

dōTERRA® 90-Day Reset



Month 1 Prepare Phase

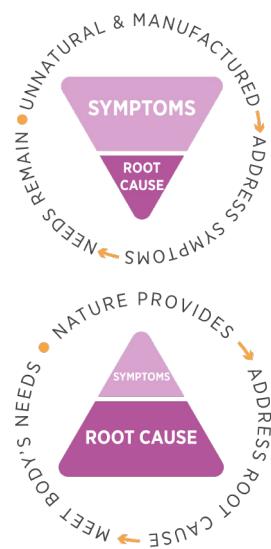
Welcome to your 90-Day Reset Prepare Phase! The following pages are provided to orient you to Month 1 program and partner products. Print and place it for quick reference where it can help guide you during your first 30 days, most especially the attached daily tracker.

Meeting Needs – The Purpose of the 90-Day Reset

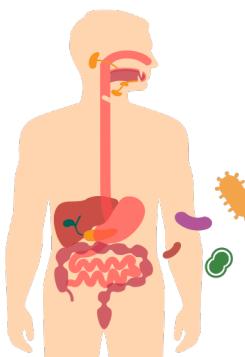
Most people struggle to achieve true wellness because they either practice healthy habits without meeting their body's primary needs or focus only on managing secondary symptoms instead of addressing the root cause. Primary needs are the body's foundational requirements, such as cellular health, organ function, proper nutrition, and rest. **When these aren't met, symptoms appear as warning signs**, but chasing symptoms alone only creates more challenges over time.

True well-being begins when you strengthen the foundation by meeting these primary needs, which naturally reduces symptoms and frees energy for living well.

Month 1 is designed to reduce the competition for your body's attention by supporting cellular and organ performance first. When these essential needs are met, the body gains the capacity to resolve other concerns and create sustainable wellness.



Why the Prepare Phase Is Critical to Establish Long-Term Foundational Wellness



The body is inherently wired to attend to first things FIRST. It runs on a priority principle, necessarily first focusing its energy on what keeps it ticking. Knowing this, you can better understand why perhaps your body might not get to your to-do list! It may simply not have the budget to tackle and resolve broader projects.

The Prepare Phase reduces the competition for your body's attention by directly partnering with this priority principle, addressing cellular and organ performance right away in Month 1. If you don't start here, you may continually lack the capacity to address those other projects you may so anxiously want to get on top of. Make it your priority to consistently and always meet your body's needs first. This is your key to sustainable foundational wellness.

Prepare Phase Month 1 program focus:

- Increase cellular energy & performance.*
- Improve gut motility and function.*
- Improve digestive function.*
- Improve detoxification and elimination.*
- Enhance nutrient utilization.*
- Enhance cellular metabolism.*
- Enhance capacity to get energy from food & supplements.*
- Enhance overall foundational functions of the body.*

Introducing Your ABCs of Wellness Partners. The following pages are provided to further your knowledge of your Prepare Phase supplemental partners, listing specific jobs you are hiring each product to do. The final page, your Daily Tracker, is included to ensure your product consumption is on pace to meet the root needs of your ABCs of Wellness.



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ACTIVATE

A HEALTHY DIGESTIVE TRACT effectively breaks down food and absorbs critical nutrients. The healthier the gut, the better the entire body performs! From immune function to emotional well-being, each body system depends on the proper digestion of food for energy and the effective elimination of waste.

Because many already experience persistent gastrointestinal discomfort or there can be a temporary onset when starting a wellness program, targeted gut support is an integral part of this program during all three months. Sustained gut health provides a sure foundation for all other wellness goals.



PB Restore™ - *ProBiome Complex*

- 18 billion CFUs of probiotics—24 strains from 22 different species—along with a prebiotic, a postbiotic, and bacteriophages.
- Supports health of GI tract, particularly the upper and lower intestines, for healthy digestive function.*
- Restores intestinal flora that has been compromised by digestive stressors.*
- Promotes colonization of friendly gut flora.*

I Take 1 capsule with dinner.

OPTIONAL:



TerraZyme™ - *Digestive Enzyme Complex*

- Blend of whole food enzymes designed to aid in digestion of food and nutrient absorption.*
- Supports healthy production of metabolic enzymes for healthy digestion and metabolism.*
- Promotes healthy conversion of food nutrients to cellular energy.*
- Supports healthy digestion and metabolism of enzyme-deficient, processed foods.*
- Promotes gastrointestinal comfort and food tolerance.*

I Take 1-2 capsules with meals at least twice per day and/or on an empty stomach for detox enhancement.

OPTIONAL:



Fiber - *Prebiotic Blend*

- Sourced from all natural, whole food sources with no added sugars.
- Contains high potency vitamin C.
- Provides soluble and insoluble fiber required to glean full nutritive value from food.*
- Supports daily high fiber consumption critical for digestive, cardiovascular, immune, and metabolic health.*

I Mix 1 scoop in 10 oz water or smoothie.

BUILD

PROPER NUTRITION is critical to every bodily function. Just like a car, the body runs far better on quality fuel.

A rich supply of daily nutrition makes all the difference in optimizing cell, organ, and body systems performance – the goal of phase one. The Activate products are crucial to ensure your Build product partners are better absorbed and their nutrients are more effectively distributed throughout the body.



dōTERRA VMG+™ - *Whole-Food Nutrient Complex*

- Micro-nutrient and antioxidant rich, plant-derived supplement for daily nutritional needs.*
- Offers daily support for energy levels, gut health and digestion, immune, liver, brain, hormone function, and much more.
- Comprised of 5 proprietary super-food blends with enzymes, probiotics, CPTG essential oils, and liposomes for improved absorption and nutrient bioavailability.
- Delicious, easy-to-consume powder that features clean ingredients, is vegan, gluten-free, dairy-free, sugar-free, non-GMO, and contains nothing artificial.

I Take 1 sachet per day in 5-8 ounces of cold water or liquid of choice. Do not add to hot drinks. Mix well.



dōTERRA EO Mega® + - *Essential Oil Omega Complex*

- Promotes heart and circulatory health, healthy skin, and joint function and comfort.*
- Supports a healthy inflammatory response and function of the brain, eyes, and nervous system.*
- Supports healthy digestive and respiratory systems and provides immune-boosting nutrients.*
- Delivers 900mg pure, molecularly filtered fish oil with 800 mg of EPA and DHA + 100 mg other omega 3s + 300mg CPTG® Wild Orange essential oil per daily serving.

I Take 1-2 softgels with AM and PM meals for a total of 3.



MetaPWR® Mito2Max® - *Energy and Stamina Complex*

- Proprietary formula of plant extracts to support cellular energy production and vitality.*
- Promotes optimal mitochondrial function and efficient production of ATP in cells.*
- Enhances stamina, aerobic capacity, and efficient use of oxygen without the use of harmful stimulants.*
- Supports metabolic adaptation from relaxation to intense activity.*
- Supports mental energy.*

I Take 1-2 capsules once or twice daily.

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CLEANSE

THE NATURAL DETOXIFICATION processes of the body are critical for all cells and organs to thrive. Repeated exposure to environmental toxins and poor dietary habits can stress, burden, and weaken function and performance. Cleansing efforts as part of a daily routine promote proper elimination, keep the body's toxic load manageable, and reward lasting health.



RevitaZenTM - Advanced Organ Detoxification Complex

- Botanical extracts amplified by essential oils to empower the body's innate ability to cleanse, rebalance, and thrive.*
- Targeted functional support combined with biochemical cofactors to enhance the body's natural detoxification processes and efficiency.*
- Supports healthy liver and kidney function, promotes digestion and colon health.*

I Take 1 capsule with AM meal. Add 1 with PM meal as needed.

OPTIONAL: RevitaZenTM

Detoxification Blend



- Supports healthy liver, gallbladder, kidney function and detoxification pathways and promotes bile flow.*
- Provides antioxidant-rich liver protection, helps reduce fat accumulation and oxidative stress.*
- Promotes digestive and colon health.*
- Promotes detoxification of heavy metals and helps reduce water retention.*

I Take 3-5 drops in a capsule and/or add to 8 or more ounces of water 2-3x's per day.

I INTERNAL



Add 3-4 drops twice daily to drinking water or use to spike sparkling water for a refreshing beverage alternative.

T TOPICAL



Apply as part of a daily body shaping treatment or skin brushing routine.

A AROMATIC



Diffuse to create an uplifting environment and offer a boost of revitalizing energy.

TARGETED SOLUTIONS

PERSONALIZE YOUR WELLNESS PROTOCOL In addition to staying focused on the core objective of each phase of this 90-Day program, it is encouraged to individualize your program. Consider any health priorities to which you want to give immediate attention. There is great value in feeling well on your way to sustainable wellness.

Take the *Lifestyle Assessment* prior to getting started with your program to identify specific targeted needs you want to address during Month 1. Then select a product or few to add to your program to meet those goals.



The final step to customizing your program is to use the provided Daily Tracker and, in the space provided, add those products to your daily routine.

Consult your *Live* guide and talk with your Wellness Advocate to discover optimal ways to use these products.

Establish Long Term **Foundational Wellness**

The grand and wonderful purpose of the 90-Day Reset is to focus on meeting the root needs of your body in a precise and prioritized order – Prepare, Cleanse, and Renew – with the intention of building a sustainable foundation of wellness.

In Month 1, you are mobilizing your gut and energizing your cells and organs. In Month 2, the focus is on opening, clearing, and sustaining pathways of elimination. And, finally, in Month 3, it's all about renewing everything from cells, to tissues, organs, and systems to set the body up for long term optimal performance.

Make periodic assessing a habit. Because needs change as you change, revisit the *Lifestyle Assessment* every 30 days, prior to starting subsequent phases, or as desired. Let your answers guide you in making valuable observations. How are you progressing and changing for the better? What is no longer a standout need? What needs persist and why? What new priorities have arisen?



Commitment pays off. Over time your dedication to establishing a foundation of sustainable wellness brings greater and greater returns on your investment! With partnering diet and lifestyle changes, you'll find you have less projects to tackle and your body has less symptoms to holler about. With root needs met and so many symptoms gone away, it's easy to isolate the few things that now need your attention.

Life happens. With ever-changing levels of intensity when it comes to stress, activity, demands, and occasional injuries or illness, use the above process anytime you, a family member, or friend needs a deeper dive to discover health priorities and to address targeted needs. The *Lifestyle Assessment* and doTERRA Wellness Lifestyle Pyramid are observation and decision-making tools designed to help maintain a prioritized approach using a hierarchy of health.



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Basics of Essential Oil Usage

Using essential oils as a first response to health and wellness needs has become more and more a mainstream health habit. dōTERRA International is the world's largest distributor and because of their unmatched sourcing practices delivers to homes across the globe the most pure, potent, safe, and effective essential oils.

Essential oils have proven time and time to be significant in the lives of those who use them. They enhance every health habit or goal as one of nature's most potent messengers of powerful, fast-acting chemistry.

Top Daily Recommendations

When getting started with essential oils, choose first to support the basic health needs of you and your household. These suggestions are the top recommendations of where to begin using oils in a daily routine.



A AROMATIC

Breathe in or diffuse to open airways, boost mood, and freshen the air.



T TOPICAL

Apply on bottoms of feet or affected areas to target specific needs.



I INTERNAL

Drop in water, under tongue, or in veggie capsule and swallow.*

Why Diffuse?

Research shows the aromas of essential oils invite positive responses from chemical sensors in the brain. Because of this advantage, essential oil users can choose their desired effects. For example, some essential oils such as **Lavender** and **Wild Orange** contain chemical properties that promote a calming atmosphere and soothe anxious feelings.

An additional benefit of aromatic use is to purify the air. Dispelling unwanted odors and replacing them with pure, pleasant aromas is made possible with the power of potent, high quality, non-toxic essential oils. Most commercial air-purifying agents contain harmful toxins and chemicals, making the aromatic use of essential oils even more vital!



Application Methods



AROMATIC: Add 3-5 drops to favorite diffuser or place 1-2 drops in palms of hands, rub together, cup around nose and mouth, inhale. Avoid direct contact with eyes.



TOPICAL: Apply 1-2 drops on bottoms of feet, back of neck, behind ears, on wrists, over heart, and/or areas of concern. Dilute with **Fractionated Coconut Oil** as desired or needed, and to promote sustained absorption.



INTERNAL: Put 1-2 drops in glass of water, smoothie or juice, veggie capsule, or under tongue.*

Essential Oil Safety



Avoid contact with eyes, ears, or other areas of sensitivity.



Avoid sun or UV ray exposure for at least 12 hours after applying citrus oils topically (or blends containing citrus essential oils).



Dilute with **Fractionated Coconut Oil** for sensitive or elderly skin, with children or infants, and on areas of sensitivity. Reduce dosing for infants, children, elderly, and those in a fragile state of health.



Do not use if safety seal is missing or broken. Store in cool place. Read labels and follow recommendations. Consult credible resources for dosing guidelines.

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dōTERRA®
90-Day Reset | **DAILY TRACKER**
Month 1 Prepare Phase

Goal: Energize organ and cell performance.*

ACTIVATE



dōTERRA PB Restore™
Take 1 capsule with AM meal.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

BUILD



TerraZyme™ (optional)
Take 1-2 capsules with meals, especially when eating enzyme-deficient foods.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

CLEANSE



VMG+™
Take 1 sachet in water daily.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TARGETED SOLUTIONS



EO Mega®+
Take 1-2 softgels with AM and PM meals for a total of 3.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



MetaPWR® Mito2Max®
Take 1-2 capsules with AM and PM meals.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



RevitaZen+™ Complex
Take 1 capsule with AM meal. Add 1 with PM meal as needed.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



RevitaZen™ Blend (optional)
Add 3-5 drops per 8 or more ounces of water for a total of 10-15 drops per day.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

REBALANCE



| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

REBALANCE



| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

REBALANCE



| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

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dōTERRA® 90-Day Reset



Month 2 Cleanse Phase

Welcome to the Cleanse Phase of your 90-Day Reset! Congratulations on near completion of Month 1 and readying yourself for one of the most significant of health experiences – the Cleanse Phase! The Cleanse & Restore collection was specifically created for this very process! It's time to meet your detoxification partners and learn how to use them. Print and place these pages for quick reference during your next 30-days, most especially the attached Daily Tracker.

Benefits of the Cleanse Phase

Reducing the body's toxic load is a critical and powerful habit of lasting health. Just like cleaning your house and changing filters in your car, your body also needs cleansing.

To better appreciate your decision to jump into this cleanse, consider what happens when the body's ability to eliminate waste has become compromised. Vital organs are overwhelmed and stressed, underperforming or exaggerating their efforts. For example, the liver, kidneys, or bowels can become sluggish and other organs such as the skin and respiratory system then take on excess loads. Greater waste elimination expressed through these channels can then manifest in the form of skin breakouts or sickness and congestion. And for most people, these occurrences are then met with short-term symptom management that misses the mark.

This awareness empowers you to pursue a better way. The entire 90-Day Reset points you in the direction of meeting the root needs of the body, not chasing symptoms. In the case of toxicity, the risk of not resolving real issues is the evolution of autointoxication or self-poisoning which leads to poor cellular and body systems performance and more.

In this Cleanse Phase, your focus is on opening, clearing, and sustaining pathways of elimination. Here are some beneficial outcomes you are nurturing:

- Improved digestive and gut function.*
- Realigned and stabilized microbe population.*
- Enhanced nutrient utilization.*
- Energized elimination and motivated detoxification processes of the body.*
- Lightened toxic load of eliminative and other organs.*
- Upregulated cellular metabolism as excess digestive and eliminative burdens are alleviated.*
- Supported weight management.*
- Increased energy.*
- Enhanced brain function and mood.*

Consistency pays big dividends when it comes to your health.

ACTIVATE

GUT HEALTH is foundational to all other organ and body systems functions. Over the last month, you have made great strides in reclaiming healthy digestion and intestinal function. Reflect on where you were before you started. What differences have you noticed in your sleep, mood, mental clarity, movement, and other targeted areas of need you wanted to focus on? Ready for more?

In this Cleanse Phase, the focus is to “declutter” the gut and create space for right things to grow. It is vital to fill that space right away with a robust population of flourishing beneficial microbes, indicating “no vacancy” for other organisms to take up housing. Your Activate products are essential to this success. **TerraZyme®** ensures food is properly broken down, digested, and absorbed, leaving behind no trail to tempt or feed unwanted guests. **PB Restore™** is all-things-needed for a healthy microbial community.



PB Restore™
ProBiome Complex

- Supports health of GI tract, particularly the upper and lower intestines.*
- Restores intestinal flora that has been compromised by digestive stressors.*
- Promotes colonization of friendly gut flora.*

1 Take 1 capsule with AM meal. Do not consume at the same time with GX Assist®.



TerraZyme®
Digestive Enzyme Complex

- Supports healthy production of metabolic enzymes and promotes healthy conversion of food nutrients to cellular energy.*
- Supports healthy digestion and metabolism of enzyme-deficient, processed foods.*
- Promotes gastrointestinal comfort and food tolerance.*

1 Take 1-2 capsules with meals at least twice per day and/or on an empty stomach for detox enhancement.

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BUILD

A RICH SUPPLY OF QUALITY AND PROPER NUTRITION makes all the difference in optimizing body organ and systems performance, positively impacting important detoxification functions. Your Build partners continue to play a significant role in your Cleanse Phase efforts, providing the fuel your body needs as it takes on the task of more intense cleansing and waste elimination.



dōTERRA

VMG+™*Whole-Food Nutrient Complex*

- Micro-nutrient and antioxidant rich, plant-derived supplement for daily nutritional needs.
- Offers daily support for energy levels, gut health and digestion, immune, liver, brain, hormone function, and much more.
- Comprised of 5 proprietary super-food blends with enzymes, probiotics, CPTG essentials oils, and liposomes for improved absorption and nutrient bioavailability.
- Delicious, easy-to-consume powder that features clean ingredients, is vegan, gluten-free, dairy-free, sugar-free, non-GMO, and contains nothing artificial.

I Take 1 sachet per day in 5-8 ounces of cold water or liquid of choice. Do not add to hot drinks. Mix well.



dōTERRA

EO Mega®+*Essential Oil Omega Complex*

- Promotes heart and circulatory health, healthy skin, and joint function and comfort.*
- Supports a healthy inflammatory response and function of the brain, eyes, and nervous system.*
- Supports healthy digestive and respiratory systems and provides immune-boosting nutrients.*
- Delivers 900mg pure, molecularly filtered fish oil with 800 mg of EPA and DHA + 100 mg other omega 3s + 300mg CPTG® Wild Orange essential oil per daily serving.

I Take 1-2 softgels with AM and PM meals for a total of 3.

CLEANSE

READY TO CLEAN HOUSE?! With your Month 1 complete, now it's time to get to work, "clear the clutter," and dump unwanted waste in Month 2. You've got a team of top-notch Cleanse products ready to help take out the trash!

RevitaZen™+ Advanced Organ Detoxification Complex continues in its role, helping keep channels open for effective elimination. **RevitaZen™ Detoxification Blend** is on the job attending to organ function so the body skillfully wrangles the effects of our modern environment, helping to restore organ, hormone health, and more. **GX Assist®** is all about ridding the gut of unwanted guests and **DDR Prime®** addresses housekeeping at a cellular level as well as helps rebalance microbial populations throughout the entire body.

**RevitaZen™***Advanced Organ Detoxification Complex*

- Botanical extracts amplified by essential oils to empower the body's innate ability to cleanse, rebalance, and thrive.*
- Targeted functional support combined with biochemical cofactors to enhance the body's natural detoxification processes and efficiency.*
- Supports healthy liver and kidney function, promotes digestion and colon health.*

I Take 1 capsule with AM meal. Add 1 with PM meal as needed.

**RevitaZen™***Detoxification Blend*

- Supports healthy liver, gallbladder, kidney function and detoxification pathways and promotes bile flow.*
- Provides antioxidant-rich liver protection, helps reduce fat accumulation and oxidative stress.*
- Promotes digestive and colon health.*
- Promotes detoxification of heavy metals and helps reduce water retention.*

I Take 3-5 drops in a capsule and/or add to 8 or more ounces of water 2-3x's per day.

**GX Assist®***GI Cleansing Formula*

- Important component of a digestive maintenance program and may improve microbial balance.*
- Helps purify, cleanse, and support a healthy digestive environment.*
- Provides a natural cleanse for a healthy intestinal system.*

I Take 1-2 with noon and PM meals for a total of 3 softgels per day. If digestive upset occurs, increase fiber intake.

**DDR Prime®***Essential Oil Cellular Complex*

- Promotes healthy cellular, immune, cognitive function, and body's response to free-radicals.*
- Protects body and cells from oxidative stress.*
- Supports health of brain and nervous system.*

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

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TARGETED SOLUTIONS

STAY ON TOP OF WHAT YOU NEED. Each phase of your 90-Day Reset has a set core objective. In addition, you are invited to continue personalizing your program. Retake the *Lifestyle Assessment* before you begin Month 2 to assess your progress and any new areas that may need attention.

Based on your answers, identify top priorities and choose products to support, adding those items to your dōTERRA Rewards order before your ship date. **Consult your Live guide, Wellness Advocate, and other resources for support to help with selections. The images below are also meant to give you quick exposure to some favorite products from dōTERRA.** Then add those products to your Daily Tracker on the following page, along with how to use them.

This is a great time to deepen your commitment to “Out with the bad. In with the good.” Choose one or more diet or lifestyle changes to complement your program and eliminate competition to your prime objective: better health and greater success in meeting your body’s root needs. You are on your way to earning long-term wellness!

Children & Babies



PB Assist+®, VMG+™, Kids Collection, Baby collection

Digestion



Fiber, Celery Seed, DigestZen® (15mL, Softgels, Touch, Tabs), SuperMint™ & Peppermint (15mL, Beadlets)

Home



abōde™ Collection and On Guard® home, laundry, and cleaning products

Immune & Respiratory



On Guard® (15mL, Softgels, Touch), Breathe® (15mL, Drops, Stick)

Mind & Cognition



MetaPWR™ Advantage, Copaiba, DDR Prime®, Frankincense, Spanish Sage

Mood & Stress



Adaptiv™ System, Shinrin-Yoku™ (15mL, Touch), Balance®, Copaiba (15mL, Softgels, Touch), Emotional Aromatherapy Collection, PastTense® Stick

Movement



Deep Blue® (5mL, Stick, Rub, Complex), Copaiba (15mL, Softgels, Touch), AromaTouch, MetaPWR™ Advantage

Nutrition



MetaPWR™ Advantage, MetaPWR Recharge™, VMG+™

Sleep



Serenity® System (15mL, Stick, Softgels), Lavender, Vetiver (15mL, Touch)

Skin



Yarrow|Pom Collection, Frankincense Stick, HD Clear®, Verage Collection, Essential Skin Care, Sun Care, Castor Oil

Weight & Metabolic Health



MetaPWR™ Advantage, Assist, Softgels, and Beadlets

Women's Hormone Health



Clary Sage, Phytoestrogen Complex, Bone Nutrient Complex, ClaryCalm, Whisper®, Thyme

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dōTERRA® 90-Day Reset | DAILY TRACKER Month 2 Cleanse Phase

Goal: Stimulate detoxification and elimination.*



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

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dōTERRA® 90-Day Reset

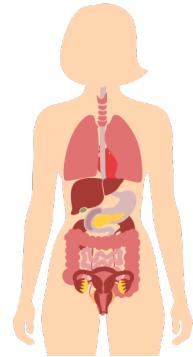


Month 3 Renew Phase

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.**

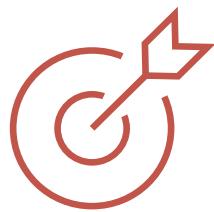


Think about it. If a gardener skips these critical steps, leaving competing dead plants, hardened soil, or harmful pests, the ensuing garden becomes a dim reflection of what's possible. Certainly the "soil" or bioterrain of our body deserves the same consideration, **clearing out what prevents results 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.

I 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.

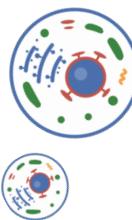


- Increase cellular health, energy, and levels of NAD+ and NADH.*
- Promotes the extension of health span and slowed, healthy biological aging.*
- Targets healthy metabolism, blood glucose, and reverse effects of metabolic aging.*
- Strengthens connective tissue, cartilage, bones and density, joints, 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.*



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.*

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



OPTIONAL:
Essential oil 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.*

I 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.

SUN If applying topically, wait 12 hours before UV exposure.

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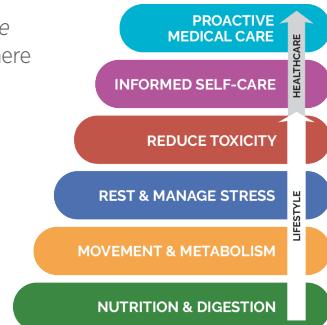
TARGETED SOLUTIONS

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.

A = Activate

B = Build

C = Cleanse

T = Targeted Solutions

= Your Personalized Daily Wellness Program

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dōTERRA®
90-Day Reset | **DAILY TRACKER**
Month 3 Renew Phase

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

ACTIVATE



dōTERRA PB Restore™
Take 1 capsule with AM meal.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

TerraZyme™ (optional)
Take 1-2 capsules with meals, especially when eating enzyme-deficient foods.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

VMG+™
Take 1 sachet in water daily.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

EO Mega®*
Take 1-2 softgels with AM and PM meals for a total of 3.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

MetaPWR® Advantage
Take 1 sachet in 5-8 ounces of water in the AM.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

(e.g., Recharge, Mito2Max for energy)

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

DDR Prime® Complex
Take 1-2 softgels with AM and PM meals.

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

(e.g., Citrus oil or RevitaZen™ or MetaPWR™ blend)

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

BUILD



CLEANSE



TARGETED SOLUTIONS

| | Days 1-10 | Days 11-20 | Days 21-30 |
|----|---|---|---|
| AM | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| PM | | | |

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

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