



dōTERRA® Foundational Wellness

Powered by Essential Oils

Your body has the amazing capacity to thrive when you give it what it needs. Unfortunately, modern diets are missing key nutrients even if you “eat healthy.” That’s because even healthy foods are missing essential vitamins and minerals because of modern farming practices.

The carefully formulated dōTERRA foundational wellness products provide a comprehensive and effective way to nourish your body every day and support your wellness journey. After all, it’s not just about what you eat—it’s also about what you absorb.

dōTERRA Foundational Wellness Products



VMG+™

- A four-in-one product combining vitamins, minerals, and greens (plus essential oils)
- Five propriety blends to support foundational wellness, aiding cellular health and antioxidant defenses, enhancing absorption and retention of micronutrients, and much more



EO Mega+®

- Ingredients supportive of heart health, healthy joint function, cognitive function, and a healthy respiratory system*
- Wild Orange essential oil for additional support and non-fishy taste*



PB Restore®

- Ingredients supportive of the skin, as well as oral and gastrointestinal health*
- Unique formula of 30 pre-, pro-, postbiotics and bacteriophages.
- 18 billion colony-forming units (CFUs) of probiotics, consisting of 24 strains from 22 species
- Dual-chamber capsule for effective time release of healthy microbes

More Products to Support Your Wellness Journey



MetaPWR® Advantage

When combined with healthy lifestyle choices, MetaPWR Advantage can help maintain healthy NAD+ and collagen levels in your cells, supporting cognitive function, lean muscle, connective tissue, and skin health, while also helping you feel great and look younger.*



dōTERRA TerraZyme™

This enzyme complex provides additional digestive support, helping you metabolize enzyme-deficient processed foods, converting food nutrients into cellular energy, and promoting gastrointestinal comfort and food tolerance.*



Frankincense Boswellic Acid Complex

Frankincense Boswellic Acid Complex combines Frankincense essential oil and Boswellia frankincense resin in a liquid-based microbead capsule to support joint comfort, provide antioxidant support and protection, and—according to preclinical research—support healthy cellular function.*

Lifestyle Support: 3 Easy Steps to Support Healthy Habits

1

Establish a Foundational Wellness Daily Routine



One sachet with five to eight ounces of water



Three capsules with food



One capsule before a meal

2

Upgrade Your Routine with These Products



One sachet mixed with water or added to VMG+



One to two capsules with a meal to support healthy digestion*



One capsule to support healthy cellular function*

3

Customize Your Wellness

Learn more about the Wellness Pyramid and the other natural solutions dōTERRA provides by taking the Wellness Assessment.





dōTERRA®

Foundational Wellness

Powered by Essential Oils

Essential oils are safe, natural compounds that provide effective alternatives to synthetic products that can negatively influence the way you think, feel, and live. When you use a bottle of dōTERRA essential oil, you're using an oil that's pure—unadulterated and undiluted.

The essential oil industry didn't have standards to ensure purity, so dōTERRA created one. Essential oils that pass our rigorous internal and third-party testing are labeled as CPTG Certified Pure Tested Grade®.

When you see that label, you know you're using the purest essential oils on the market.

Why dōTERRA Essential Oils?



Safe

Pure and potent essential oils from plants offer amazing properties that provide natural and safe benefits without side effects.

Effective

Essential oils are an effective way to address root cause of health concerns because they can permeate cell membranes.*

Affordable

Essential oils are just pennies per dose, allowing you to save more with natural solutions.

Application Methods



Aromatic

Use essential oils aromatically by diffusing or inhaling straight from the bottle.



Topical

Use essential oils topically by applying to affected areas with a carrier oil for localized benefits.



Internal

Use essential oils internally by adding a few drops to water, a Veggie Cap, or under the tongue.

Foundational Essential Oils



Peppermint

Topical use may relieve temporary discomfort.*



Deep Blue®

Provides temporary relief to minor aches.*



Lemon

May support natural cleansing when used internally.*



dōTERRA Breathe®

Maintains feelings of clear airways.



dōTERRA On Guard®

Supports healthy immune function when taken internally.*



DigestZen®

Soothes stomach upset when taken internally.*



Frankincense

May support healthy cellular function when used internally.*



Lavender

Supports mental relaxation and restful sleep when taken internally.*



Tea Tree

Provides cleansing and rejuvenating effects to the skin.



Oregano

Offers powerful cleansing and purifying properties.

Copaiba Softgels

May aid in healthy immune and inflammatory responses.*



Adaptiv® Capsules

Supports mood and helps improve state of mind.*



Serenity® Softgel

Provides refreshing sleep without aftereffects the next day.*



Foundational Kits



Family Essentials Kit

Foundational Wellness Kit

*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.