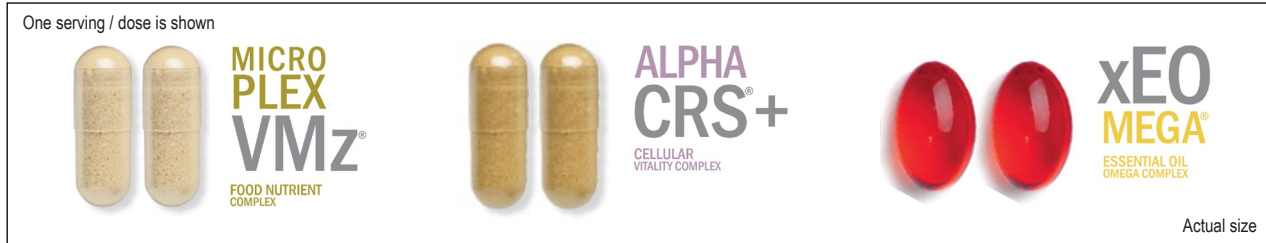


# LIFELONG VITALITY SUPPLEMENTS

(How to begin gradually for optimum health and wellness)

**RECOMMENDED DOSE:** One serving, TWICE each day with food to look, feel and live younger, longer.  
One serving consists of 2 capsules each.



To start the vitamin system it is best to start low DOSE and build up to FULL DOSE over time. Let your body get used to improved nutrition and wellness. Drink lots of water. You can open the two soft-pack capsules to use in a shake but do not puncture the OMEGA. If you miss a dose, just take it as soon as you remember. Be aware if you take it close to bedtime you might feel too energized to sleep.

## Use this handy chart to mark off how many and when to take:

### DAY 1

Take one of each with breakfast

### DAY 2

Take one of each with breakfast

### DAY 3

Take one of each with breakfast

### DAY 4

Take one of each with breakfast

### DAY 5

Take one of each with breakfast

### DAY 6

Take one of each with breakfast

Take one of each with lunch

### DAY 7

Take one of each with breakfast

Take one of each with lunch

### DO YOU FEEL A SHIFT YET?

**FEELING LESS PAIN, MORE ENERGY,  
BETTER FOCUS?**

### DAY 8

Take one of each with breakfast

Take one of each with lunch

### DAY 9

Take one of each with breakfast

Take one of each with lunch

### DAY 10

Take one of each with breakfast

Take one of each with lunch

### DAY 11

Take one of each with breakfast

Take two of each with lunch

### DAY 12

Take one of each with breakfast

Take two of each with lunch

### DAY 13

Take one of each with breakfast

Take two of each with lunch

### DAY 14

Take one of each with breakfast

Take two of each with lunch

### DAY 15

Take one of each with breakfast

Take two of each with lunch

### CONSIDER ORDERING YOUR NEXT PACKAGE.

### DAY 16

Take two of each with breakfast

Take two of each with lunch

### DAY 17

Take two of each with breakfast

Take two of each with lunch

### DAY 18

Take two of each with breakfast

Take two of each with lunch

### DAY 19

Take two of each with breakfast

Take two of each with lunch

### DAY 20

Take two of each with breakfast

Take two of each with lunch

**CONTINUE TAKING 2 OF EACH WITH BOTH BREAKFAST AND LUNCH UNTIL THEY'RE GONE.**

Be sure and drink lots of water to help your body detoxify gently. Eating a well-balanced diet is also important.  
Remember, these supplements are meant to ADD to a good diet, not take the place of one.

**CONGRATULATIONS ON TAKING A HUGE STEP TOWARDS OPTIMAL HEALTH AND WELLNESS.**



# doTERRA's Number One Selling Product

## The doTERRA Lifelong Vitality Pack

Including Alpha CRS<sup>+</sup>, Microplex VMz<sup>®</sup>, and xEO Mega<sup>®</sup> the Lifelong Vitality Pack is one of doTERRA's most popular products. This combination of supplements is a complete dietary foundation for a lifetime of health and wellness.

While there is no complete replacement for a healthy diet and exercise program, today's modern diet does not provide the nutrients we need to not only stay healthy, but also have energy and prevent premature aging. Enter the doTERRA Lifelong Vitality Pack<sup>®</sup>. These supplements are meant to be used on a daily basis in order to maintain a healthy lifestyle.



Supplement Facts		
Serving Size: Four (4) Capsules Servings per Container: 30		
	Amount Per Serving	% Daily Value
Vitamin A (as natural alpha and beta carotene)	9000 IU	180%
Vitamin C (as natural calcium and magnesium ascorbate)	100 mg	170%
Vitamin D-3 (as cholecalciferol)	800 IU	200%
Vitamin E (as natural mixed tocopherols and tocotrienols)	30 IU	100%
Vitamin K (as glycoprotein matrix <sup>1</sup> and menaquinone)	20 mcg	25%
Thiamin (as glycoprotein matrix <sup>1</sup> )	3 mg	200%
Riboflavin (as glycoprotein matrix <sup>1</sup> )	3 mg	176%
Niacin (natural niacinamide)	20 mg	100%
Vitamin B6 (as glycoprotein matrix <sup>1</sup> )	3 mg	150%
Folate (as glycoprotein matrix <sup>1</sup> )	400 mcg	100%
Vitamin B12 (as methylcobalamin)	10 mcg	167%
Biotin	300 mcg	100%
Calcium Pantothenate	10 mg	100%
Calcium (as natural coral and ascorbate)	500 mg	50%
Iron (as yeast and bis-glycinate)	5 mg	28%
Iodine (as kelp)	13 mcg	9%
Magnesium (as citrate and ascorbate)	100 mg	25%
Zinc (as gluconate and glycinate)	10 mg	60%
Selenium (as selenomethionine and yeast)	80 mcg	110%
Copper (as gluconate and yeast)	1 mg	50%
Manganese (as amino acid chelate and yeast)	1 mg	50%
Chromium (as picolinate and yeast)	50 mcg	40%
Proprietary Whole-Food Blend:	80 mg	**
Broccoli, Spirulina Algae, Oat Straw Powder, Brewers Yeast, Kelp		
Active Enzyme Blend:	40 mg	**
Protease (4933 HUT), Amylase (733 DU), Lipase (613 FIP), Lactase (373 ALU)		
doTERRA Tummy Tamer™ Blend:	30 mg	**
Peppermint Leaf, Ginger Root, Caraway Seed		
Geneses® Trace Mineral Blend	20 mg	**

\*\* Daily Value not established.  
Other Ingredients: Vegetable hypromellose, vegetable cellulose, stearic acid, silica.

Supplement Facts		
Serving Size: Four (4) Capsules Servings per Container: 30		
	Amount Per Serving	% Daily Value
Cellular Longevity Blend:	1165 mg	**
Boswellia Serrata Gum Resin extract (200 mg)		
Scutellaria Root extract (150 mg Baicalin)		
Milk Thistle Seed extract (100 mg Silymarin)		
Polygonum Cuspidatum Root extract (50 mg Resveratrol)		
Green Tea Leaf extract (40 mg)		
Pomegranate Fruit extract (25 mg Ellagic Acid)		
Pineapple extract (50 GDU Bromelain protease enzyme)		
Turmeric Root extract (30 mg Curcumin)		
Grape Seed extract (20 mg Proanthocyanidins)		
Sesame Seed extract (20 mg)		
Pine Bark extract (7 mg)		
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)		
doTERRA Tummy Tamer™ Blend:	30 mg	**
Peppermint Leaf, Ginger Root, Caraway Seed		

\*\* Daily Value not established.  
Other Ingredients: Vegetable hypromellose, vegetable cellulose, calcium silicate, calcium stearate.

Supplement Facts		
Serving Size: Four (4) Softgels Servings per Container: 30		
	Amount Per Serving	% Daily Value
Marine Omega and Carotenoid Blend:		
Fish oil concentrate (34% EPA, 24% DHA)	1000 mg	**
ASTAPURE® Astaxanthin	1 mg	**
Lutein	3 mg	**
Zeaxanthin	1 mg	**
Lycopene	1 mg	**
Alpha and Beta Carotene	417 IU	8%
Land Omega Blend:		
Flax seed 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:	120 mg	**
Clove, Frankincense, Thyme, Curmin, Wild Orange, Peppermint, Ginger, Caraway, German Chamomile.		

\*\* Daily Value not established.  
Other Ingredients: Polysorbate 80, non-GMO food starch, glycerin, purified water, maltitol, carrageenan.

### LIFELONG VITALITY BENEFITS

- Healthy hair, skin, and nails
- Bone health
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Does not contain genetically modified material
- Dairy-free
- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Immune function
- Stress management
- Cardiovascular health