

# dōTERRA 90-Day Feel Alive Programme

Take control of your health with one routine. **Wellness Made Simple** was designed to bridge the gap between nutrition and modern diets. Its goal is to nourish your body's foundations with pure, science-backed ingredients your body recognises and welcomes. With the **90-Day Feel Alive Programme**, you will create healthy new habits and discover the benefits of combining different supplements and essential oils.



Use the tracker below to register your progress.

## dōTERRA wellness made simple.



- **VMG+™** is a delicious, powdered formula that delivers essential nutrients to ensure efficient absorption and retention. It's more than a multivitamin – it's a complete wellness solution.

Fatty acids like omega-3s and 6s are crucial nutrients for maintaining overall wellness and vitality. A good omega supplement has at least 500 milligrams of DHA and EPA omega-3 fatty acids. EO Mega+ exceeds that, in two formats:



- **EO Mega+™ Sachets** include pure quality fish oils, Lemon essential oil, abundant in limonene, and extra virgin olive oil.

or



- **EO Mega+™ Softgels** are convenient tapioca softgels, including pure quality fish oils and enhanced with Wild Orange essential oil, which is rich in limonene.

or



- **vEO Mega™**, a revolutionary formula that blends essential oils with plant and algae-sourced omega fatty acids. It provides a wide range of essential fatty acids including ALA, DHA, and GLA, from plant sources.



- **dōTERRA PB Restore™** is a unique formulation of 30 live bacterial cultures.

or



- **PB Assist+™** offers a distinct blend of various genera, species, and strains of live bacterial cultures.



## JUNE Renew

- **Lemon** is one of dōTERRA's top-selling essential oils and has multiple benefits and uses.
- **Zendocrine™ Softgels** contain Zendocrine Restart Blend, a proprietary blend of Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro essential oils.



## JULY Energise

- **Peppermint** is refreshing, uplifting and invigorating.
- **MetaPWR™ Advantage** contains nine types of collagen tripeptides from marine sources and NMN (Nicotinamide mononucleotide) which may contribute to the production of NADH and NAD+.



## AUGUST Relax

- **Lavender** has calming properties. It is relaxing when used in a massage and can improve mood.
- **Frankincense Stick + Naio Wood** supports the skin's natural barrier, promoting healthy skin. The aroma is soothing and comforting.

# dōTERRA 90-Day Feel Alive Programme Tracker



## JUNE | *Renew*

DAY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

dōTERRA  
wellness made **simple.**  
Take your choice of 3 products.

**Lemon**  
Add 2 drops to a large glass of water in the morning.

**Zendocrine™ Softgels**  
Take 2 softgels; one with your morning meal and the second with your evening meal.

## JULY | *Energise*

dōTERRA  
wellness made **simple.**  
Take your choice of 3 products.

**Peppermint**  
Use it to stay refreshed or when you need an energising boost.

**MetaPWR™ Advantage**  
Pair with VMG+™ in the morning.

## AUGUST | *Relax*

dōTERRA  
wellness made **simple.**  
Take your choice of 3 products.

**Lavender**  
Use to promote a sense of calm and relaxation, especially at nighttime.

**Frankincense Stick + Naio Wood**  
Apply topically to help reduce the appearance of skin imperfections.



**Would you like to track your results?**  
Fill out the monthly surveys by scanning this QR code.

@doterraeuropecorporate



Join on social media too by using **#dōTERRAFeelAlive** and tagging (@doterraeurope) when you post!