

CREATE YOUR PERSONAL WELLNESS PROTOCOL

The key to true wellness and optimizing metabolic health is partnering positive and productive lifestyle habits with smart daily supplementation.

Core Supplementation



**Lifelong Vitality®
(LLV)**
Core Nutrients



TerraZyme®
Digestive
Enzymes



PB Assist®+
Probiotic

A perfect dōTERRA wellness program provides core nutrients, gut support with enzymes and pre- and probiotics, and a select few top essential oils and blends to meet basic everyday needs.

The product selections pictured are conveniently bundled in the **Healthy Habits Kit** to offer a deeply discounted, below wholesale enrollment package.



Essential Oil Basics



Balance®
Steady, ground
& personal scent



Frankincense
Protect, restore
& regenerate



Lavender
Calm, relax,
soothe & renew



On Guard®
Defend, shield
& warm



Tangerine®
Refresh, cleanse
& uplift



Personal Care

Deep Blue® Rub
Soothe, relieve
& invigorate

Build Your Personal Protocol

Daily
Habits



Targeted
Support



Personal
Protocol

STEP 1: Take the *Metabolic Health & Lifestyle Quiz*, if you haven't already.

STEP 2: On page 4 of your quiz you identified your **TOP 3 metabolic health priorities**. Write them again here:

1. _____ 2. _____ 3. _____

STEP 3: Using pages 3-4 of this handout, find the health categories that correlate with your priorities. Circle the products that interest you. Then, narrow your choices to a top few.

STEP 4: List here your selected category(ies) and products.

Top Category:

Top Products:

① _____

② _____

③ _____

① Category: _____ Product(s): _____

② Category: _____ Product(s): _____

③ Category: _____ Product(s): _____

Other: _____



Metabolism & Weight Management*

ALREADY IN HEALTHY HABITS (HH) KIT:

Tangerine, On Guard®

ADD-ONS:

Key Products: MetaPWR™ System

Oils: Cinnamon, Grapefruit

Blends: SuperMint™, Zendocrine®

Supplements: Fiber, Greens, Protein, Zendocrine® Complex



Appetite Blood Sugar Lipids Metabolism Weight



Brain Health + Cognition + Focus*

ALREADY IN HH KIT:

Frankincense, On Guard®, Tangerine

ADD-ONS:

Key Product: MetaPWR™ Advantage

Oils: Cedarwood, Clove, Guaiacwood, Rosemary, Sandalwood, Spanish Sage, Thyme, Vetiver

Blends: Adaptiv®, DDR Prime®, InTune®, Thinker

Supplements: Adaptiv® Capsules, DDR Prime® Softgels, Turmeric Dual Capsules



Cardio Health*

ALREADY IN HH KIT:

Balance®, Lifelong Vitality® Pack, Tangerine

ADD-ONS:

Key Product: Lifelong Vitality® Pack

Oils: Cinnamon, Cypress, Geranium, Helichrysum, Marjoram, Yarrow|Pom, Ylang Ylang

Blends: AromaTouch®, Balance®, Console®, Passion®

Supplements: Adaptiv™ Capsules, Fiber, Greens, Mito2Max®



Cellular Health*

ALREADY IN HH KIT:

Alpha CRS®+, Frankincense, Tangerine

ADD-ONS:

Key Product: DDR Prime® Softgels

Oils: Lemongrass, Pink Pepper, Turmeric

Blends: AirX™, DDR Prime®, Zendocrine®

Supplements: MetaPWR™ Advantage, Turmeric Dual Capsules



Emotional Health & Stress Management*

ALREADY IN HH KIT:

Balance®, Frankincense, Lavender, LLV, Tangerine

ADD-ONS:

Key Product: Adaptiv® Capsules

Oils: Bergamot, Copaiba, Magnolia, Melissa, Neroli

Blends: Adaptiv®, Cheer®, Citrus Bliss®, Console®, Forgive®, PastTense®, Peace®, Serenity®

Supplements: Adaptiv® Capsules, Copaiba Softgels, Serenity® Softgels



Digestive Health*

ALREADY IN HH KIT:

PB Assist®+, Tangerine, TerraZyme®

ADD-ONS:

Key Products: DigestZen® products + TerraZyme®

Oils: Celery Seed, Ginger, Peppermint

Blends: DigestZen®, MetaPWR™ Metabolic Blend, SuperMint®, Tamer®, Zendocrine®

Supplements: MetaPWR™ Advantage, DigestTabs®, DigestZen® Softgels, Fiber, Greens, GX Assist®, Peppermint Softgels, Zendocrine® Complex



Energy Production*

ALREADY IN HH KIT:

Alpha CRS®+, Tangerine

ADD-ONS:

Key Product: MetaPWR™ Advantage

Oils: Basil, Peppermint, Rosemary, Spearmint, Wild Orange

Blends: Adaptiv®, Arise®, Citrus Bliss®, Motivate®, Passion®, SuperMint®

Supplements: MetaPWR™ Metabolic Assist™, Mito2Max®





Fitness Performance & Recovery*

ALREADY IN HH KIT:

Deep Blue® Rub, Frankincense, LLV

ADD-ONS:

Key Product: MetaPWR™ Advantage

Oils: Copaiba, Lemongrass, Marjoram

Blends: AromaTouch®, Breathe®, Deep Blue® Stick

Supplements: Copaiba Softgels, Deep Blue® Polyphenol Complex, Mito2Max®, Protein, Turmeric Dual Capsules



Hair & Nail Health*

ALREADY IN HH KIT:

Frankincense, Lavender, Tangerine (nails)

ADD-ONS:

Key Product: MetaPWR™ Advantage

Oils: Rosemary (hair), Lemon (nails), Tea Tree (both)

Hair Care Line: Root to Tip Hair Serum, Shampoo + Conditioner (2 options)

Supplements: Greens, Protein, Yarrow|Pom Beauty Complex



Hormone Health - Men*

ALREADY IN HH KIT:

Balance®, Frankincense, LLV, Tangerine

ADD-ONS:

Key Products: Black Spruce + Rosemary

Oils: Black Spruce, Celery Seed, Clary Sage, Juniper Berry, Rosemary, Sandalwood, Thyme

Blends: ClaryCalm®, Zendocrine®

Supplements: DDR Prime® Softgels, Phytoestrogen Complex



Hormone Health - Women*

ALREADY IN HH KIT:

Balance®, Lavender, LLV, Tangerine

ADD-ONS:

Key Products: Women's Collection

Oils: Basil, Clary Sage, Fennel, Geranium, Grapefruit, Jasmine, Magnolia, Neroli, Pink Pepper, Rose, Sandalwood, Thyme, Ylang Ylang

Blends: ClaryCalm®, PastTense®, Whisper®, Zendocrine®

Supplements: Adaptiv® Capsules, Bone Nutrient Complex, Phytoestrogen Complex



Immunity & Respiratory*

ALREADY IN HH KIT:

Frankincense, On Guard®, Tangerine

ADD-ONS:

Key Products: On Guard® Collection

Oils: Black Pepper, Copaiba, Eucalyptus, Melissa, Oregano, Peppermint, Rosemary, Tea Tree, Thyme

Blends: AirX®, Breathe®, DDR Prime®, On Guard® Drops, SuperMint™

Supplements: DDR® Prime Softgels, GX Assist®, On Guard®+ Softgels, On Guard® Tablets, Turmeric Dual Capsules, Yarrow|Pom Beauty Complex



Joint, Muscle & Structural Health*

ALREADY IN HH KIT:

Deep Blue® Rub, Frankincense, LLV

ADD-ONS:

Key Product: MetaPWR™ Advantage

Oils: Copaiba, Lemongrass, Marjoram, Wintergreen

Blends: Align®, AromaTouch®, Deep Blue® Stick, PastTense®

Supplements: Bone Nutrient Complex, Copaiba Softgels, DDR Prime® Softgels, Deep Blue® Polyphenol Complex, Greens, Protein, Turmeric Dual Capsules



Skin*

ALREADY IN HH KIT:

Frankincense, Lavender, LLV

ADD-ONS:

Key Product: MetaPWR™ Advantage

Oils: Blue Tansy, Geranium, Rose, Sandalwood, Tea Tree, Yarrow|Pom + Body Serum

Blends: HD Clear®, Immortelle®

Supplements: Greens, Yarrow|Pom Beauty Complex, Zendocrine® Complex

Additional Considerations: Essential or Verage® Skin Care



Sleep*

ALREADY IN HH KIT:

Balance®, Frankincense, Lavender

ADD-ONS:

Key Product: MetaPWR™ Advantage

Oils: Basil, Cedarwood, Magnolia Touch®, Petitgrain, Roman Chamomile, Vetiver

Blends: Anchor®, Calmer®, Peace®, Serenity®

Supplements: Adaptiv® Capsules, Copaiba Softgels, Deep Blue Polyphenol Complex, Serenity® Softgels



Putting It All Together

Personalize the Daily Habits Protocol

STEP 5: A personal wellness protocol begins by placing the products in the **Healthy Habits Kit** into a daily use model as shown below. Using the extra spaces provided, add your targeted product selections from the previous page to this daily routine to personalize your program.

MORNING MEAL	WORKOUT/RECOVERY	EVENING MEAL
I Lifelong Vitality Pack* 1-2 capsules each I TerraZyme* 1-2 capsules I Tangerine 2-5 drops in 8oz drinking water I Frankincense 1-2 drops under tongue I On Guard* 1 drop under the tongue T Balance* 1-2 drops on bottoms of feet <input type="text"/> <input type="text"/>	T Deep Blue* Rub Apply pre/post workout <input type="text"/> <input type="text"/> NOON MEAL I Lifelong Vitality Pack* 1-2 capsules each I TerraZyme* 1-2 capsules I Tangerine 2-5 drops in 8oz drinking water T Balance* 1-2 drops on bottoms of feet <input type="text"/> <input type="text"/>	I TerraZyme* 1-2 capsules <input type="text"/> <input type="text"/> BEDTIME I PB Assist*+ 1-2 capsules I Frankincense 1-2 drops under tongue T Balance* 1-2 drops on bottoms of feet A Lavender Diffuse 3-4 drops at bedtime <input type="text"/> <input type="text"/>

Aromatic Topical Internal

Signature Metabolic Health Protocol

One of the most popular daily routines combines the products from the **Healthy Habits Kit** with those from the **MetaPWR™ System Kit** and is referred to as the **Signature Program**.



FIRST THING IN THE MORNING	BEFORE NOON MEAL with carbs	DAILY WORKOUT
I MetaPWR® Advantage 1 sachet in water BEFORE AM MEAL with carbs I MetaPWR® Assist 1 capsule 30 mins before WITH AM MEAL I Lifelong Vitality Pack* 1-2 capsules each I MetaPWR® Softgels 1-2 softgels I On Guard* 1 drop under tongue I Frankincense 1-2 drops under tongue <input type="text"/> <input type="text"/> AFTER AM MEAL[†] I TerraZyme* 1-2 capsules	WITH NOON MEAL I Lifelong Vitality Pack* 1-2 capsules each I MetaPWR® Softgels 1-2 softgels <input type="text"/> <input type="text"/> AFTER NOON MEAL[†] I TerraZyme* 1-2 capsules <small>Items in black from Healthy Habits Kit. Items in orange from MetaPWR™ System Kit.</small>	BEFORE PM MEAL with carbs I MetaPWR® Assist 1 capsule 30 mins before WITH PM MEAL <input type="text"/> <input type="text"/> AFTER PM MEAL[†] I TerraZyme* 1-2 capsules BEDTIME I MetaPWR® Advantage 1 sachet in water I PB Assist*+ 1-2 capsules I Frankincense 1-2 drops under tongue A Lavender Diffuse 3-4 drops at bedtime

THROUGHOUT THE DAY: **I** MetaPWR® Blend + Tangerine 2-4 drops each in water, 2-3 times per day

I MetaPWR® Gum + Beadlets Chew to curb cravings and control appetite*

T Balance* Apply 1-2 drops on bottoms of feet AM, bedtime, and as needed

[†] When taking Assist™ before a high carb meal, wait 2 hours to consume TerraZyme to allow the Mulberry extract contained in Assist™ to function without the presence of the enzyme amylase.*