

dōTERRA[®]

**LIFELONG VITALITY
PROGRAM**

**LOOK, FEEL, LIVE
YOUNGER LONGER**

**dōTERRA does not prevent,
treat, or cure disease.**

**Your lifestyle choices can
help prevent disease.**

**Your doctor treats symptoms
and fixes broken parts.**

Your body cures disease.

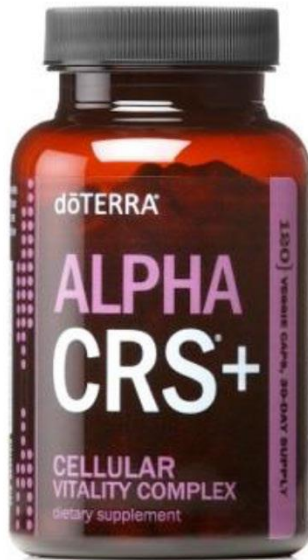
dōTERRA WELLNESS LIFESTYLE



LIFELONG VITALITY PROGRAM

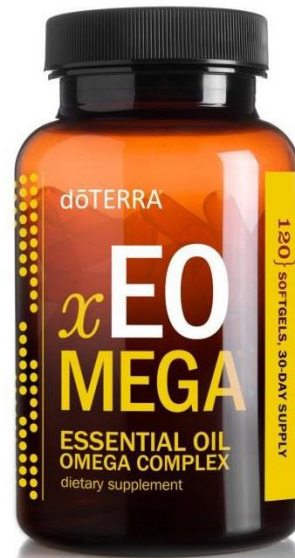
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dōTERRA LIFELONG VITALITY PACK[®]



Cellular
Longevity Blend

Cellular
Energy Blend



Essential Fatty Acids

Carotenoid Blend

CPTG Essential Oils



Essential Vitamins

Essential Minerals

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CLINICALLY-SUPPORTED BENEFITS:

- Cellular Longevity/Lifespan*
- Cellular Inflammatory Response*
- 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*, and more...

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A Compendium of Scientific References
Supporting the Efficacy of Ingredients
Used in the Formulation of Alpha CRS+™

A Compendium of Scientific References
Supporting the Efficacy of Ingredients
Used in the Formulation of Alpha CRS+™
Cellular Vitality Complex

The following is a compendium of scientific references supporting the health and wellness benefits associated with the consumption of the botanical ingredients and essential dietary nutrients used in the formulation of dōTERRA's Alpha CRS+ Cellular Vitality Complex. Alpha CRS+ is part of dōTERRA's Lifelong Vitality Pack and is formulated to be used daily by adults as part of a foundational dietary supplement program. Regular use of Alpha CRS+, along with eating a healthy diet, exercising regularly, managing stress and getting enough rest, and managing exposure to harmful environmental stressors will increase the likelihood of a lifetime full of vitality and wellness and decrease the likelihood of the premature onset of some conditions associated with aging.* Alpha CRS+ Cellular Vitality Complex is not formulated or intended as treatment or cure for disease. Persons with known medical conditions and pregnant or lactating women should consult a physician before starting any dietary supplement program.

Health Benefit Claims of Alpha CRS+ Cellular Vitality Complex :

- Provides support to antioxidant defense network*
- Provides powerful DNA protection against nucleic acid oxidation*
- Provides important factors of cellular energy and metabolism*
- Supports healthy genetic expression of cellular longevity factors*
- Supports healthy inflammatory response to oxidative stress in cells*
- Supports a healthy immune system*
- Supports a healthy response to stress*
- Supports cardiovascular health*

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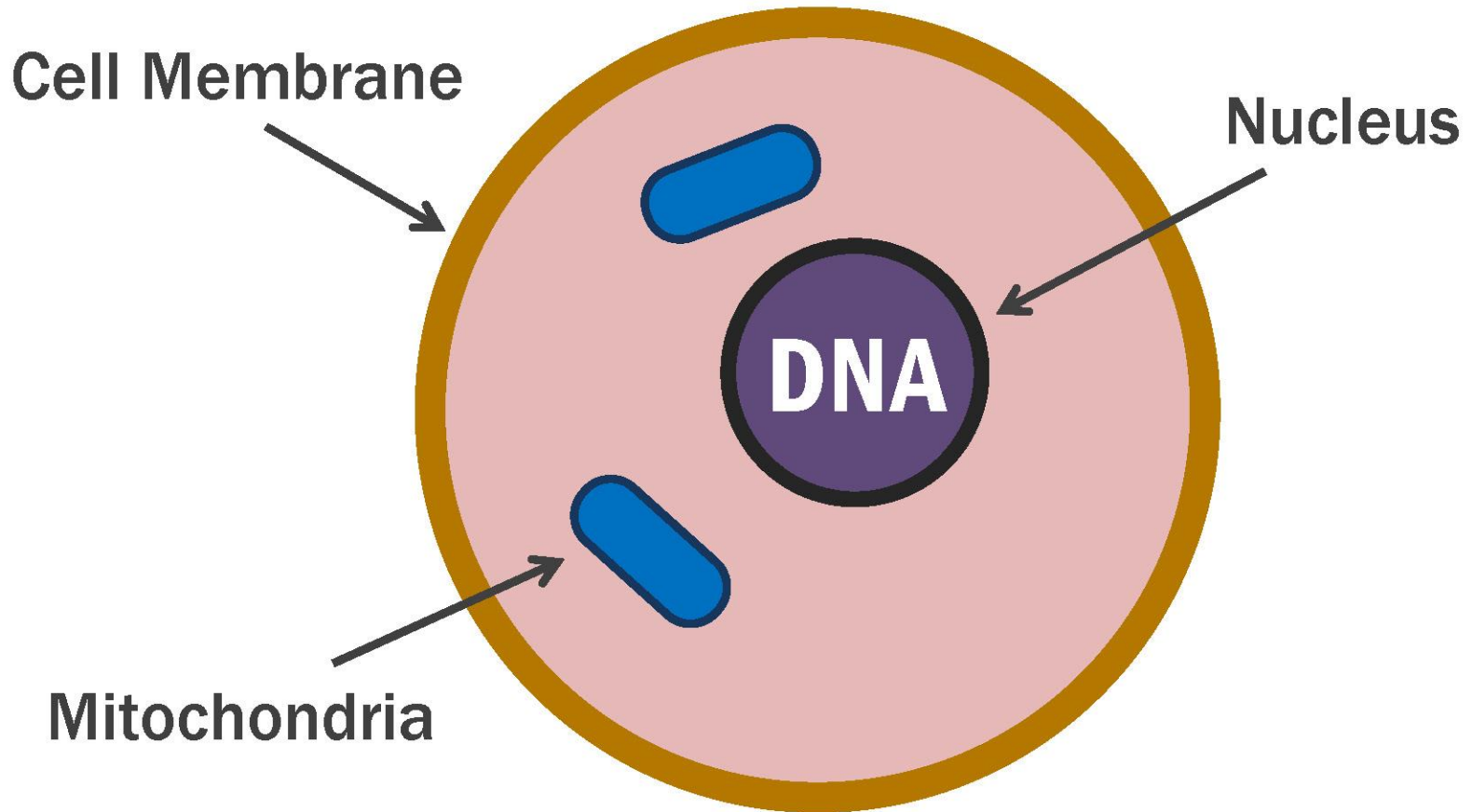
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Cellular Activity:

- 1. Proliferation** (Mitosis)
- 2. Specialized function**
- 3. Self-destruction** (Apoptosis)

Cell Biology



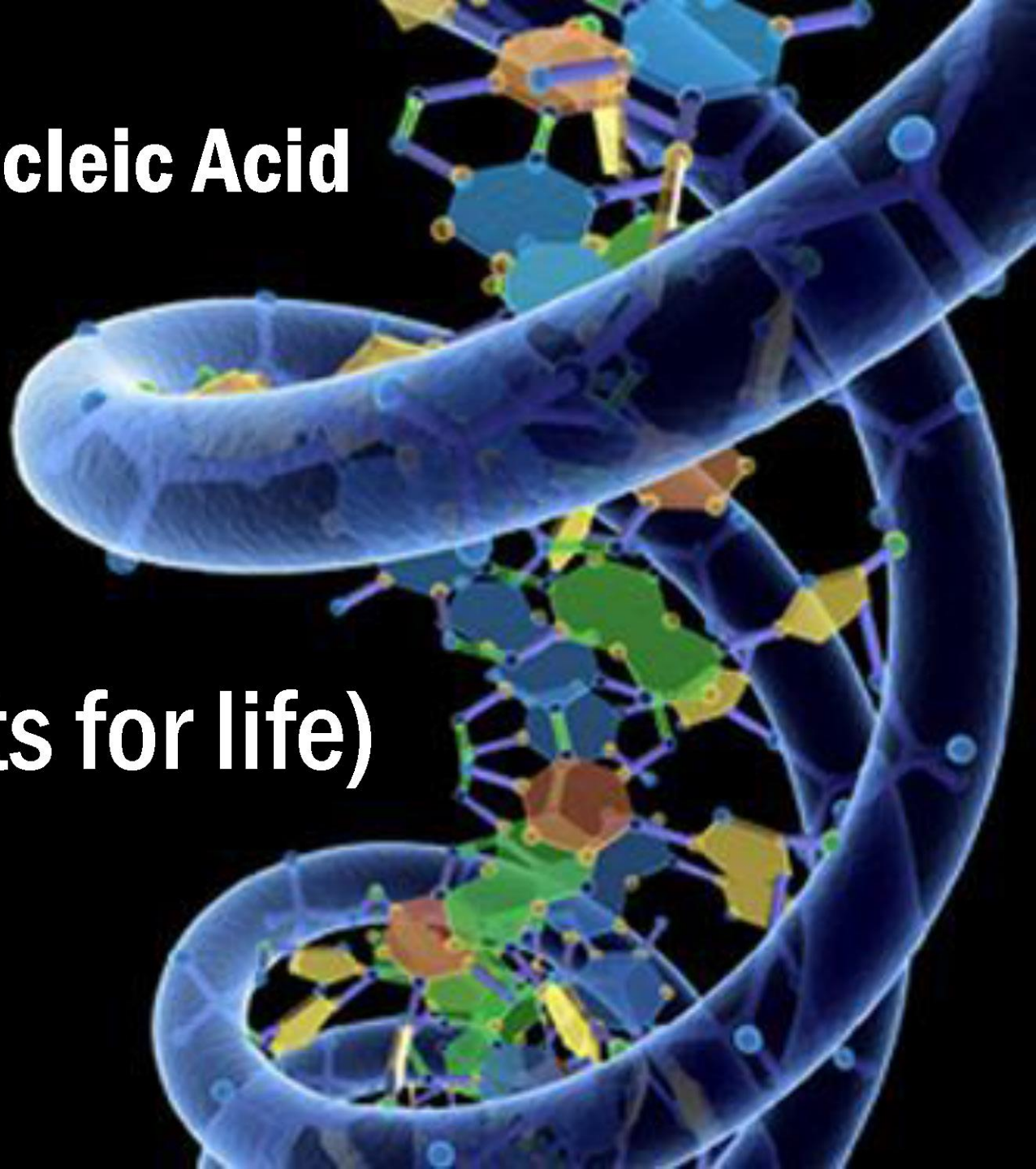
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Deoxyribonucleic Acid

DNA

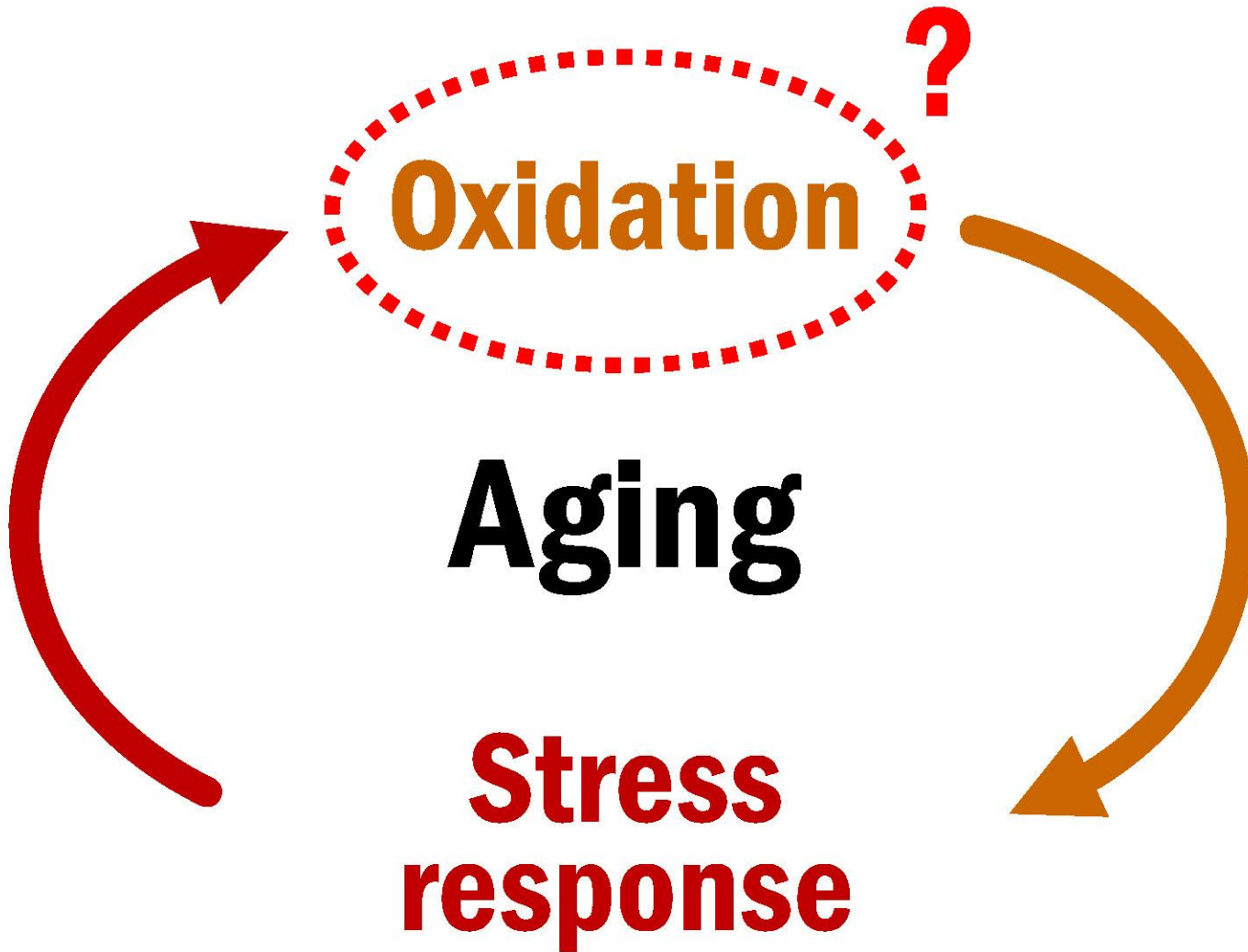
(blueprints for life)





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Free Radicals

Unstable molecules with one or more unpaired electrons.

“Oxidation”

Extrinsic Free Radicals

- Sunlight, radiation
- Pollution, toxins
- Smoking cigarettes

1,000,000,000,000,000
free-radicals per
inhalation!

(1 quadrillion)



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Intrinsic Free Radicals

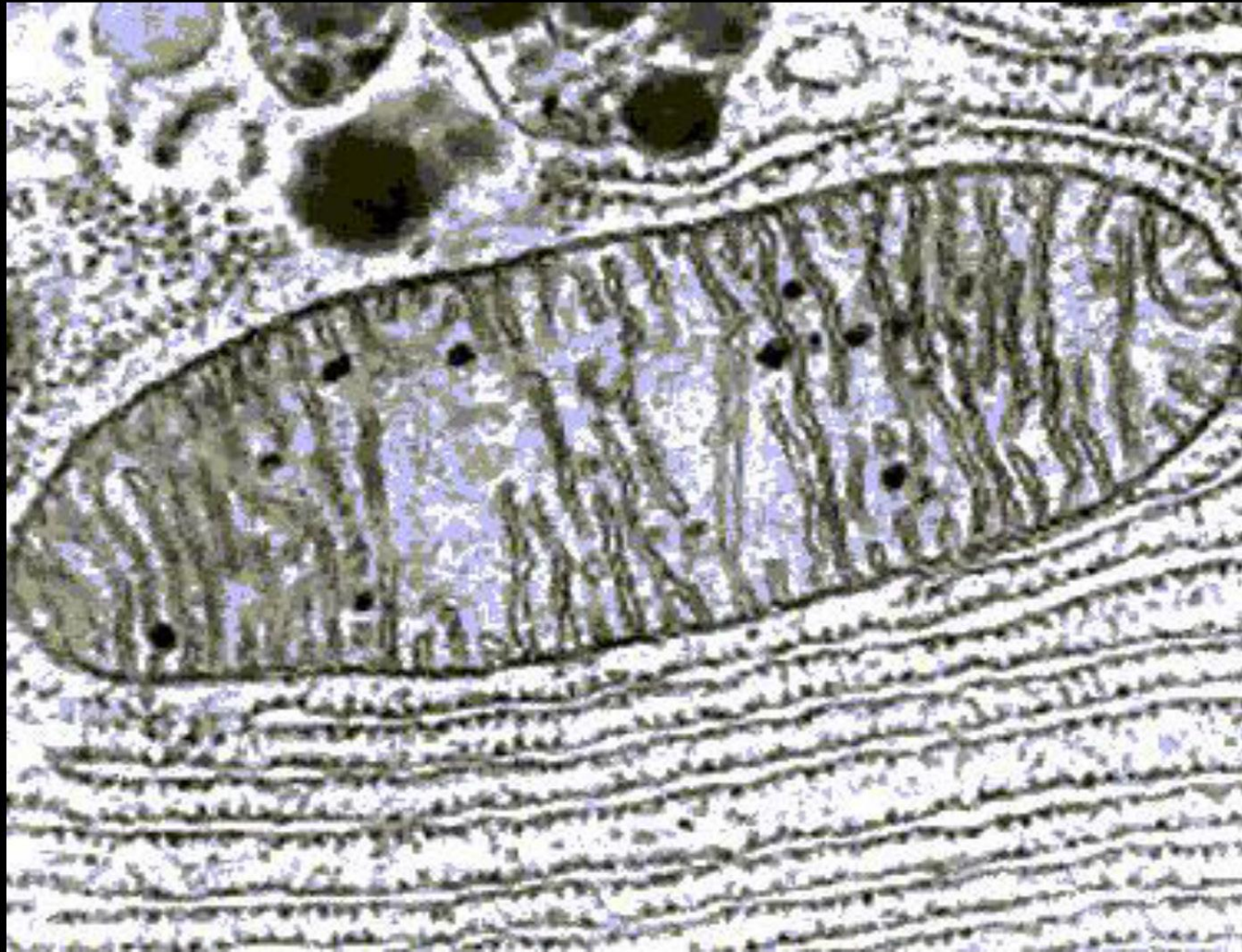
- Stress, sickness, cellular stress
- Eating, breathing, exercising



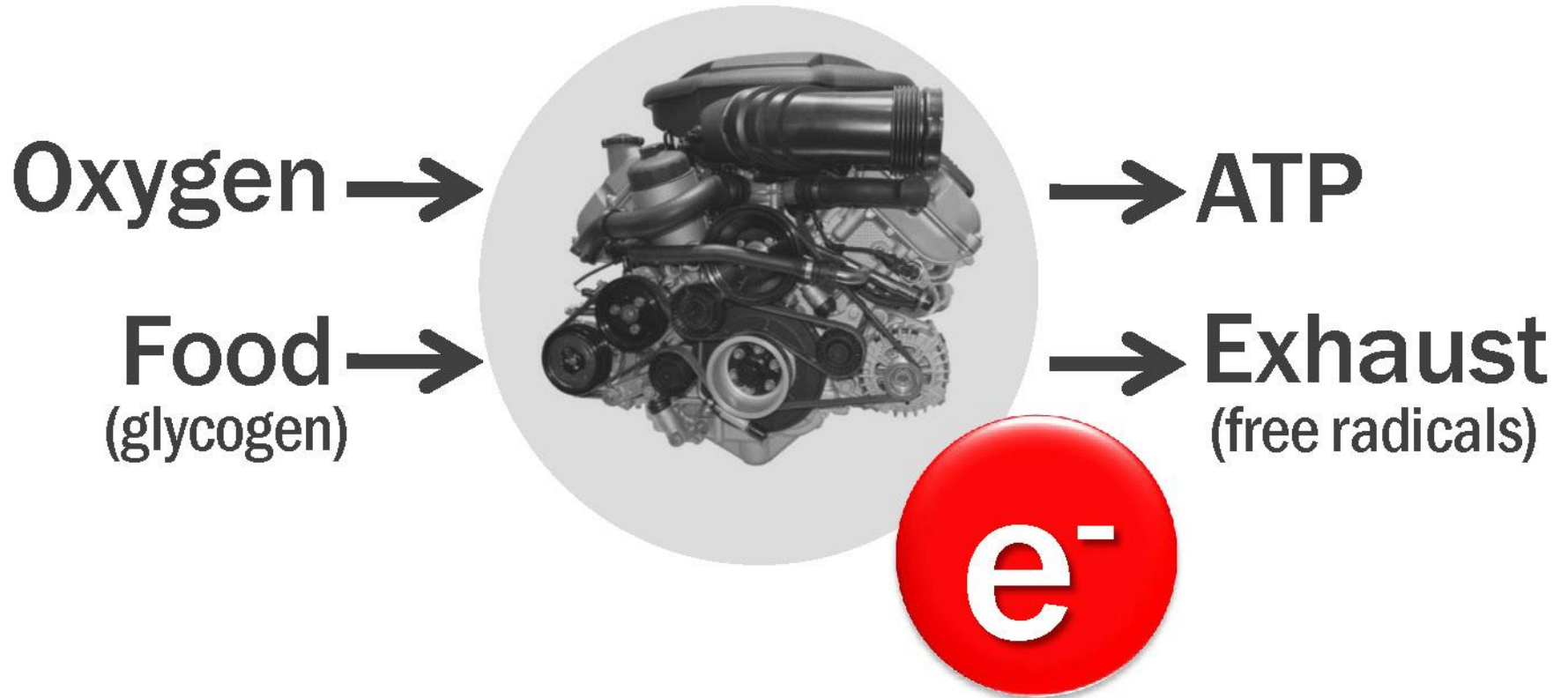
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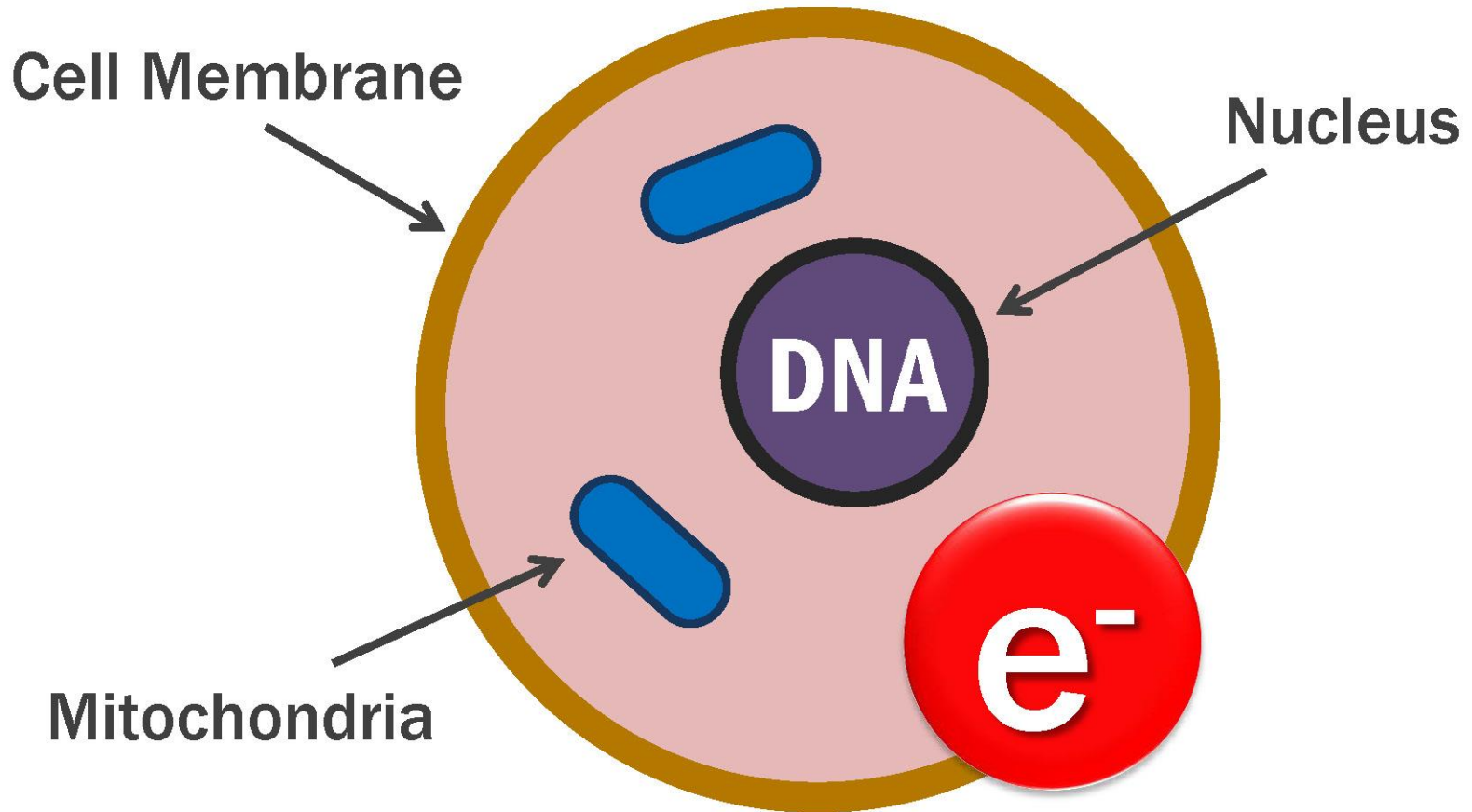
Mitochondria



Mitochondria Energy Production



Cell Biology



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Antioxidants

Stable molecules with one or more electrons to share.

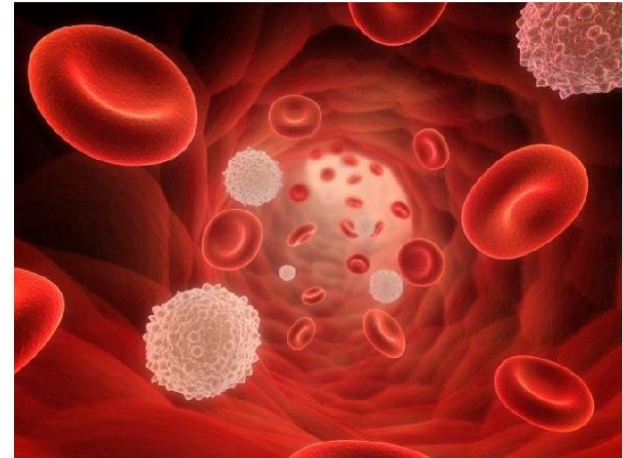


Exogenous Antioxidants



(from food)

Endogenous Antioxidants



(made in body)



Antioxidant Protection



- Polyphenol blend
- Carotenoid blend
- Alpha-Lipoic Acid
- Coenzyme Q10
- Essential oils
- Antioxidant vitamins
- Antioxidant minerals

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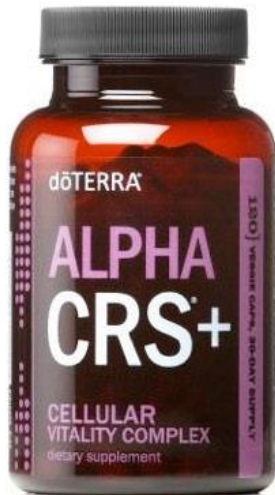
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Cellular Longevity Blend Alpha CRS+

- **Boswellic Acids** (from Indian Frankincense)
- **Baicalin** (from Scutellaria Root)
- **Silymarin** (from Milk Thistle)
- **Resveratrol** (from Polygonum Cuspidatum)
- **Catechins** (from Green Tea/caffeine free)
- **Ellagic Acid** (from Pomegranate Fruit)
- **Curcumin** (from Turmeric Root)
- **Proanthocyanidins** (from Grape Seed & Pine Bark)
- **Bromelain** (from Pineapple Extract)

Silymarin Polyphenol

- Powerful free-radical scavenger*
(10 X more powerful than vitamin E)
- Supports glutathione levels in liver*
 - Supports superoxide dismutase enzyme*
 - Supports healthy growth of liver cells*



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Carotenoid Antioxidants



- Astaxanthin (from Green Algae)
 - Lutein (from Marigold Flower)
 - Zeaxanthin (from Marigold Flower)
 - Lycopene (from Tomato Fruit)
-
- Vitamin A (Alpha & Beta Carotene)



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Astaxanthin



Microalgae



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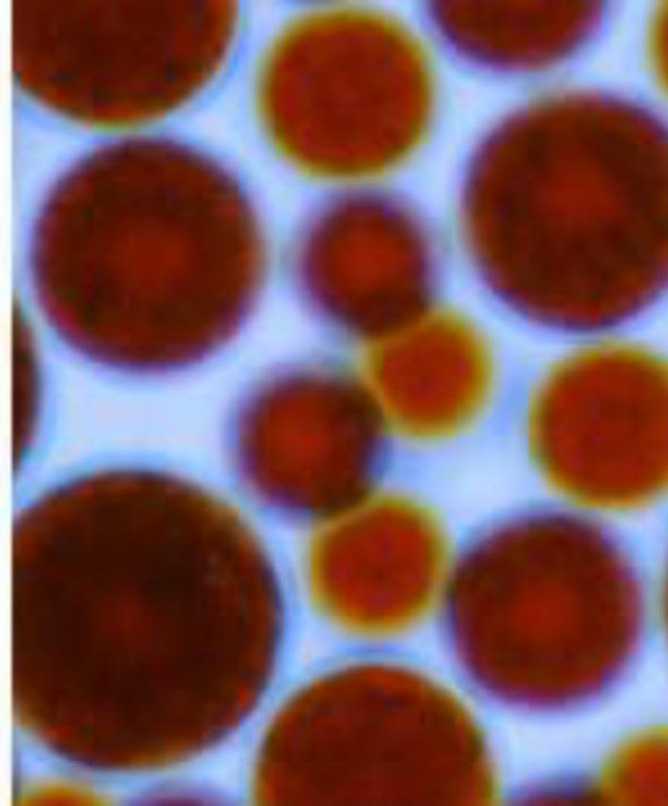
Astaxanthin



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Astaxanthin



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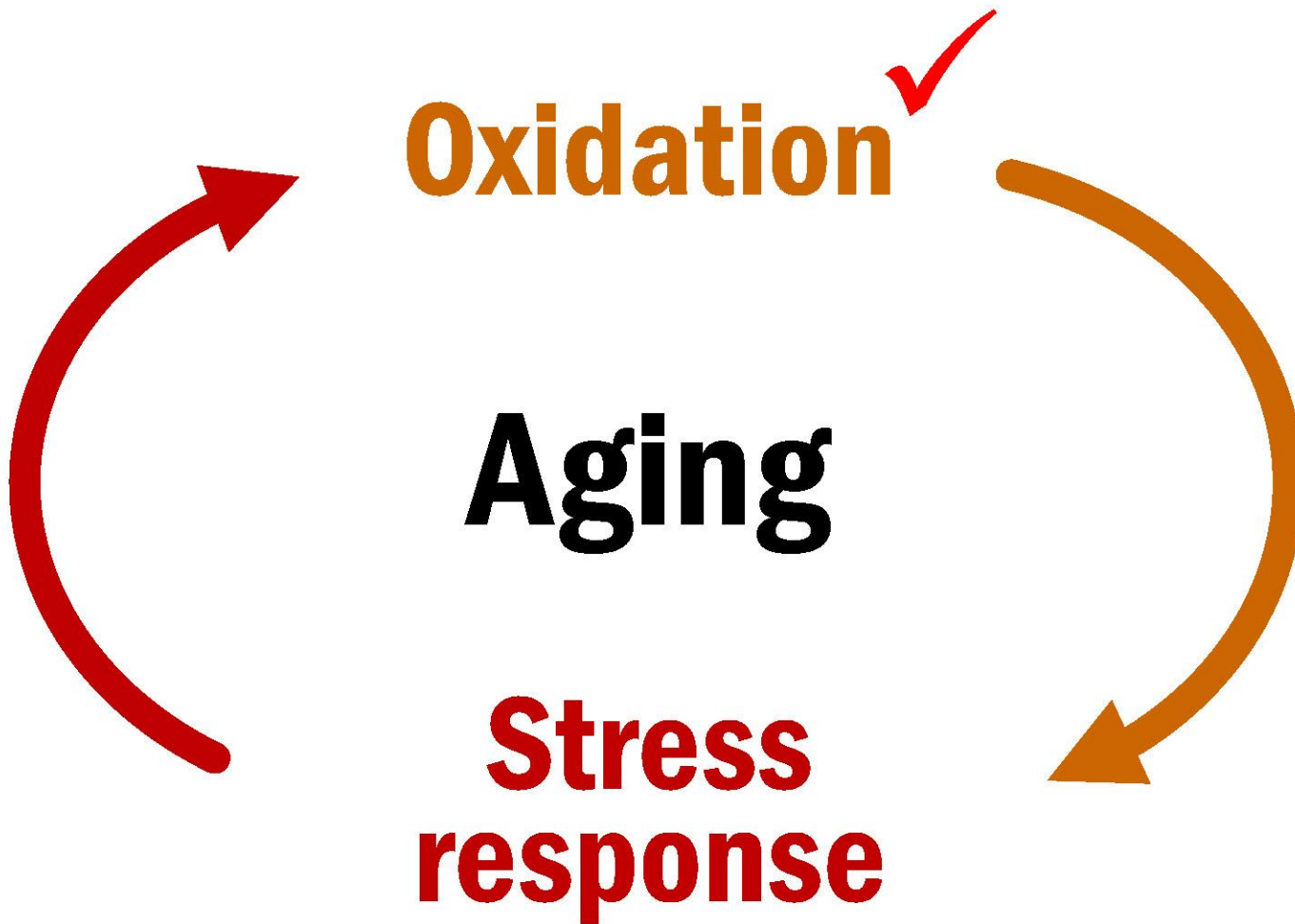
Essential Oil Blend



- Clove
- Ginger
- Thyme
- Caraway
- Cumin
- Peppermint
- Frankincense
- Wild Orange
- German Chamomile

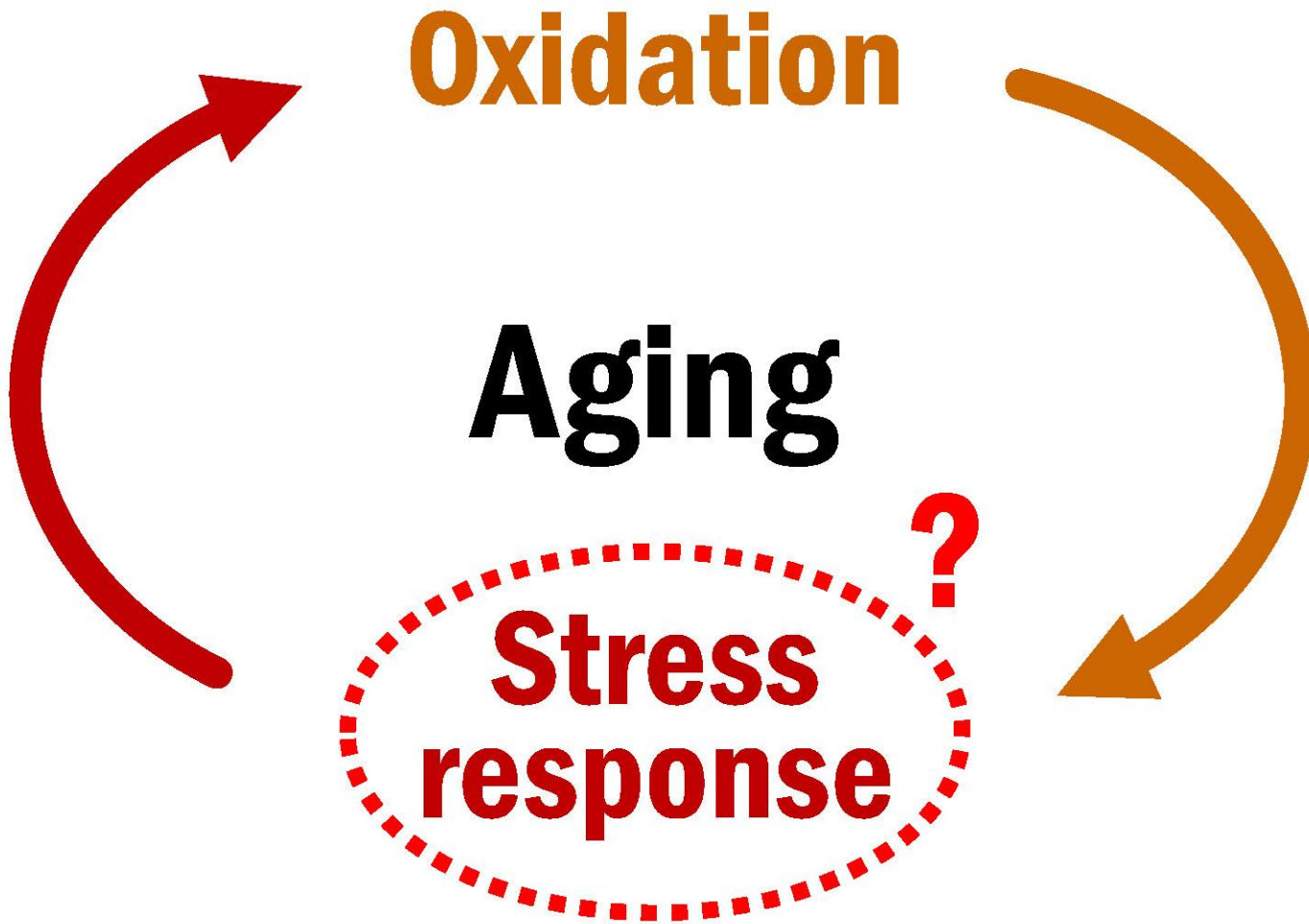
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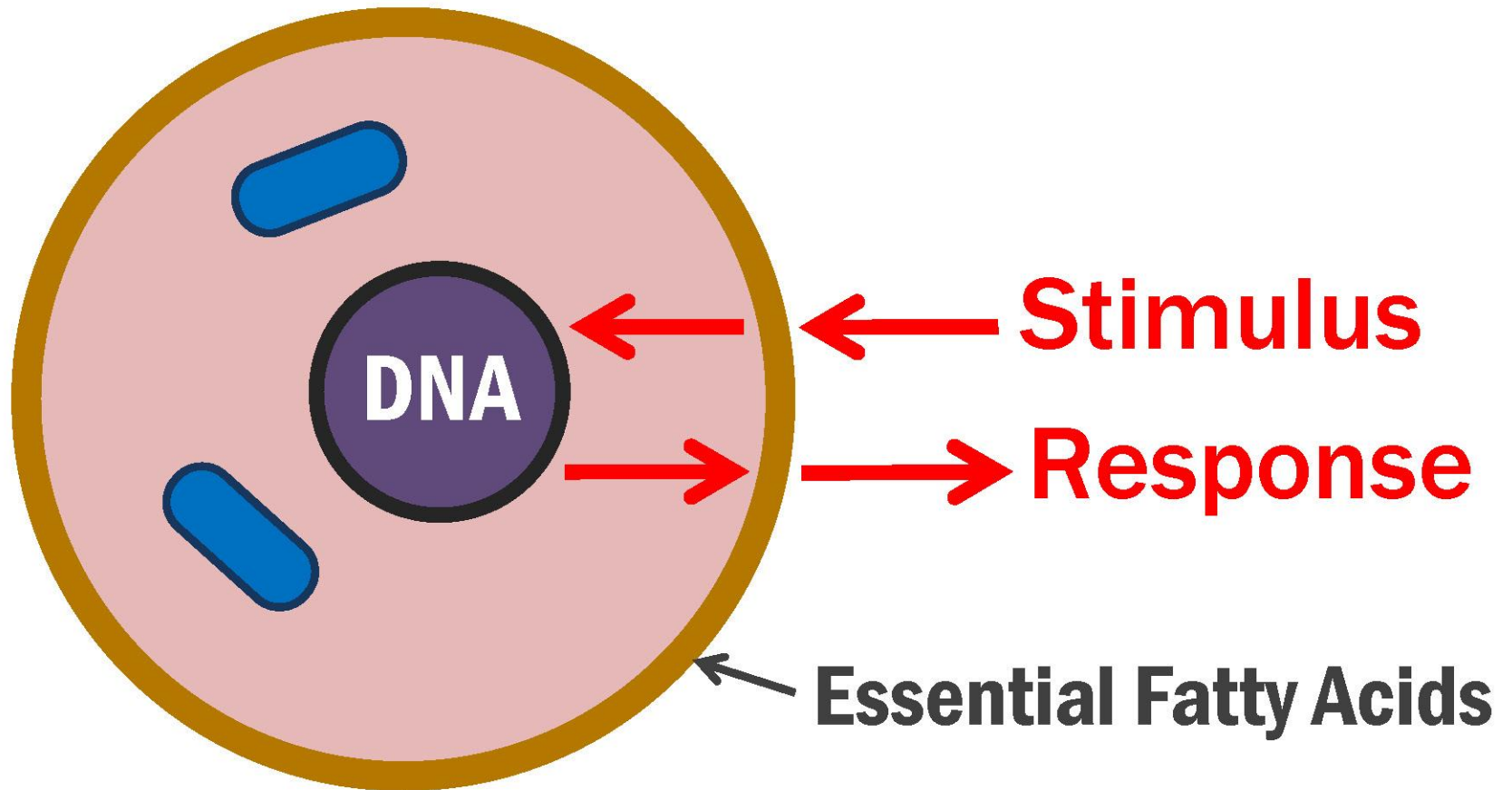


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Cell Membrane



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Dietary EFAs



Omega 6

1:1



Omega 3

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Dietary EFAs

Omega 6



Omega 3

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Marine & Plant EFA's



- EPA, DHA (from Fish Oil)
 - > 300:300 mg balanced ratio
 - > Molecularly filtered
 - > No pesticides, heavy metals, etc.
- ALA, SDA, GLA (from Echium Seed)
- Pomegranate seed oil

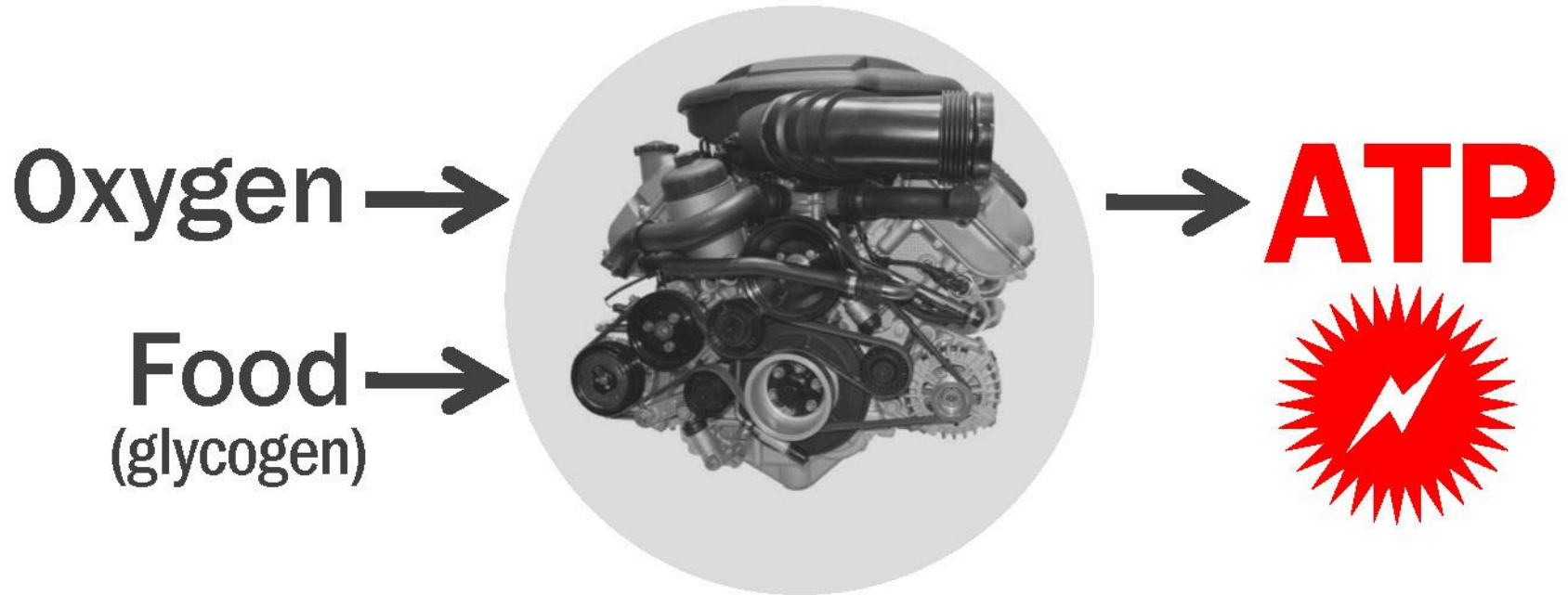
**“It is not just a matter
of living longer—**



I want to feel younger!”



Mitochondria Energy Production



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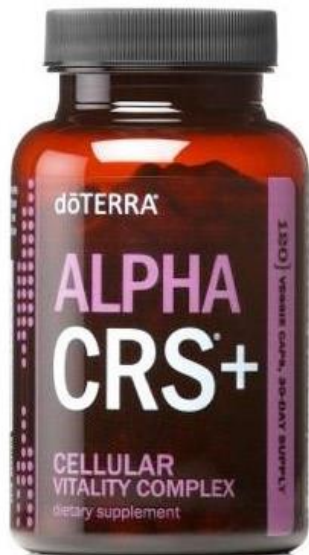
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Mitochondria and Aging:

1. Fewer per cell
2. Less efficient output
3. More toxic exhaust



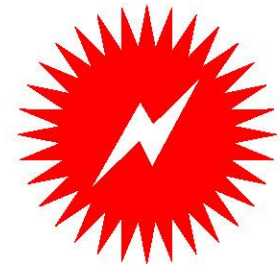
Cellular Energy Blend



- Quercetin (50 mg)
- Coenzyme Q10 (50 mg)
- Ginkgo Biloba (40 mg)
- Alpha-Lipoic Acid (100 mg)
- Acetyl-L-Carnetine (100 mg)

Cellular Energy Blend

- Promotes mitochondria biogenesis (total number of mitochondria)*
- Support mitochondria efficiency (total power output per cell)*
- Manage toxic mitochondria byproducts (cleaner exhaust and more antioxidant protection of DNA and other structures)*



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NOT in Energy Blend:



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Other Energy Factors

- Essential Fatty Acids
- Essential Vitamins
- Essential Minerals



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Eating Right

“Can’t I get everything my body needs from my diet?”



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Eating Right

Essential
vitamins



Essential
minerals

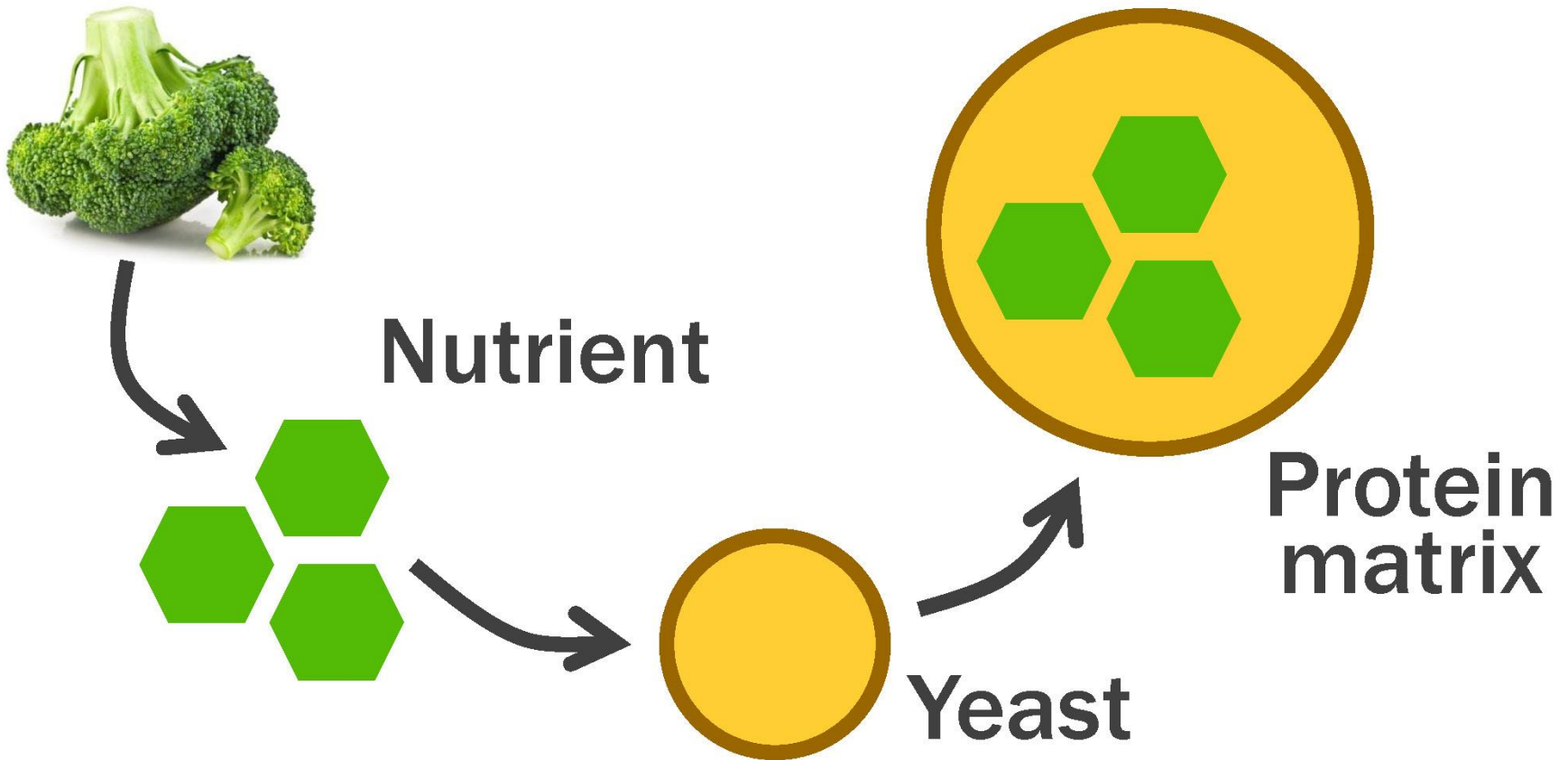
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Glycoprotein Matrix

**Vitamins and minerals
presented in food
format for improved
absorption/bioavailability.**

Glycoprotein Matrix



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Vegetable Capsules

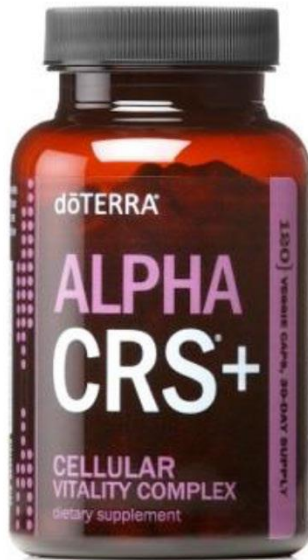
- 100 % Natural
- No Sodium Lauryl Sulfate



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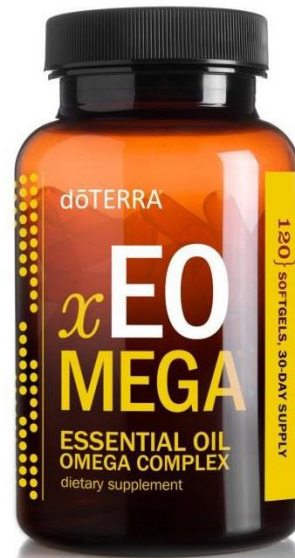
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dōTERRA LIFELONG VITALITY PACK[®]



Cellular
Longevity Blend

Cellular
Energy Blend



Essential Fatty Acids

Carotenoid Blend

CPTG Essential Oils



Essential Vitamins

Essential Minerals

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Lifelong Vitality Pack

Alpha CRS+ \$69.50 (35370001)


xEO Mega \$49.50 (35360001)

Microplex VMz \$39.50 (35350001)

Total = \$158.50 wholesale

LRP Pack =  \$79.50
(21480001)

You save \$79!

A young couple is riding bicycles together. The woman on the left is wearing a peach-colored top and white pants, and the man on the right is wearing a light blue shirt and khaki shorts. They are both smiling and looking upwards. The background is a bright, clear sky.

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YOUNGER,
LONGER**

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