

NUTRITION INFORMATION



**FOOD WITH
THE NUTRIENTS
EQUIVALENT TO
30 DAY SUPPLY
OF LLV**

EPA _____	132 oz. canned tuna
DHA _____	45 oz. canned salmon
ALA _____	37.5 cups brown rice
SDA _____	2 gallons chocolate milk
Vitamin A _____	20 winter acorn squash
Vitamin E _____	30 cups almonds
Astaxanthin _____	10 lbs of salmon
Lutein + Zeaxanthin _____	60 cups broccoli
Lycopene _____	60 cups red peppers
Vitamin A _____	50 medium carrots
Vitamin C _____	1 gallon orange juice
Vitamin D3 _____	1000 eggs
Vitamin K _____	15 cups blueberries
Folate _____	24 cups edamame
Vitamin B12 _____	75 cups Swiss cheese
Pantothenic Acid _____	30 cups sunflower seeds
Iron _____	15 cups pumpkin seeds
Zinc _____	60 oysters

Store bought equivalent
of LLV nutrients



JUST 30 DAYS TO CHANGE YOUR LIFE - GUARANTEED

Purchase dōTERRA Lifelong Vitality Pack®, use for 30 days, and if you are not satisfied with the results, return your product within 45 days for a full refund. (see doterra.com for details)

TESTIMONIALS

"I love how they make me feel; adds that kick in my step. And with all the mitochondria energy support, it's a perfect balance between whole plant-based goodness and scientific genius. I'm blown away with the ingredient list."

- Jenny Krughkov, RN

"I noticed the biggest difference in my energy level, mood, and overall health. Without my LLV, I am sluggish and have a hard time staying focused. We never run out now and make sure to take them every day. LOVE LLV!"

- Ellie Melloy

"Within 6 weeks, my husband was shocked that his hips no longer ached and he asked me to get him some more. He never skips a day and it has now been several years of loving his LLV!"

- Cindy Tharayil

DIRECTIONS

Drink lots of water! 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!

Day 1-3 : Take 1 of each with food.

Day 4-7 : Take 2 of each with food.

After 7 days : Follow directions on bottles.

Contact me to order and I'll show you how to take advantage of additional discounts.

*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.

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VITALITY with
dōTERRA®
naturally



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Wellness Advocate #931161

Look, Feel, Live Younger, Longer

3 DIETARY SUPPLEMENTS, 1 REVOLUTIONARY PROGRAM

The dōTERRA Lifelong Vitality Pack® (LLV) makes it convenient and affordable for anyone to take the first step on the path toward a life-time 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 bioavailable nutrients and powerful metabolic factors for optimal health, energy, and longevity.* Coupled with dōTERRA Certified Pure Tested Grade® essential oils and your commitment to the dōTERRA® Wellness Lifestyle, these products will help you look, feel, and live younger, longer.

WELLNESS LIFESTYLE PYRAMID

dōTERRA's Wellness Lifestyle Pyramid illustrates how optimum wellness is achieved through a combination of healthy lifestyle behaviors and proactive medical care. Your daily habits make all the difference. The foundation of lifelong health and vitality is how you fuel your body. A balanced and minimally processed whole food diet, complemented by the right nutritional supplements, provides the essential macronutrients, vitamins, and minerals your body needs to function at its peak so that the need for medical attention is minimized.



LLV WELLNESS BENEFITS*

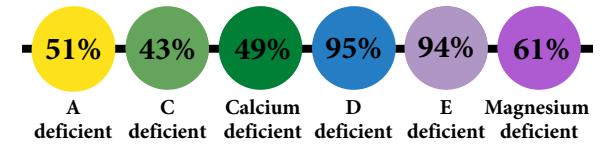
- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin and nails
- Eye and brain health
- Nervous system health
- Liver function and digestive health
- Lung and respiratory health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

WHY IS LLV BETTER?

With highly processed and nutrient deficient foods currently consumed, most people are experiencing some level of nutrient deficiency (see chart on the next panel). However, just eating a healthier diet or taking a random supplement isn't enough. So, what makes LLV better? You have all heard the phrase, "you are what you eat," but in reality, "you are what you absorb". Choose dōTERRA's Lifelong Vitality Pack® because:

- **It's bioavailable:** When LLV is ingested it is recognized, absorbed, and utilized by the body. Even when taking a super vitamin, if it's not bioavailable, it's essentially useless.
- **It's chelated:** This ensures increased absorption and bioavailability to key areas.
- **It's full-spectrum:** Our ingredients are exactly as nature provides them to promote optimum health.
- **It has a glycoprotein matrix:** We have a patented technology for bonding key nutrients to healthy bacteria normally found in the gut. This helps the body recognize nutrients more readily when digested.

According to the EWG, many Americans are grossly deficient in various major nutrients.



The Vitality Assessment below can help you determine how these deficiencies are impacting your health.

VITALITY ASSESSMENT

My sleep is satisfying & I wake up feeling rested.



I live my life free of chronic aches & pains.



I have a strong immune system & I resist getting sick.



I am emotionally balanced & not stressed or anxious.



I have energy & vitality throughout the day.



My mental focus & memory are quick and sharp.



My hair, skin & nails are healthy and beautiful.



How would your life change if these areas of your health improved with dōTERRA's LLV?

