

dōTERRA® | **LIFELONG VITALITY PROGRAM**

*look, feel, and live younger, longer*



\*Made with **CPTG** Certified Pure Therapeutic Grade® Essential Oils

dōTERRA®





# LOOK, FEEL, AND LIVE YOUNGER, LONGER\*

**dōTERRA's Lifelong Vitality 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+, xEO Mega® and Microplex VMz® are formulated to provide you with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy and longevity.**

Our lifelong health and vitality depend on many factors including diet, physical activity, weight management, rest, managing stress, exposure to toxins, and inherited genetic proclivities for disease or wellness. While some of these variables are beyond our complete control, breakthrough scientific research is revealing there are many ways we can influence and even control significant factors of aging and wellness. A long life full of vitality and free of the premature onset of degenerative conditions associated with unhealthy aging begins with providing our cells with essential nutrients and metabolic factors to help them perform optimally.

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## 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 are 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 Absorbance 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.\*



**dōTERRA®'s LIFELONG VITALITY PROGRAM PROVIDES  
A DAILY ORAC5.0 VALUE OF OVER 138,500!  
(12+ servings of fruits and vegetables per day)†**

† In independent testing performed by Brunswick Laboratories, a daily recommended dose of Alpha CRS+, xEO Mega, and Microplex VMz had an ORAC5.0 score of 138,500. This is the approximate antioxidant protection of over 12 servings of fruits and vegetables with an average ORAC value of 11,000 per serving.



# ALPHA CRS+<sup>®</sup>

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.\***

Proanthocyanidins  
from grape seed



Resveratrol from  
*Polygonum cuspidatum*

Baicalin from  
scutellaria root



Ellagic acid from  
pomegranate fruit extract

Quercetin from  
onion



Curcumin from  
Tumeric root

Boswellic acids from  
*Boswellia serrata*



**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 Absorbance Capacity.

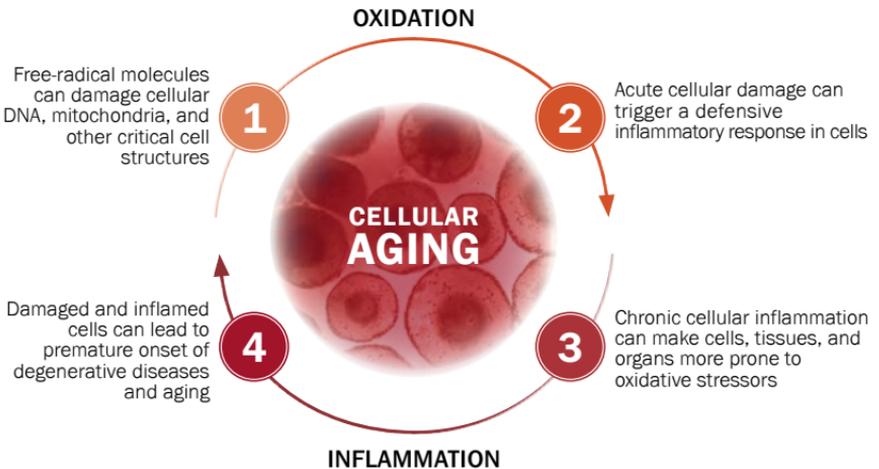
**DNA:** Nucleic acid in cells that contains the genetic instructions for cell proliferation, specialized function, and lifespan. It is through the DNA that the instructions for life are stored and passed to new cells that comprise tissues, organs, systems, and organisms. Disruption of normal DNA function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

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# 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 the dōTERRA® Lifelong Vitality 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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## 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 Vitality 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 other cell structures
- **Resveratrol:** Polyphenol found in red wine, supports healthy mitochondrial biogenesis
- **Vitamins & Minerals:** Essential cofactors of energy production in cells
- **Essential Fatty Acids:** Required for cell growth; supports healthy cellular function



**MITOCHONDRIA:** Sometimes described as micro power plants in cells, they 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. Mitochondrial energy functions can decrease with age or increased exposure to oxidative stressors.



# xEO MEGA<sup>®</sup>

## ESSENTIAL OIL OMEGA COMPLEX

**In addition to the potent Cellular Longevity Blend contained in Alpha CRS<sup>®</sup>, dōTERRA's Lifelong Vitality Program includes xEO Mega<sup>®</sup>, providing ultra-pure essential fatty acids to help balance your body's natural anti-inflammatory response\***

xEO Mega<sup>®</sup> provides a proprietary blend of marine and land-sourced essential fatty acids. Omega-3 fatty acids help support healthy joints, the cardiovascular system, brain health, immune function, and have been shown to help mediate a healthy inflammatory response in cells.\*

xEO Mega includes the powerful antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and throughout the circulatory system. The bioavailability of xEO Mega is enhanced through a nanosomal lipid assimilation system and is encapsulated in gelatin liquidcapsules.

xEO Mega includes a proprietary blend of dōTERRA's CPTG<sup>®</sup> Certified Pure Therapeutic Grade essential oils that also function as antioxidants, support a 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 xEO Mega from oxidation and rancidity.



### **xEO Mega Marine Omega Blend (1000 mg):**

Pure, micro-filtered fish oil concentrate providing 340 mg EPA and 240 mg DHA

### **xEO Mega Land Omega Blend (400 mg):**

Flaxseed oil, Borage Seed oil, Cranberry Seed oil, Pomegranate Seed oil

### **xEO Mega Antioxidant Blend:**

Pure astaxanthin from microalgae and 60 IU of natural vitamin E

### **xEO Mega Essential Oil Blend:**

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



**CPTG** Certified Pure Therapeutic Grade<sup>®</sup>



## SUPPORT YOUR IMMUNE FUNCTION

A healthy *immune* system begins with a healthy diet containing optimal levels of antioxidants, vitamins, minerals, and essential fatty acids. 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 Vitality Program is formulated to provide nutritional support for healthy immune function.\* Alpha CRS+® provides powerful antioxidant and immune support through a potent blend of polyphenols and the carotenoids lutein and lycopene. xEO Mega® is formulated with immune supporting essential fatty acids, astaxanthin and a proprietary blend of essential oils including clove, frankincense, and thyme. Microplex VMz® 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.



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# MICROPLEX VMz<sup>®</sup>

## MICRONUTRIENT COMPLEX

**dōTERRA's Lifelong Vitality Program includes Microplex VMz<sup>®</sup>, a balanced formula of essential vitamins and bioavailable 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 VMz, will help support optimal function of cellular systems and body functions.\*



**Balanced blend of essential all natural vitamins:**

Includes antioxidant vitamins A, C, and E, an energy complex of B vitamins, and natural vitamin D presented in a patented glycoprotein matrix for enhanced bioavailability.

**Balanced blend of essential food nutrient complex 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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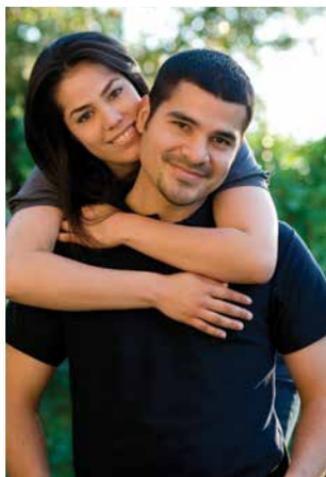
### **NATURALLY SAFE, PURELY EFFECTIVE, GUARANTEED**

dōTERRA's Lifelong Vitality 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 Vitality 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 VITALITY SUPPLEMENTS†

I experienced a very noticeable boost in my energy and no longer felt that 'dark cloud' of gloominess and lethargy hanging over me...It was such a noticeable difference that my...husband said to me, 'Will you please order a box of that stuff for me next month?' For my husband, the LLV quickly took away chronic pain in his lower back and hip that he had dealt with since high school.

Karina Sammons



A few of the things I noticed early in the process, my nails were stronger, my hair softer and shinier and I feel radiant and well. People make comments to me all the time. I have had the pleasure of sharing this with friends who were so impressed they had to give it a try.

Renee Banchiere

I have noticed a significant increase in my mental focus and energy since starting dōTERRA's Lifelong Vitality 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 vitality 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



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



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 Vitality 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

**Using the LLV pack has increased my energy and given me the stamina to meet my daily challenges. I feel that it has contributed significantly to improving my immune system. My cholesterol levels have improved and I have also been perplexed that my typical seasonal allergies have decreased dramatically.**

Cynthia Crosby



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 Vitality program, the pain in my hip was completely gone. I can now run again pain free.

Wayne Shute



For years I have suffered from arthritis in a broken ankle that threatened my career as a school teacher. My daughter introduced me to dōTERRA's Lifelong Vitality 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



## INGREDIENT HIGHLIGHTS:



### ALPHA CRS+<sup>®</sup> CELLULAR VITALITY COMPLEX

#### **Powerful polyphenol cellular longevity blend:**

Baicalin from scutellaria root, resveratrol from *Polygonum cuspidatum*, pomegranate fruit extract, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle

3401 \$92.67 retail 120 Capsules

#### **Potent levels of metabolic factors of cellular energy:**

Coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine

#### **Additional carotenoid protection:**

Lutein and Lycopene



### xEO MEGA<sup>®</sup> ESSENTIAL OIL OMEGA COMPLEX

#### **Antioxidant protection:**

Astaxanthin and Natural Vitamin E

#### **CPTG Certified Pure Therapeutic Grade<sup>®</sup> essential oil blend:**

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

3402 \$52.67 retail 120 Capsules

#### **Marine omega blend:**

Concentrated, pure fish oils providing EPA and DHA fatty acids

#### **Land omega blend:**

Flaxseed, Borage, Cranberry, and Pomegranate seed oils



### MICROPLEX VMz<sup>®</sup> FOOD NUTRIENT COMPLEX

#### **Balanced blend of all-natural essential vitamins:**

Antioxidant vitamins A, C, and E, an energy complex of B vitamins, and natural vitamin D presented in a patented glycoprotein matrix for enhanced bioavailability

3403 \$46.00 retail 120 Capsules

#### **Balanced blend of all-natural minerals:**

Calcium, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium presented in a glycoprotein matrix for enhanced bioavailability

#### **dōTERRA's Tummy Tamer<sup>™</sup> botanical blend**

Peppermint Leaf, Ginger Root, Caraway Seed



## THE dōTERRA® LIFELONG VITALITY PROGRAM

A comprehensive dietary supplement foundation for a lifetime of vitality and wellness, Alpha CRS+®, xEO Mega® and Microplex VMz® 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 VITALITY PACK

Alpha CRS+, xEO Mega, and Microplex VMz 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 VITALITY 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 Vitality Program is formulated with and complements dōTERRA's line of certified pure 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 complimentary 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 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 xEO 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 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: Four (4) Capsules  
Servings per Container: 30

Other Ingredients: Vegetable hypromellose, vegetable fatty acid, silica, microcrystalline cellulose.



## Supplement Facts

	Amount Per Serving	% Daily Value
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Cellular Longevity Blend:	1080 mg	**
Scutellaria Root extract (150 mg Baicalin)		
Boswellia Serrata Gum Resin extract (200 mg)		
Milk Thistle Seed extract (100 mg Silymarin)		
Polygonum Cuspidatum Root extract (50 mg Resveratrol)		
Pomegranate Fruit extract (20 mg Ellagic Acid)		
Pineapple extract (259 GDU Bromelain protease enzyme)		
Turmeric Root extract (30 mg Curcumin)		
Grape Seed extract (20 mg Proanthocyanidins)		
Tomato Fruit extract (1 mg Lycopene)		
Marigold Flower extract (3 mg Lutein)		

Cellular Energy Blend:	400 mg	**
Acetyl-L-Carnitine (100 mg)		
Alpha-Lipoic Acid (100 mg)		
Coenzyme Q10 (50 mg)		
Quercetin (50 mg)		
Ginkgo Biloba Leaf extract (40 mg)		

dōTERRA Tummy Tamer™ Blend:	30 mg	**
Peppermint Leaf, Ginger Root, Caraway Seed		

\*\* Daily Value not established

# xEO MEGA®

## ESSENTIAL OIL OMEGA COMPLEX

dietary supplement

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

Other Ingredients: Fatty acid of coconut, gelatin, silica, fatty acid of palm.



## Supplement Facts

	Amount Per Serving	% Daily Value
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Marine Omega Blend:	1000 mg	**
Fish oil concentrate (340 mg EPA, 240 mg DHA)		
ASTAPURE® Astaxanthin	1 mg	

Land Omega Blend:		
Flaxseed oil	220 mg	**
Borage seed oil	100 mg	**
Cranberry seed oil	40 mg	**
Pomegranate Seed oil,	40 mg	**
Natural Vitamin D (Cholecalciferol)	800 IU	200%
Natural Vitamin E (d-Alpha & mixed tocopherols)	60 IU	200%

CPTG® Essential Oil Blend:	100 mg	**
Clove, Frankincense, Thyme, Cumin, Orange, Peppermint, Ginger, Caraway, German Chamomile		

\*\* Daily Value not established

# MICRO PLEX VMz<sup>®</sup>

## MICRONUTRIENT COMPLEX

dietary supplement

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

Other Ingredients: Vegetable hypromellose, vegetable cellulose, microcrystalline cellulose, stearic acid, silica.



## Supplement Facts

	Amount Per Serving	% Daily Value
Vitamin A (as natural alpha and beta carotene)	9000 IU	180%
Vitamin C (as natural calcium ascorbate)	64 mg	110%
Vitamin D-3 (as glycoprotein matrix†)	800 IU	200%
Vitamin E (as natural mixed tocopherols)	50 IU	160%
Vitamin K (as glycoprotein matrix†)	10 mcg	13%
Vitamin B <sub>1</sub> (as glycoprotein matrix†)	3 mg	200%
Vitamin B <sub>2</sub> (as glycoprotein matrix†)	3 mg	176%
Vitamin B <sub>3</sub> (natural niacinamide)	20 mg	100%
Vitamin B <sub>6</sub> (as glycoprotein matrix†)	3 mg	150%
Folate (as glycoprotein matrix†)	400 mcg	100%
Vitamin B <sub>12</sub> (as glycoprotein matrix†)	20 mcg	330%
Biotin (as glycoprotein matrix†)	300 mcg	100%
Vitamin B5 (as glycoprotein matrix†)	10 mg	100%
calcium (as natural coral and ascorbate)	500 mg	50%
Iron (as yeast)	5 mg	28%
Magnesium (as yeast)	100 mg	25%
Zinc (as yeast)	10 mg	60%
Selenium (as yeast)	80 mcg	110%
Copper (as yeast)	500 mcg	25%
Manganese (as yeast)	2 mg	100%
Chromium (as glycoprotein matrix†)	50 mcg	40%
Proprietary Whole-Food Blend: Trace Mineral Blend, Black Pepper, Chamomile, Fennel Seed, Rose Hips, Kelp	34 mg	**
Active Enzyme Blend: Protease (3700 HUT), Amylase (550 DU), Lipase (460 FIP), Lactase (280 ALU)	30 mg	**
dōTERRA Tummy Tamer™ Blend: Peppermint Leaf, Ginger Root, Caraway Seed	30 mg	**

\*\* Daily Value not established.

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