRA's Lifelong Wellness supplements and they helped me stand and walk pain free again. I am looking forward to a new school year with new found energy—thank you dōTERRA!

Margaret Marshall

† Product testimonials are authentic, real-life experiences of actual customers of dōTERRA's Lifelong Wellness supplements and may not be typical for all users. Individual experiences may vary.

INGREDIENT HIGHLIGHTS:



ALPHA CRS™ CELLULAR VITALITY COMPLEX

Powerful polyphenol cellular longevity blend:

Baicalin from Scutellaria Root, Resveratrol from Polygonum Cuspidatum, Ellagic Acid from Pomegranate, EGCG from Green Tea, and Proanthocyanidins from Grape Seeds

Potent levels of metabolic factors of cellular energy:

Coenzyme Q10, Quercetin, Alpha-Lipoic Acid, and Acetyl-L-Carnitine

Additional carotenoid protection:

Lutein and Lycopene



EO MEGA™ ESSENTIAL OIL OMEGA COMPLEX

CPTG Certified Pure Therapeutic Grade™ essential oil blend:

Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, and German Chamomile

Marine omega blend:

Concentrated, pure fish oils providing EPA and DHA fatty acids.

Proprietary land omega blend:

Marine, Flaxseed, Pomegranate Seed, Evening Primrose, and Cranberry Seed oils



MICROPLEX VM™ MICRONUTRIENT COMPLEX

Balanced blend of essential vitamins

including the antioxidant vitamins A, C, and E, and an energy complex of B vitamins

Balanced blend of essential chelated minerals

including Calcium, Magnesium, Zinc, and other important chelated minerals

dōTERRA's Tummy Taming™ digestive blend

Peppermint Leaf, Ginger Root extract, Caraway Seed



THE dōTERRA® LIFELONG WELLNESS PROGRAM

A comprehensive dietary supplement foundation for a lifetime of vitality and wellness, Alpha CRS™, EO Mega™, and Microplex VM™ provide potent levels of antioxidants, vitamins, minerals, essential fatty acids, co-factors of cellular energy production, and a proprietary blend of Certified Pure Therapeutic Grade essential oils—your first step towards a lifetime of looking, feeling, and living younger, longer.*

dōTERRA'S LIFELONG WELLNESS PACK

Alpha CRS, EO Mega, and Microplex VM are a comprehensive dietary supplement program of essential nutrients and energy factors for lifelong vitality and wellness. Formulated to be taken together in a daily regimen, these three revolutionary products supply a proprietary array of cutting-edge ingredients at potent levels many times higher than the same ingredients of other daily supplement programs.

3414 \$158.00 retail 30-day supply



LIFELONG WELLNESS BENEFITS

- Cellular Longevity/Lifespan*
- 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*

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CERTIFIED PURE THERAPEUTIC GRADE ESSENTIAL OILS

dōTERRA's Lifelong Wellness Program is formulated with and complements dōTERRA's line of therapeutic-grade essential oils. Essential oils are aromatic compounds that are found in the seeds, bark, stems, roots, and flowers of plants. Modern trends towards more natural and holistic approaches to self care and wellness and growing scientific validation of alternative health practices are driving a rediscovery of the many profound health benefits of essential oils. They can be diffused aromatically, used topically, and some essential oils can be used as dietary aids to support vitality and well-being.

dōTERRA uses only CPTG Certified Pure Therapeutic Grade™ essential oils guaranteed to be 100% pure natural aromatic compounds that do not contain fillers or artificial ingredients that would dilute their active properties. They are also tested and guaranteed to be free of contaminants such as pesticides or other chemical residues. The essential oils in EO Mega are Certified Pure Therapeutic Grade and have been carefully formulated to provide daily support of longevity and wellness.



CPTG Certified Pure Therapeutic Grade™

FOLLOWING dōTERRA®'s WELLNESS LIFESTYLE™ AND USING dōTERRA's ESSENTIAL OILS AND WELLNESS PRODUCTS WILL HELP YOU LOOK, FEEL, AND LIVE YOUNGER, LONGER.*

dōTERRA's CPTG Certified Pure Therapeutic Grade™ essential oils and other wellness products are specifically formulated to support a wellness philosophy of eating right, exercising, resting and managing stress, and reducing toxic load. dōTERRA also teaches an informed healthcare model of self care alternatives and proactive participation with a medical care provider who will both inform and be open to information.

Our mission as a company is to empower people to live healthier, more productive lives and to share the blessing of lifetime wellness with others. If you are dissatisfied with your current healthcare options, we invite you to join our dōTERRA wellness revolution and take control of your health and the health of the loved ones in your care.

LIFESTYLE

1. EAT RIGHT
2. EXERCISE
3. REST & MANAGE STRESS
4. REDUCE TOXIC LOAD

HEALTHCARE

5. INFORMED SELF CARE
6. PROACTIVE MEDICAL CARE

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ALPHA CRS™

CELLULAR VITALITY COMPLEX

dietary supplement

Serving Size: Three (3) Capsules
Servings per Container: 30

Other Ingredients: Microcrystalline cellulose, gelatin, magnesium stearate (vegetable source), silicon dioxide.



Supplement Facts

	Amount Per Serving	% Daily Value
Cellular Longevity Blend:	835 mg	**
Scutellaria Root extract (150 mg Baicalin), Green Tea Leaf extract (50 mg EGCG), Polygonum Cuspidatum extract (50 mg Resveratrol), Pomegranate extract (20 mg Ellagic Acid), Grape Seed extract (20 mg Proanthocyanidins), Marigold Flower extract (3 mg Lutein), Tomato Fruit extract (1 mg Lycopene), Turmeric Root extract, Bilberry extract		
Cellular Energy Blend:	360 mg	**
Acetyl-L-Carnitine (100 mg), Alpha-Lipoic Acid (100 mg), Coenzyme Q10 (50 mg), Quercetin (50 mg as Quercetin Dihydrate)		
dōTERRA Tummy Taming™ Blend:	15 mg	**
Peppermint Leaf, Ginger Root extract, Caraway Seed		

MICRO PLEX VM™

MICRONUTRIENT COMPLEX

dietary supplement

Serving Size: Four (4) Capsules
Servings per Container: 30

Other Ingredients: Microcrystalline cellulose, gelatin, magnesium stearate, silicon dioxide, and titanium dioxide.



Supplement Facts

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate and 33% as beta carotene)	7500 IU	150%
Vitamin C (as calcium ascorbate)	300 mg	500%
Vitamin D (as cholecalciferol)	600 IU	150%
Vitamin E (as d-alpha tocopherol citate)	100 IU	333%
Vitamin K (as phytonadione)	10 mcg	13%
Vitamin B ₁ (as thiamine mononitrate)	9 mg	600%
Vitamin B ₂ (as riboflavin)	9 mg	529%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	9 mg	450%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	9 mcg	150%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Iodine (as potassium iodide)	75 mcg	50%
Calcium (as calcium carbonate, calcium ascorbate, calcium citrate, calcium glycinate)	494 mg	49%
Iron (ferrous bis-glycinate)	2.5 mg	14%
Magnesium (as magnesium oxide, magnesium glycinate)	100 mg	25%
Zinc (as zinc glycinate)	7.5 mg	50%
Selenium (as selenium glycinate)	35 mcg	50%
Copper (as copper glycinate)	500 mcg	25%
Manganese (as manganese glycinate)	500 mcg	25%
Chromium (as chromium nicotinylic glycinate)	80 mcg	66%
Molybdenum (as molybdenum glycinate)	30 mcg	40%
Digestive Enzyme Blend	50 mg	*
dōTERRA Tummy Taming™ Blend: Peppermint Leaf, Ginger Root extract, Caraway Seed	3 mg	*
Silicon (from Horsetail Leaf extract)	1 mg	*
Boron (as boron citrate)	200 mcg	
Ginger (root)	1 mg	*
Peppermint (leaf)	1 mg	*
Vanadium (as vanadium sulfate)	10 mcg	*

EO MEGA™

ESSENTIAL OIL OMEGA COMPLEX

dietary supplement

Serving Size: Two (2) Softgels
Servings per Container: 30

Other Ingredients: Gelatin, purified water, glycerin.



Supplement Facts

	Amount Per Serving	% Daily Value
Marine Omega Blend:	1000 mg	**
Fish oil concentrate (180 mg EPA, 120 mg DHA)		
Land Omega Blend:	1000 mg	**
Flaxseed oil, Pomegranate Seed oil, Evening Primrose oil, Cranberry Seed oil		
CPTG® Essential Oil Blend:	60 mg	**
Clove Bud, Frankincense Gum/Resin, Thyme Leaf, Cumin Seed, Orange Rind, Peppermint Leaf and Flower Tops, Ginger Root, Caraway Seed, German Chamomile Flower Tops		