



Digestive Health

START HERE :

Choose either the Family Essentials Kit or the Home Essentials Kit. They contain the top 10 essential oils and blends—the “feel better” essentials. Family Essentials includes dōTERRA On Guard® & Peppermint Beadlets & FREE Enrollment Packet. Home Essentials includes the Petal Diffuser & FREE Enrollment Packet.

These kits include (5mL in the Family, 15mL in the Home) bottles of:

- Lavender
- Lemon
- Peppermint
- Melaleuca (Tea Tree)
- Oregano
- Frankincense
- Deep Blue®
- dōTERRA Breathe®
- DigestZen®
- dōTERRA On Guard®



Family Essentials



Home Essentials

THEN ADD :

- dōTERRA Lifelong Vitality Pack® supplements
- PB Assist®+ (probiotic)
- DigestZen TerraZyme®
- DigestTab®
- DigestZen® Softgels
- Wild Orange
- Clove
- Ginger
- Copaiba
- Coriander
- Veggie Caps



dōTERRA® is the registered trademark of dōTERRA Holdings, LLC.

US_040219

Digestive Bomb

2 drops DigestZen®
2 drops Frankincense
2 drops Peppermint

In a veggie cap twice daily or as needed.

Shot:

3 drops DigestZen®
3 drops Peppermint

In a shot glass of warm water and drink quickly.

Stop Running

1 drop Melaleuca
1 drop DigestZen®

Under tongue every 30 minutes until relief.

Stop Running 2

10 drops Melaleuca
10 drops DigestZen®
+FCO in 5mL roller

Roll stomach as needed.

All Heart, No Burn

10 drops DigestZen®
10 drops Peppermint
10 drops Lavender
+FCO in 5mL roller

Roll on chest bone and stomach as needed.

Unstop the Block

3 drops Wild Orange
3 drops Coriander
3 drops Lemon
3 drops DigestZen®
3 drops Ginger
3 drops Copaiba
+FCO in 5mL roller

Roll on tummy until movement occurs.

It takes gall, I say!

3 drops Clove
3 drops DigestZen®
3 drops Melaleuca
3 drops Coriander
3 drops Copaiba
+FCO in 5mL roller

Roll over gall bladder & bottoms of feet.

DigestZen® Softgels daily.

“These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.”