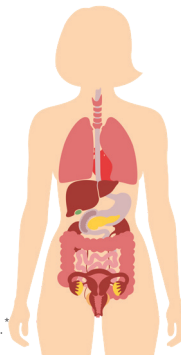


dōTERRA® 90-Day Reset

Month 3 Renew Phase



Welcome to the Renew Phase of your 90-Day Reset! Take a minute to reflect on all you've accomplished in the first 60 days of your program! You've moved from firefighting and symptom-chasing to the more viable work of building foundational wellness. **Congratulations!** What could be a better than prioritizing your body's root needs?! Now it's time to take your health to new levels! Print and place these pages for quick reference during your next 30-days, most especially the attached Daily Tracker.



Here's where you are in establishing a Foundation of Wellness with your 90-Day Reset:

- ☒ **Phase 1: Prepare** Energize organs and cells, improving function, efficiency, and performance.*
- ☒ **Phase 2: Cleanse** Motivate detoxification processes of the body to open, clear, and sustain pathways of elimination.*
- ☐ **Phase 3: Renew** Replenish body cells, organs, tissues, and systems, optimizing long-term function and performance.*

Why the Renew Phase Comes Now

How does YOUR garden grow? Each spring, before planting begins, every good gardener knows the soil must first be prepared. Old, dead plants and leaves leftover from winter or last year's crop are cleared along with weeds already anxiously popping up at the first sign of a new season. Then, the **soil is tilled and replenished with proper nutrients so new seeds and plants have the capacity to flourish.**



Think about it. If a gardener skips these critical steps, leaving competing dead plants, hardened soil, or harmful pests, the ensuing garden becomes a dim reflection of what's possible. Certainly the "soil" or bioterrain of our body deserves the same consideration, **clearing out what prevents results and preparing your terrain was the preparatory work of Phases 1 and 2.*** Thus, it makes sense why Phase 3 comes now in your Reset, and not any sooner. Sure, some results are inevitable when doing good things, but a far more glorious "harvest" is possible when proper steps are taken and care given.

REPLENISH – RESTORE – REBUILD



So you can see, **Phase 3 is an EARNED experience!** Again, congratulations for doing what it took to get here! The big payoff for all your hard work and dedication is now:

- Your body is more proficient at nutrient absorption and utilization, especially if you've chosen out of nutrient-destructive foods, beverages, and toxic exposure.*
- You are now in place, more than ever, to put your nutrients to work in targeting areas of the body that call for rebuilding and restoration.*

Now you are ready to "water," "fertilize," and nurture your so-called "plants" – the cells, tissues, organs, and systems of your body – like never before! **Your flourishing garden of health awaits!**

This third phase is all about: replenish, restore, rebuild, and where renewal is the focus to set your body up for long-term optimal performance and sustainable wellness. True wellness is achieved by meeting the root needs of the body, and here you are in the perfect position to do exactly that!*

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Your Phase 3 ABC products are a combination of enduring partners and new helpers. The regulars remain to support you in performing at your best. And now, with an increased capacity for nutrient utilization, those partnerships are more profitable than ever. In the documents you received to guide your efforts in Phases 1 and 2, you were introduced to each of those products. Refer back to be reminded of the "jobs" each of them to do. **Now, to properly introduce you to your NEW Phase 3 partners.**

BUILD



MetaPWR™ Advantage Collagen + NMN

*Provides Protein Building Blocks
Triggers Longevity Genes*

Contains nine different collagen tripeptides, each supporting unique biological systems, in a format 12 times more bioavailable than most conventional collagen supplements. Contains naturally-derived nicotinamide mononucleotide (NMN) to help naturally increase NAD⁺ and NADH levels in the body.*

Powerhouse Ingredients:

A unique blend of proprietarily sourced Marine Collagen Tripeptides + Health-span Complex: NMN (Nicotinamide Mononucleotide), Resveratrol, Sea Buckthorn Fruit Extract, Red Orange Fruit Extract, Hyaluronic Acid, Rose Apple Fruit Extract, MetaPWR™ Essential Oil Blend, Phytoceramides (from Rice), NADH (Reduced Nicotinamide Adenine Dinucleotide) + Liposomal Vitamin C, Biotin.

! Consume 1-2 sachets daily in 5-8oz water or beverage. Shake or blend vigorously to help dissolve as product contains no emulsifiers. DO NOT add to hot liquids as heat alters product.



- Increase cellular health, energy, and levels of NAD⁺ and NADH.*
- Promotes the extension of health span and slowed, healthy biological aging.*
- Targets healthy metabolism, blood glucose, and reverse effects of metabolic aging.*
- Strengthens connective tissue, cartilage, bones and density, joints, and the toning of lean muscle.*
- Enhance athletic performance, energy, and recovery.*
- Targets improved cognition, normal brain aging, and capacity for quality sleep and restoration.*
- Support healthy hair, skin, and nails.*
- Promotes skin density, elasticity, hydration, firmness, and moisture retention.*



NO GMO



NO SUGAR/
SWEETENERS



NO GLUTEN



NO SOY



NO DAIRY



NO ARTIFICIAL
FLAVORS

CLEANSE

MAINTAINING HEALTHY CELLS IS KEY TO THE WELL-BEING OF EVERY ORGAN AND SYSTEM OF THE BODY.

The immune system and other internal functions dictate when compromised cells are either repaired or eliminated, a process that is far more successful and efficient when the right support, such as antioxidants, are present in abundance. Both of these products specialize in healthy cell support.

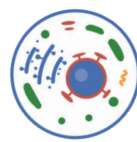


DDR Prime® Complex

Essential Oil Cellular Complex

- Provides powerful antioxidant activity to support the body's response to free-radicals and to protect cells from oxidative stress.*
- Supports brain and nervous system health, and cognitive function.*
- Promotes healthy cellular function, supporting the immune system in approaching compromised cells for optimization or elimination.*
- Offers unique hormonal support, including targeting thyroid function and progesterone levels.*
- Helps maintain a systemic environment unfriendly to unwanted guests.*

! Take 1-2 softgels with AM and PM meals.



OPTIONAL:
Essential oils highest in limonene content:

Citrus Oils and Cellular Health

For Uplifting and Energizing

Phase 3 is all about cell renewal. It's highly encouraged to add a citrus oil internally (there's space on your Daily Tracker) due to their high **limonene** content, acting as a:

- Powerful antioxidant: protect cells, influence cell cycling.*
- Detoxifier: promote detox organs/function, autophagy.*

Citrus oils are also known to:

- Positively impact digestion, cholesterol, energy, immunity, respiration, and a healthy inflammatory response.*
- Calm anxious feelings and overthinking.*
- Encourage a relaxed, cheerful state of mind.*
- Awaken a sense of motivation and creativity.*

! Add 3-5 drops per 8 or more ounces of water contained in glass or steel for a total of 10-15 drops per day.



If applying topically, wait 12 hours before UV exposure.

TARGETED SOLUTIONS

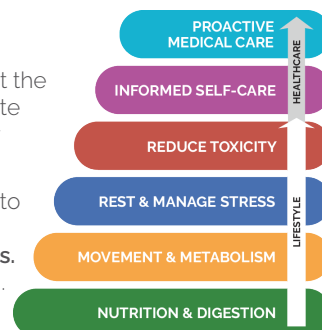
Commitment pays off. Your dedication to establishing sustainable wellness has likely paid off! One of the greatest rewards 90-Day Reset participants discover, even in month 1 and 2, is with root needs being met many symptoms have gone away on their own.

Any few remaining projects now easily stand out and more clearly direct where to aim selected Targeted Solutions.

Make assessing a habit. Because needs change as you evolve and life continues to happen, revisit the *Lifestyle Assessment* every 30-90 days as a great way to take your wellness "temperature." Celebrate progress and where health needs no longer exist. Acknowledge when life has taken a toll and new priorities that have arisen.

Based on your answers, identify top priorities and choose products to support, adding those items to your Rewards order before your ship date. **Consult your Live guide, Wellness Advocate (person who helped you get started), and other resources for support as needed to help with selections.** Then add those products on your Daily Tracker on the following page, along with how to use them.

Keep up with your diet and lifestyle changes. There's bound to be less "projects" when you're *getting enough of the right things and avoid too much of the wrong things*. Choose changes to complement your goals and eliminate their competition.



Where Do You Go From Here – Sustain Your Wellness After the 90-Day Reset



The grand and wonderful purpose of your ReNEW You 90-Day Reset was to meet the root needs of your body with the ABCs of Wellness in purposeful and prioritized phases – Prepare, Cleanse, and Renew – all in an effort to create a sustainable foundation of wellness. Congratulations on the decision to prioritize caring for the only vehicle you'll ever "drive"—your body.

Commit from here to never compromise on what truly keeps you 'hummin and runnin'!

So, now what? Great news! Having been through three rounds of a systematic approach to your health, you're well taught! You know enough to think and solve for yourself! Below are top recommendations to help you "do the math" so you continue to meet your root needs as well as address changing health priorities and projects. Note: A,B,C, or T* below indicate ABCs of Wellness categories.

Wellness Maintained Program

1. Start with Foundational Wellness.

- + A: PB Restore™ for gut health*
- + B: VMG+™ and EO Mega®+ for foundational nutrition: vitamins, minerals, EFAs, antioxidants*
- + B: MetaPWR® Advantage to supply critical amino acid building blocks and trigger longevity genes*



2. Add Core Support to fill dietary gaps and add desired enhancements (aka bio hacks). Options to choose from:

- + A: TerraZyme® (digestive/eliminative support, especially important when eating enzyme-deficient foods)*
- + A: Fiber (digestive/eliminative support, bridge dietary fiber gap; smoothie enhancement)*
- + A: Peppermint Softgels (to enhance bowel activity and/or reduce spascity or irritability)*
- + B: Mito2Max® (enhance mitochondria performance to increase physical energy and mental performance)*
- + B: Recharge (promote hydration + superior source of electrolytes)*
- + C: RevitaZen+™ Complex and RevitaZen™ blend (support "chimney" function and making sure you are taking out your "trash")*

3. Add Core Oils – 1 for cellular health, 1 citrus, and 1 calming oil per day. Top choices:

- + C: Cellular Health: Frankincense (15mL, Complex), Copaiba (15mL, Softgels), or Turmeric (15mL, Dual Capsules)*
- + C: Citrus: Grapefruit, Green Mandarin, Lemon, MetaPWR® Metabolic Blend, Tangerine, and/or Wild Orange*
- + T: Calming: Adaptiv™ capsules, Balance, Lavender, Serenity®, Shinrin-Yoku™*

4. Add Targeted Solutions or Focus products for health priorities or projects.

- + T: Use a reference guide, app, and other resources to look things up; seek and consume product/essential oil education.
- + T: Revisit any phase and products as needed:
- + C: Cleanse & Restore Kit for a seasonal detox.

= Your Personalized Daily Wellness Program

A = Activate
B = Build
C = Cleanse
T = Targeted Solutions







dōTERRA

90-Day Reset

DAILY TRACKER

Month 3 Renew Phase

Goal: Replenish cells, organs, tissues, and systems.*

<div>ACTIVATE</div> <div></div>	<div>dōTERRA PB Restore™ Take 1 capsule with AM meal.</div> <div>TerraZyme™ (optional) Take 1-2 capsules with meals, especially when eating enzyme-deficient foods.</div> <div>VMG+™ Take 1 sachet in water daily.</div> <div>EO Mega®+ Take 1-2 softgels with AM and PM meals for a total of 3 per day.</div> <div>MetaPWR® Advantage Take 1 sachet in 5-8 ounces of water daily.</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>
<div>CLEANSE</div> <div></div>	<div>DDR Prime® Complex Take 1-2 softgels with AM and PM meals.</div> <div><i>(e.g., Citrus oil or RevitaZen™ or MetaPWR™ blend)</i></div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>
<div>TARGETED SOLUTIONS</div>		<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>	<div>Days 1-10 AM</div> <div>Days 11-20</div> <div>Days 21-30</div>

Include in your daily routine oils and blends to be used topically and aromatically.

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ACTIVATE



BUILD



CLEANSE

TARGETED SOLUTIONS

	<p>dōTERRA PB Restore™ Take 1 capsule with PM meal.</p>	<div><div>PM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
		<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div> <div><div>PM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
	<p><i>(e.g., TeraZyme™, Fiber)</i></p>	
	<p>VMG+™ Take 1 sachet in water daily.</p>	<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
	<p>EO Mega®+ Take 1-2 softgels with AM and PM meals for a total of 3 per day.</p>	<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div> <div><div>PM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
	<p>MetaPWR® Advantage Take 1 sachet in 5-8 ounces of water daily.</p>	<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
	<p><i>(e.g., MetaPWR™ Recharge (for electrolytes))</i></p>	<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div> <div><div>PM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
	<p><i>(e.g., MitosMax® (for energy))</i></p>	<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div> <div><div>PM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
	<p><i>(Citrus oil)</i></p>	<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div> <div><div>PM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
	<p><i>(e.g., Frankincense Complex or oil, DOR Prime® (for cellular health))</i></p>	<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div> <div><div>PM</div><div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div></div></div>
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		<div><div>AM</div><div><div>1</div><div>2</div><div>3</div><div>4</</div></div></div>

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