

**dōTERRA<sup>®</sup>**

**LIFELONG VITALITY  
PROGRAM**

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**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.**

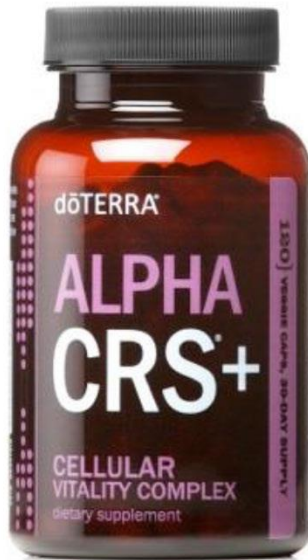
# dōTERRA WELLNESS LIFESTYLE



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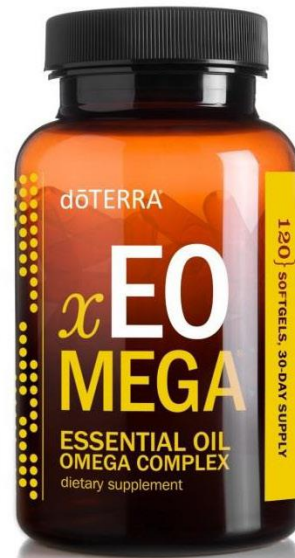
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# dōTERRA LIFELONG VITALITY PACK®



Cellular  
Longevity Blend

Cellular  
Energy Blend



Essential Fatty Acids

Carotenoid Blend

CPTG Essential Oils



Essential Vitamins

Essential Minerals

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# 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...

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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 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 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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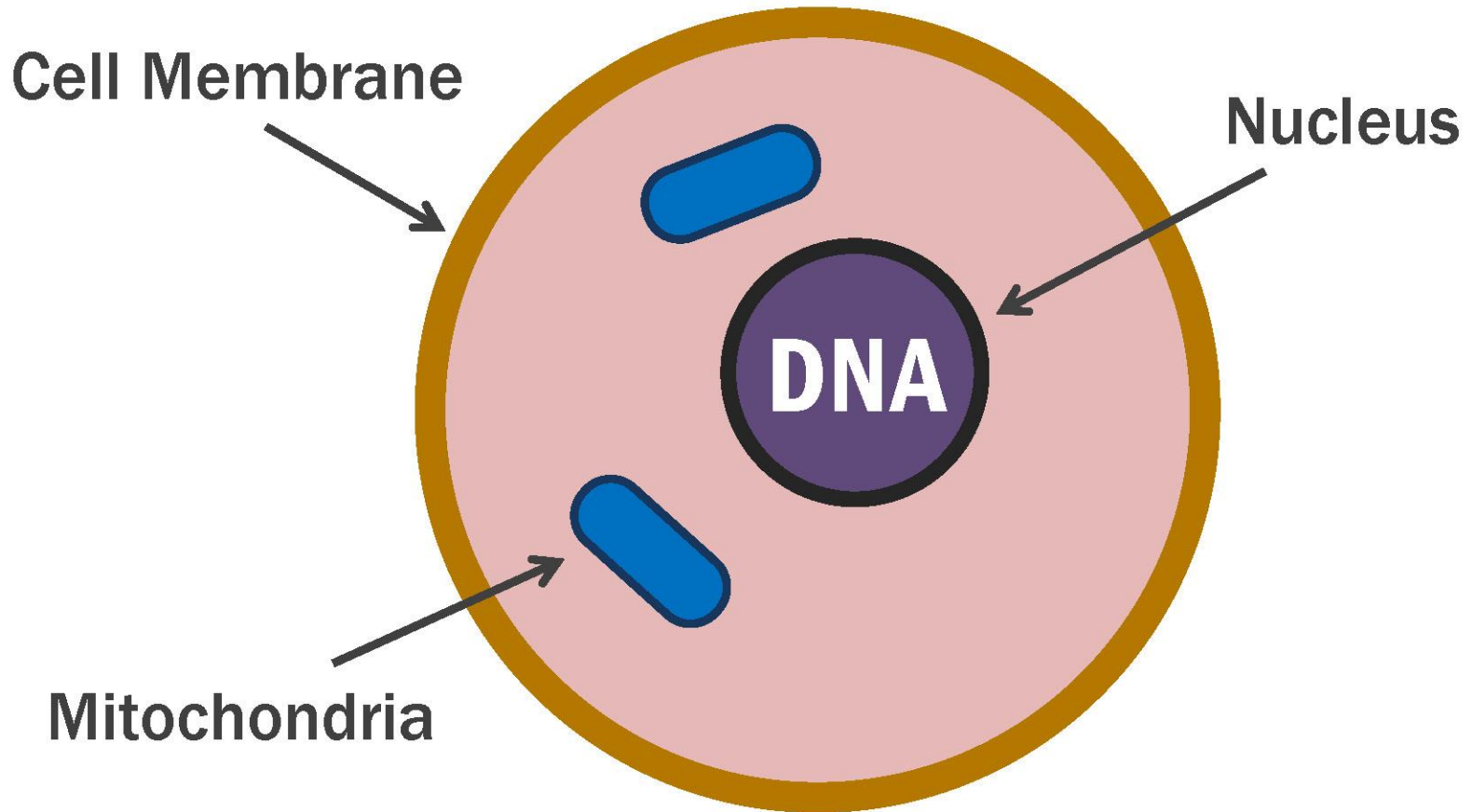
A dark blue, textured background featuring a large, irregularly shaped cell-like structure with a rough, bumpy surface. The cell has several smaller protrusions and indentations, giving it a three-dimensional appearance. The overall tone is scientific and microscopic.

# Cellular Activity:

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

# Cell Biology

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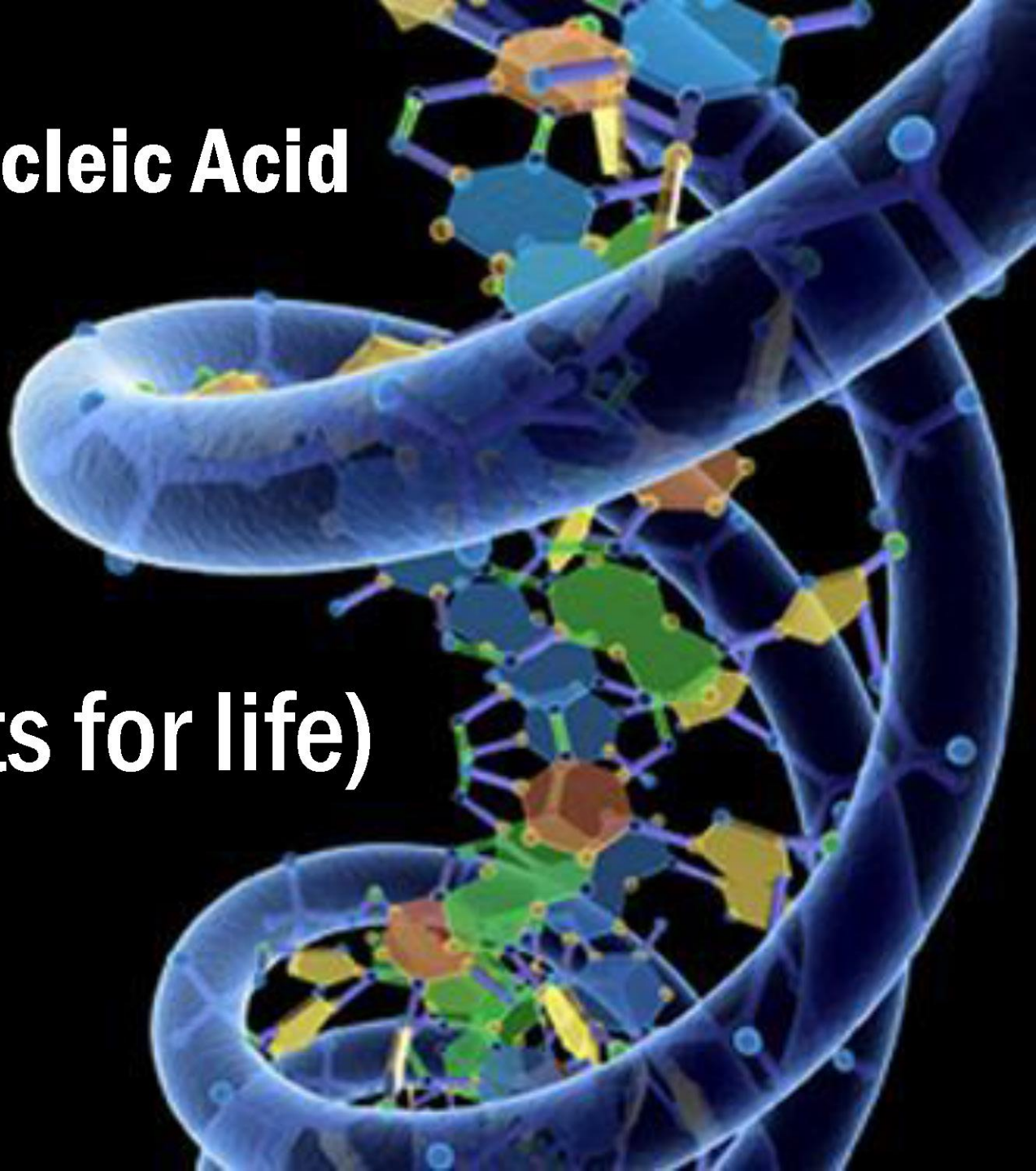
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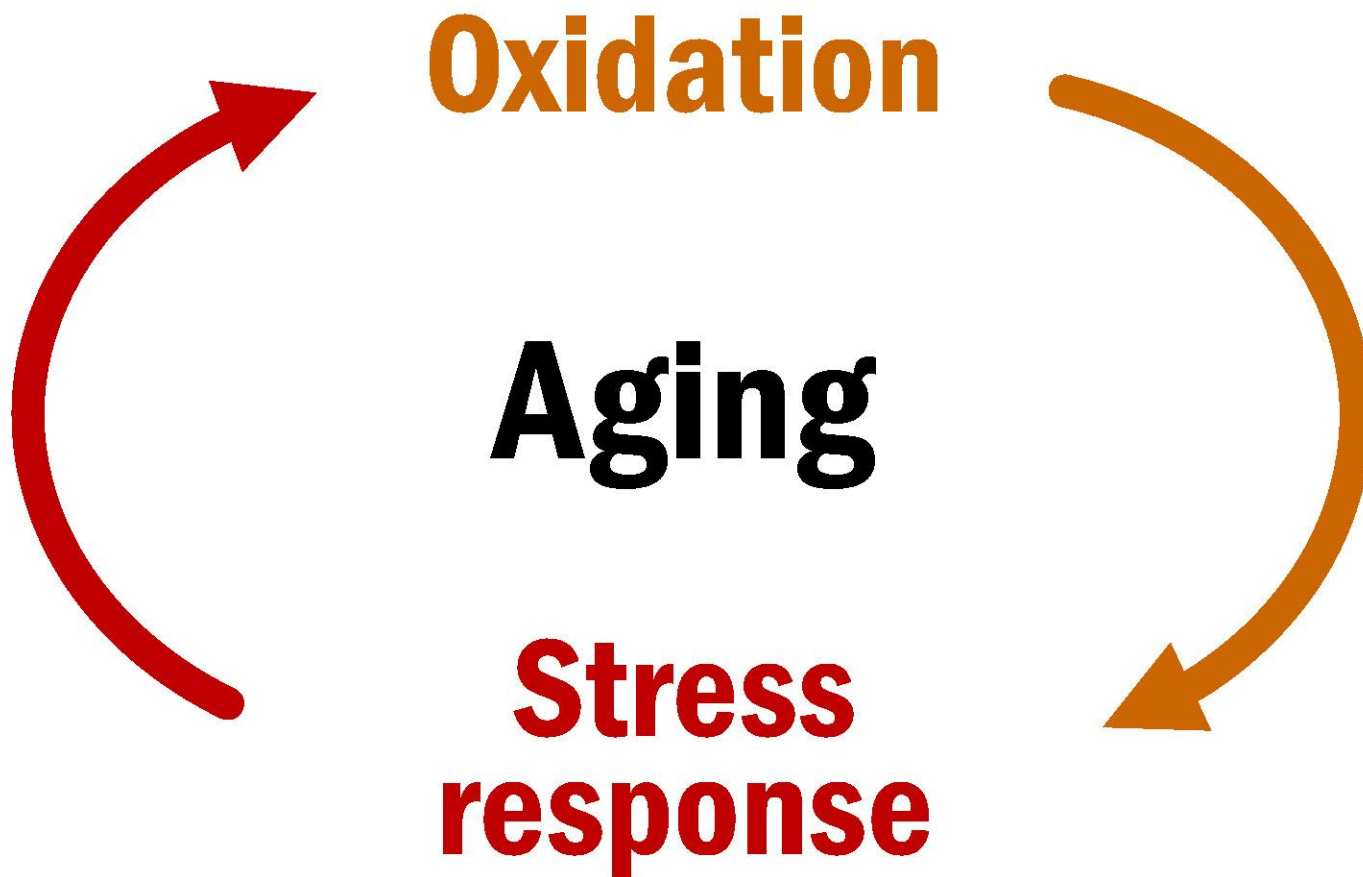


**Deoxyribonucleic Acid**

**DNA**

**(blueprints for life)**

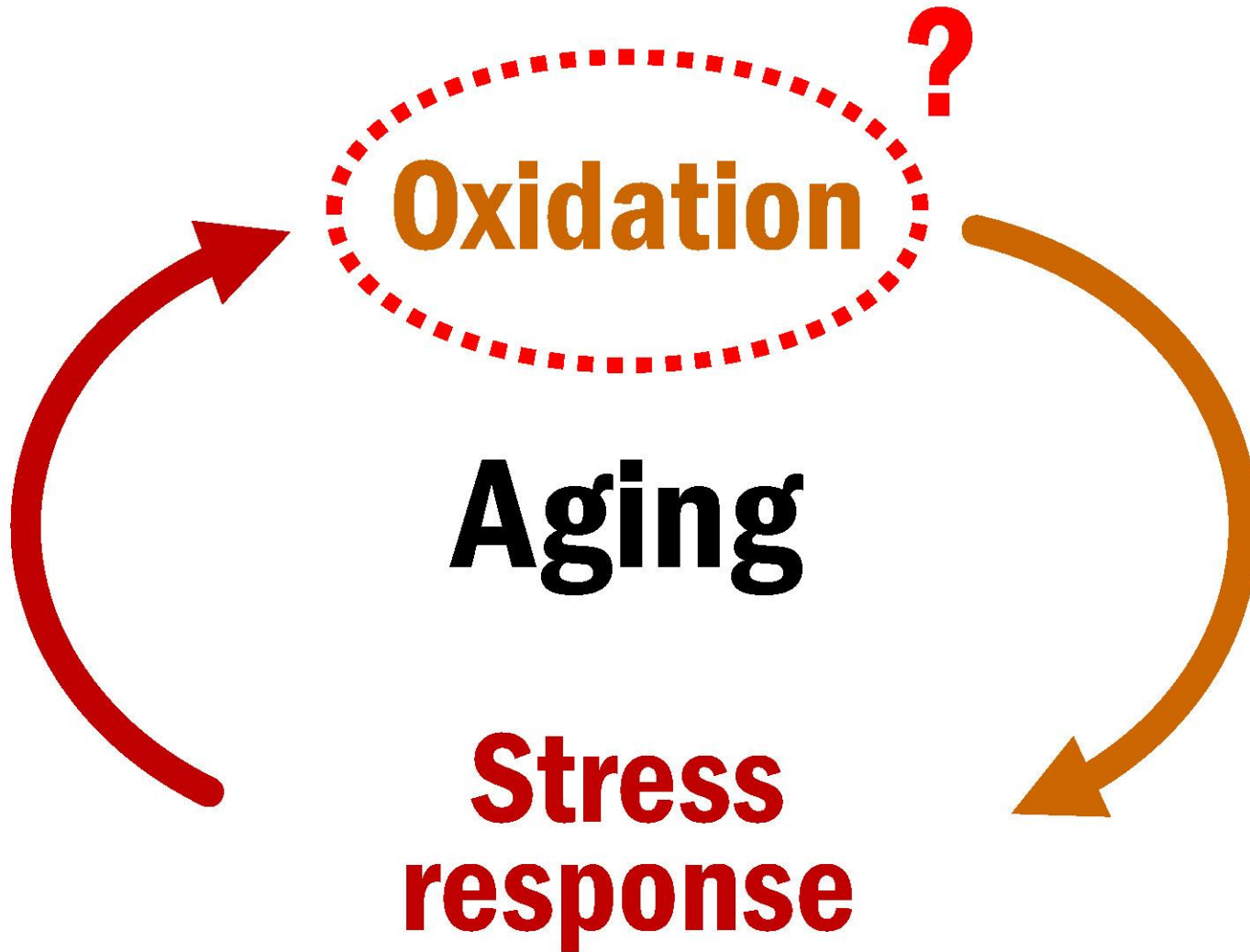




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# Free Radicals

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Unstable molecules with one or more unpaired electrons.

**“Oxidation”**

# Extrinsic Free Radicals

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- 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

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

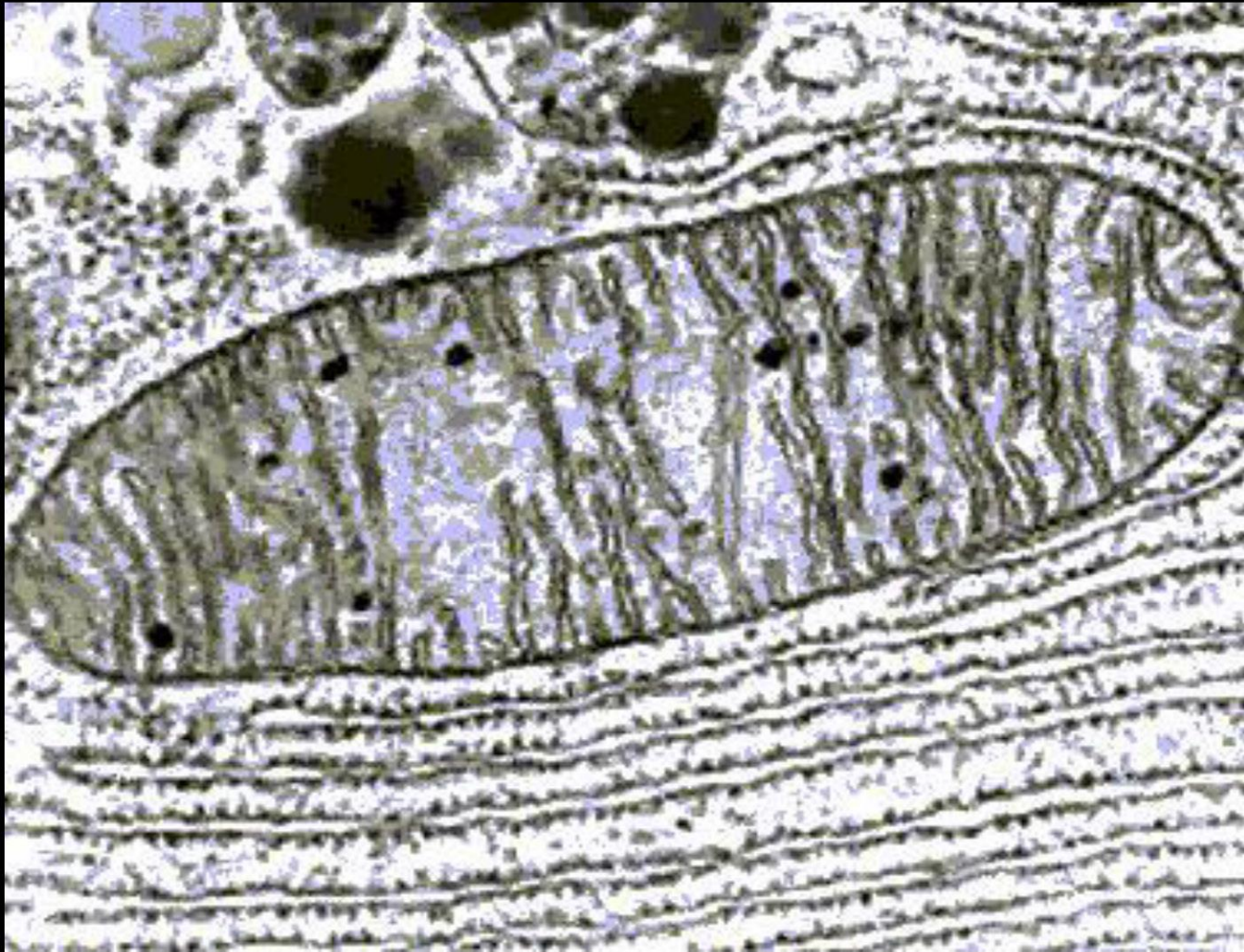


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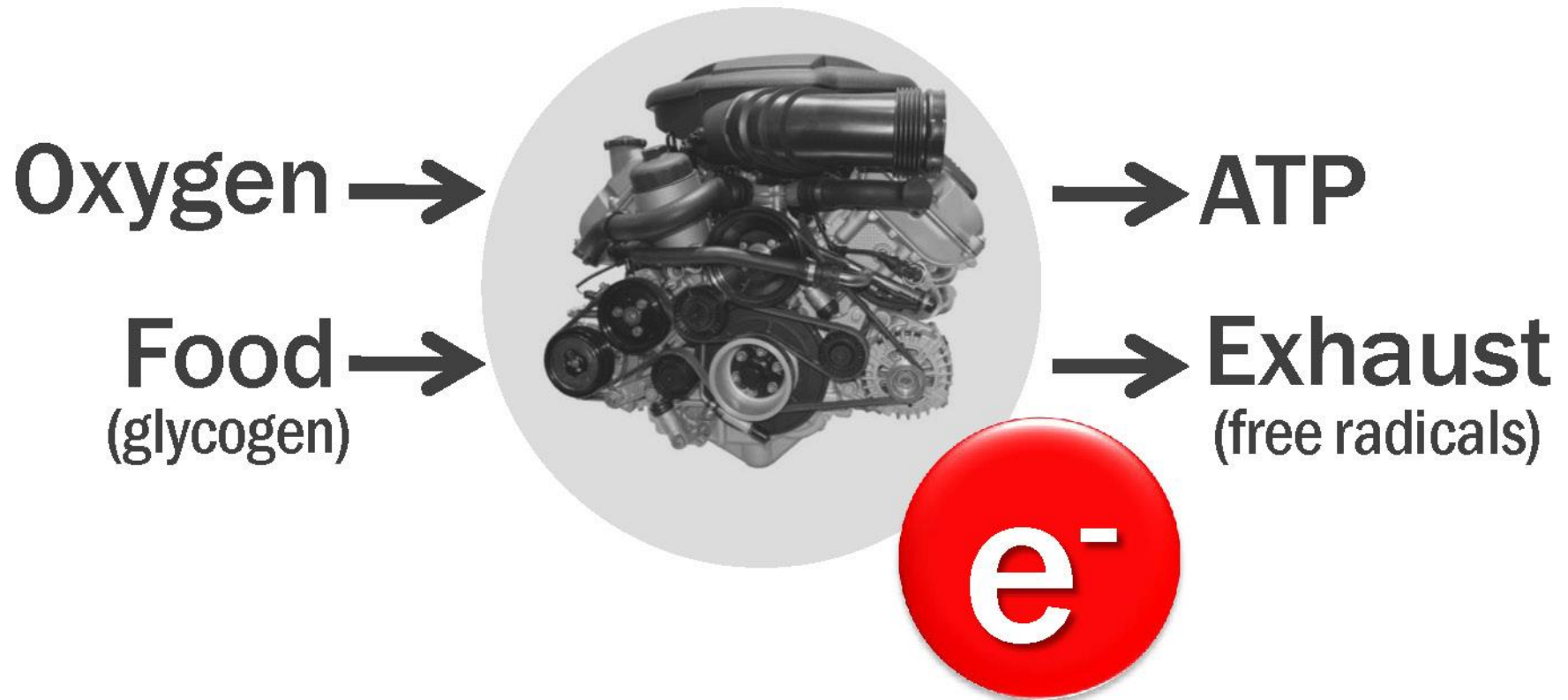


# Mitochondria





# Mitochondria Energy Production

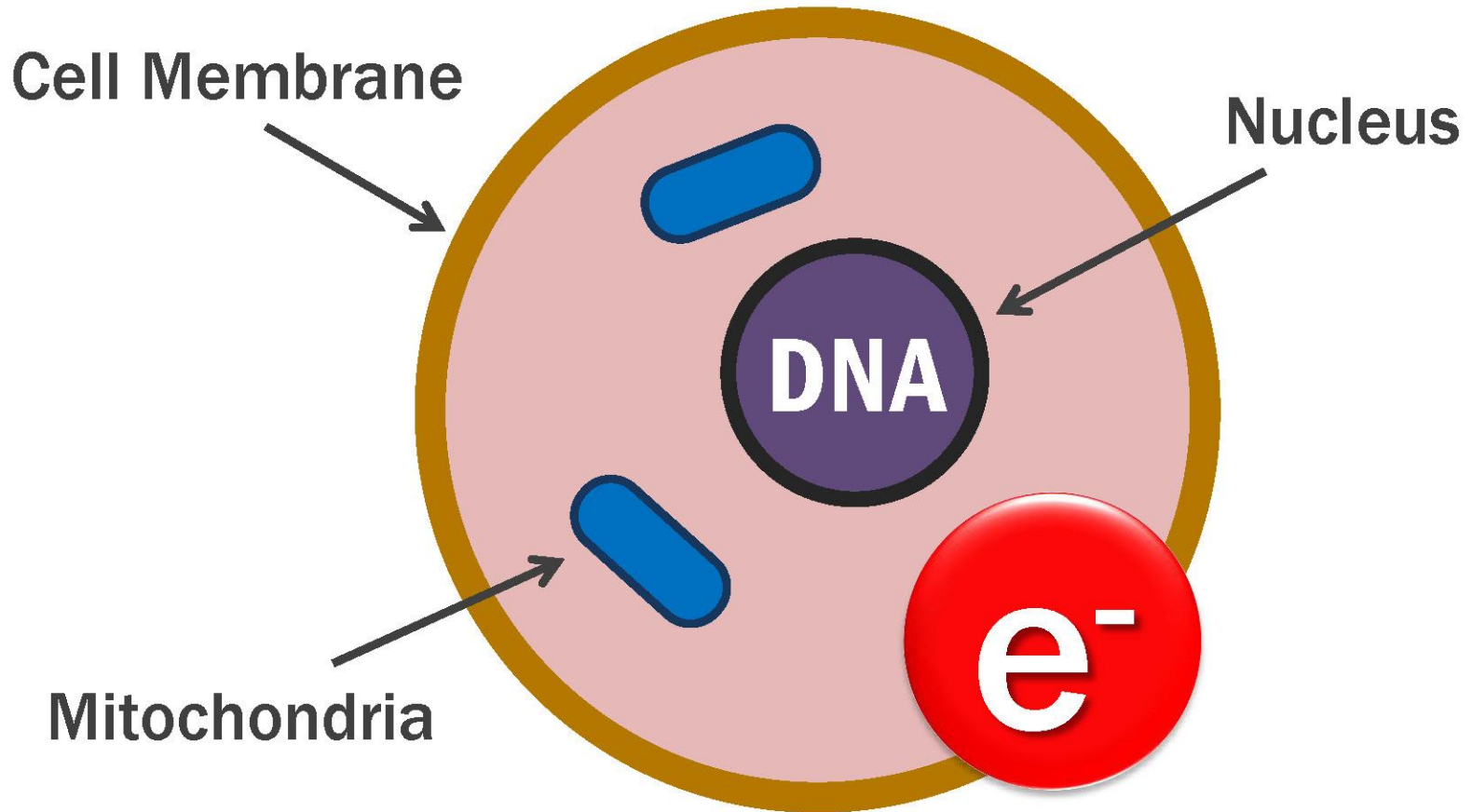


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# Cell Biology

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# Antioxidants

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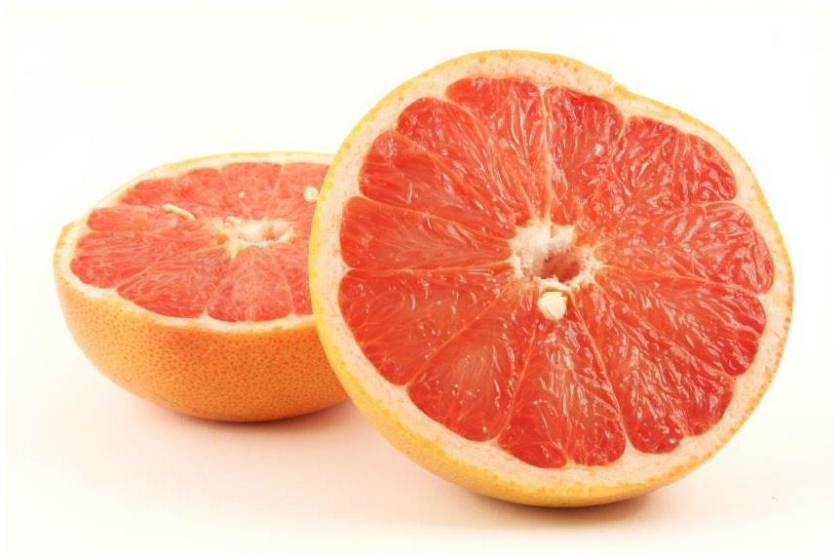
**Stable molecules with one or more electrons to share.**



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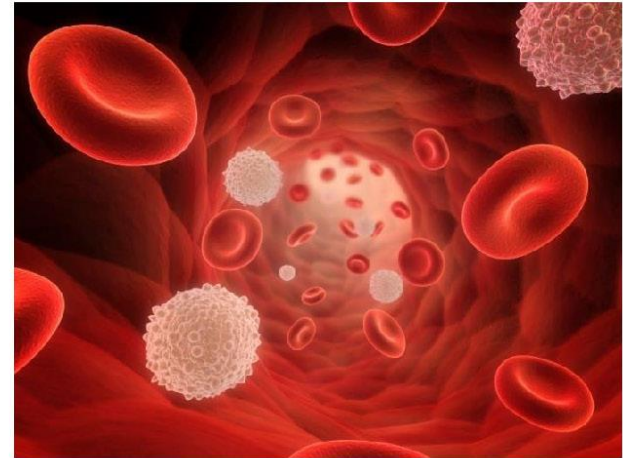
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# Exogenous Antioxidants



(from food)

# Endogenous Antioxidants



(made in body)

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# Antioxidant Protection



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

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# Cellular Longevity Blend Alpha CRS+

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- **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

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- 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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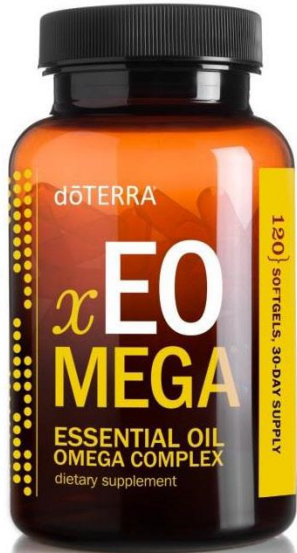
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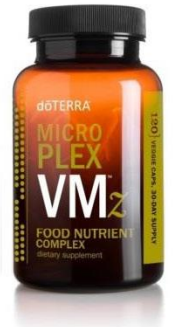


# Carotenoid Antioxidants

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- 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

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**Microalgae**



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# Astaxanthin

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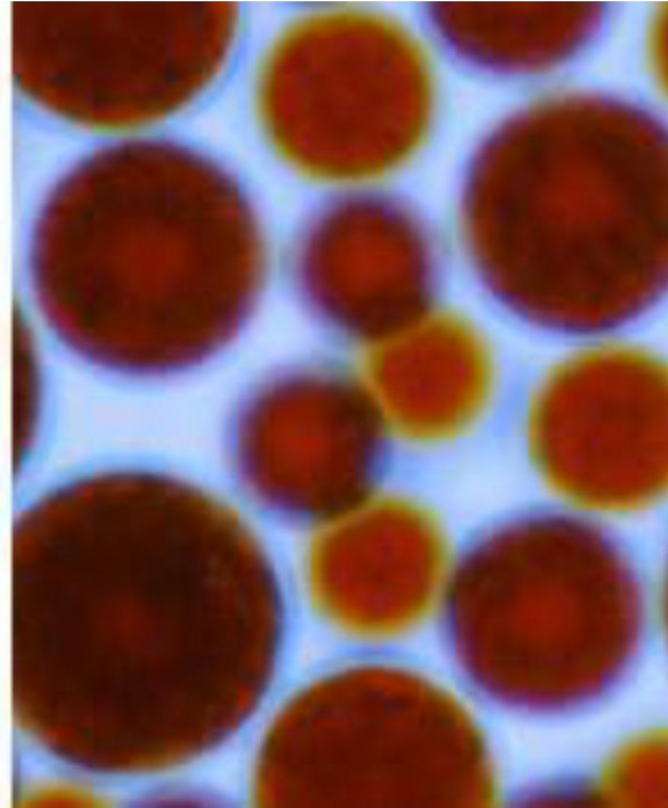
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# Astaxanthin

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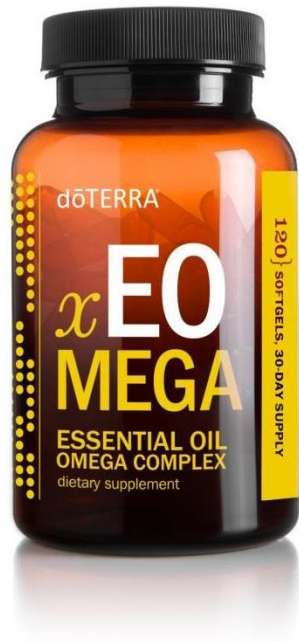


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# Essential Oil Blend

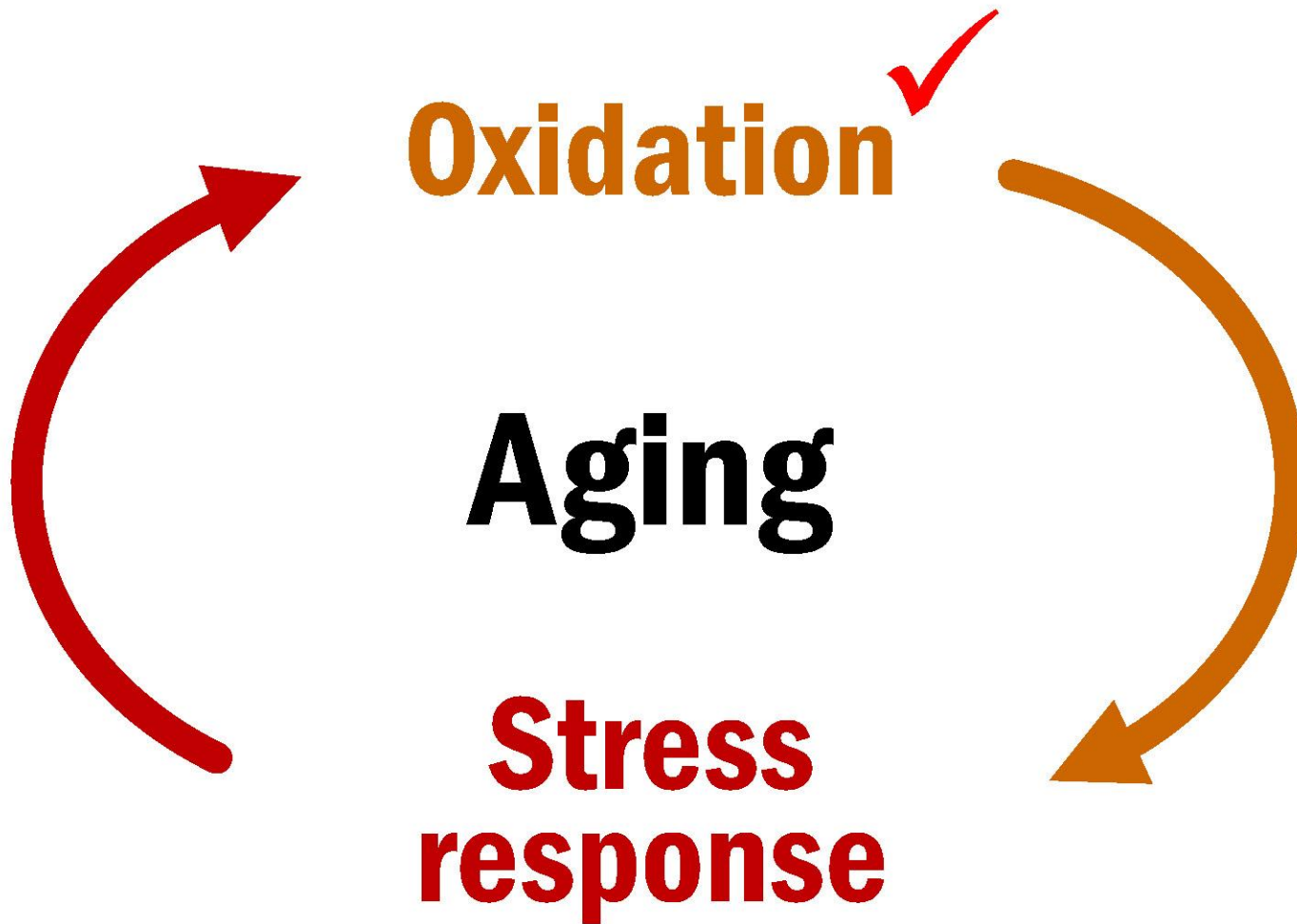
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- Clove
- Ginger
- Thyme
- Caraway
- Cumin
- Peppermint
- Frankincense
- Wild Orange
- German Chamomile

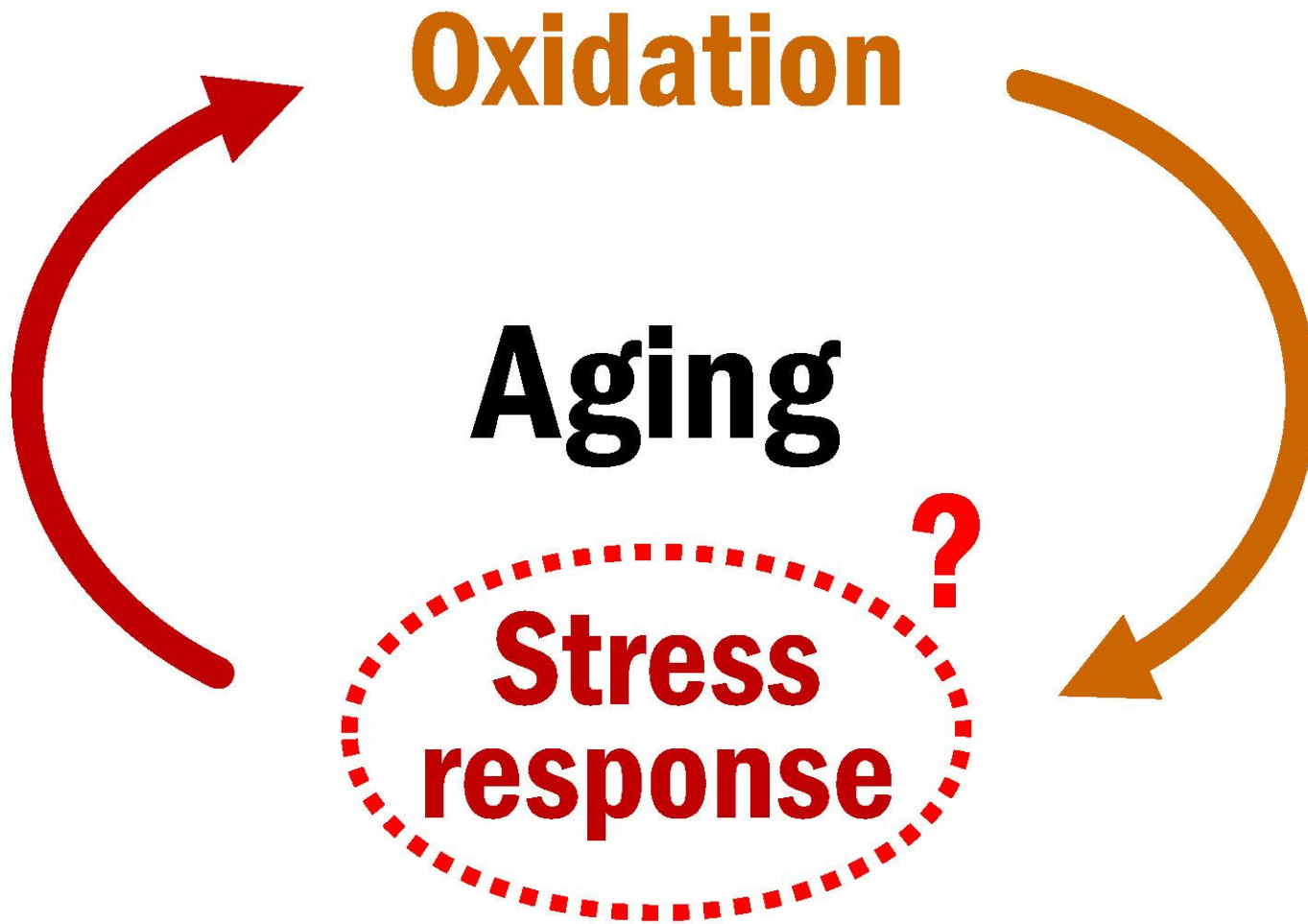
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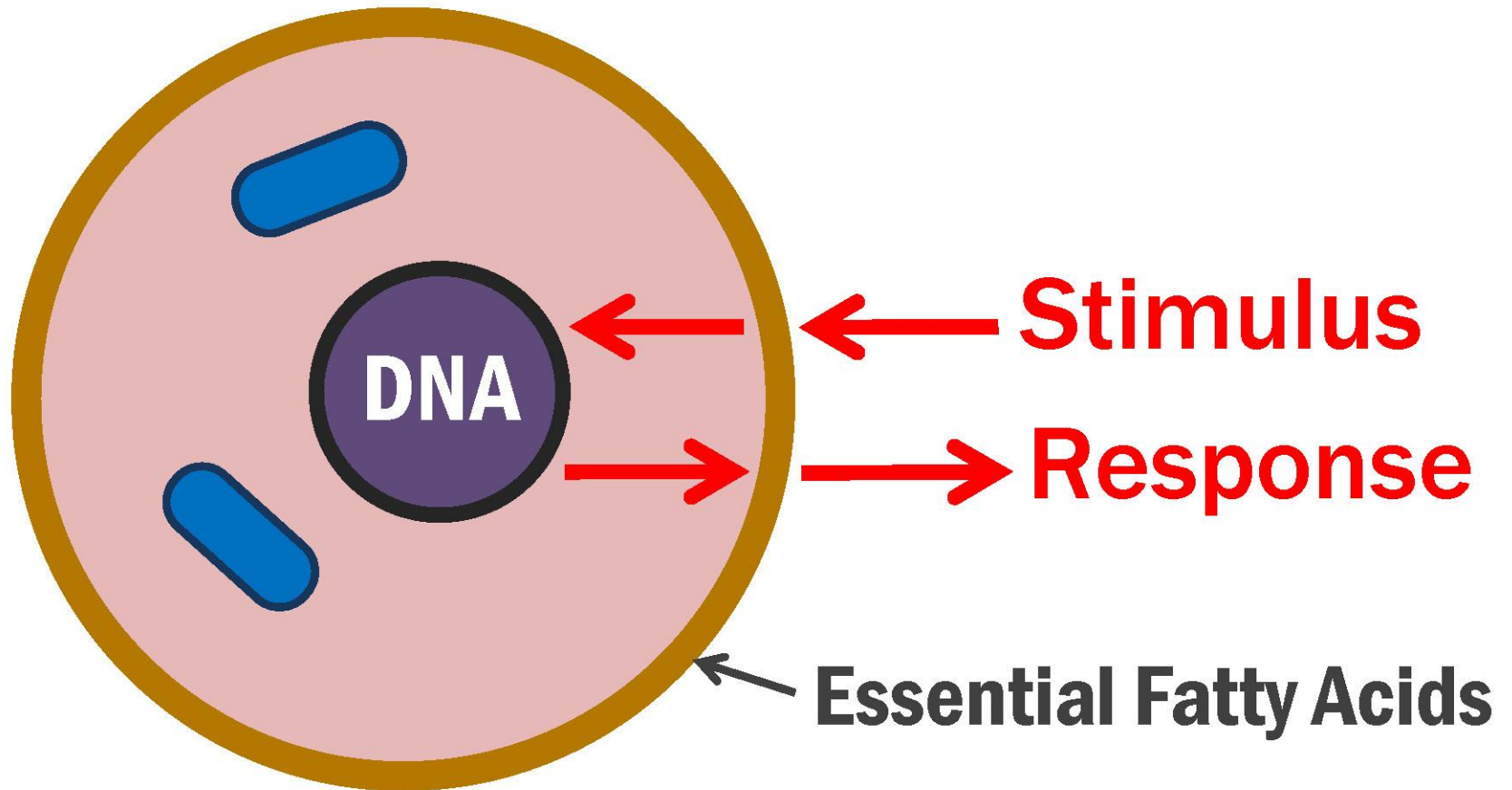
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# Cell Membrane

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# Dietary EFAs

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**Omega 6**

**1:1**



**Omega 3**

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# Dietary EFAs

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**Omega 6**



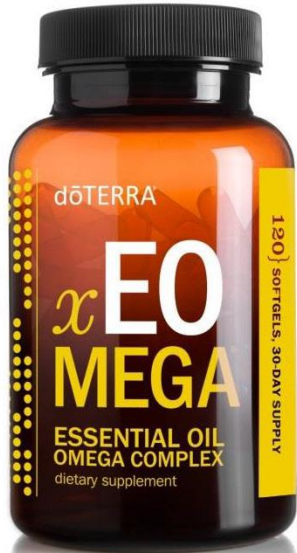
**Omega 3**

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# Marine & Plant EFA's

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- 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



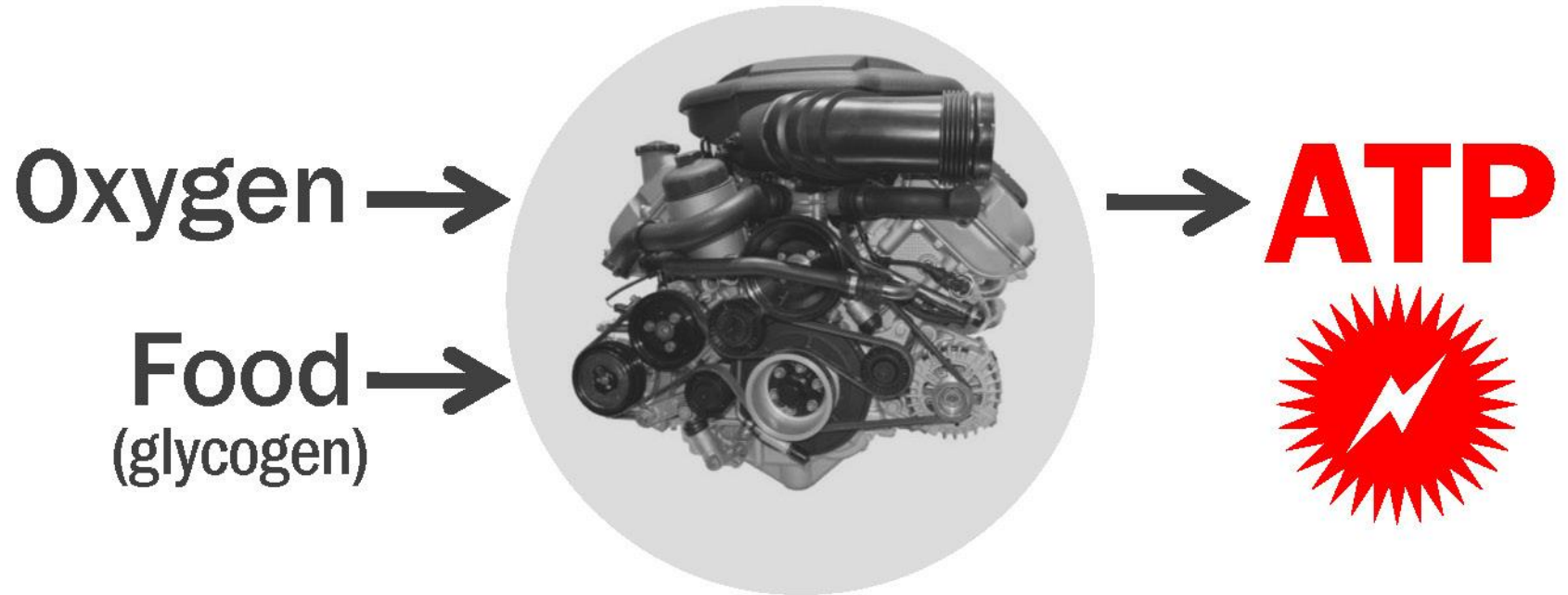
**“It is not just a matter  
of living longer—**



**I want to feel younger!”**



# Mitochondria Energy Production



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# Mitochondria and Aging:

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





# Cellular Energy Blend

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

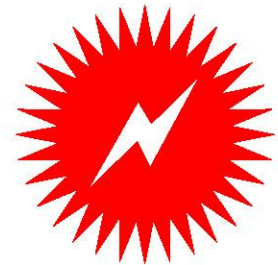
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# Cellular Energy Blend

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- 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

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- Essential Fatty Acids
- Essential Vitamins
- Essential Minerals



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# Eating Right

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



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# Eating Right

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Essential  
vitamins



Essential  
minerals

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# **Glycoprotein Matrix**

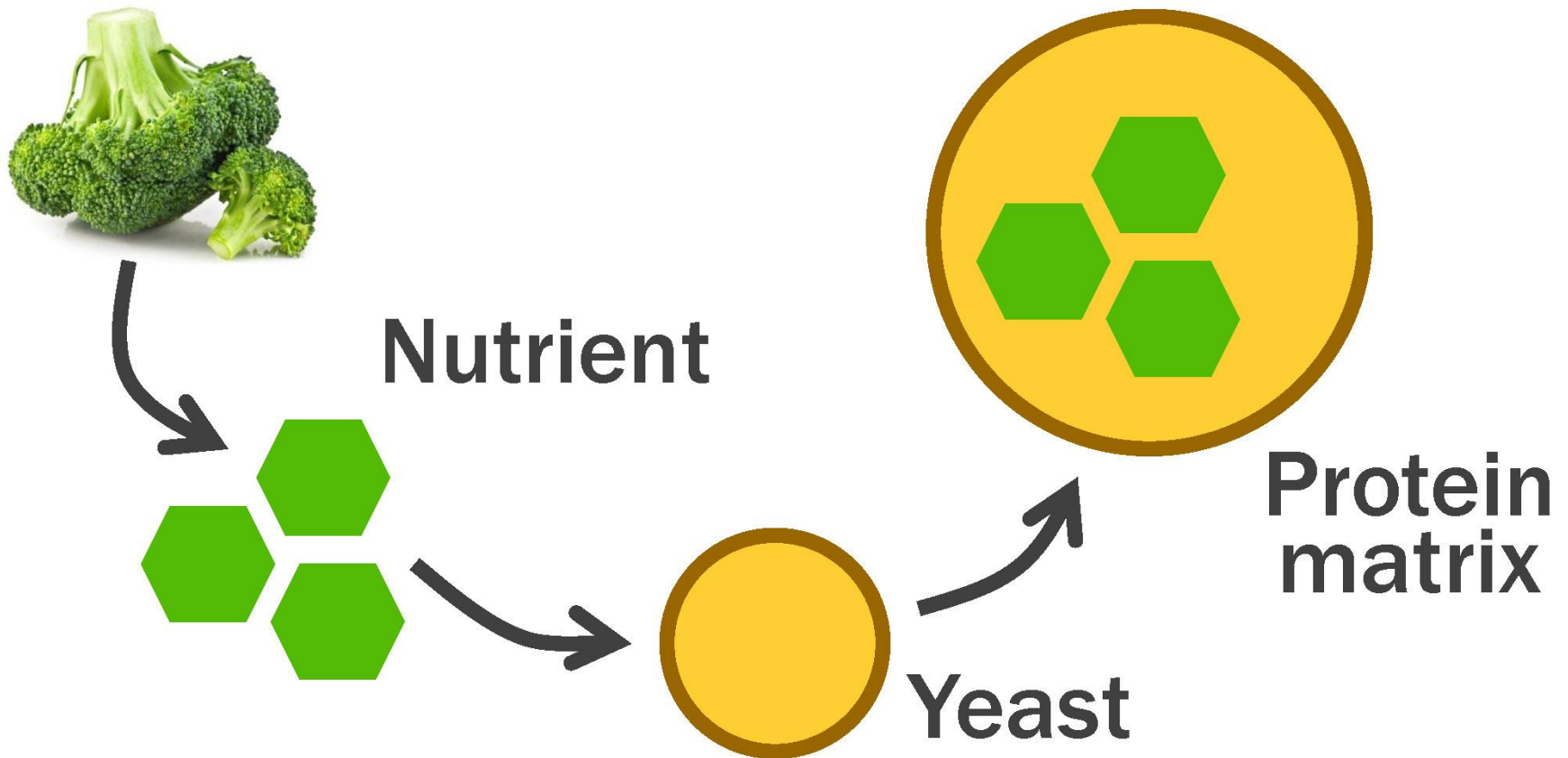
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**Vitamins and minerals  
presented in food  
format for improved  
absorption/bioavailability.**



# Glycoprotein Matrix

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# Vegetable Capsules

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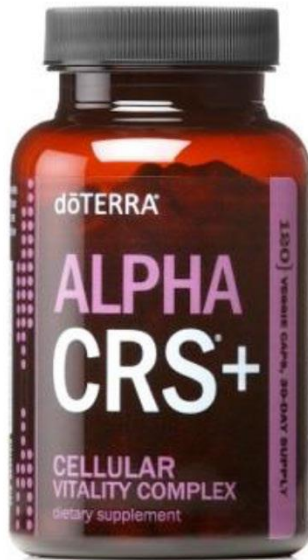
- 100 % Natural
- No Sodium Lauryl Sulfate



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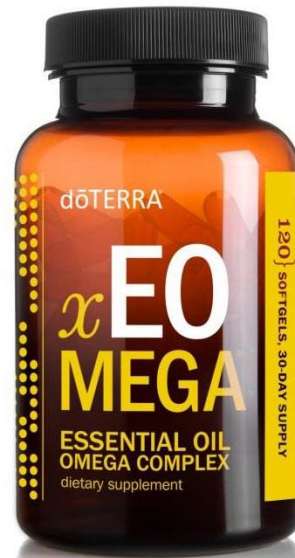
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# dōTERRA LIFELONG VITALITY PACK®



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

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Alpha CRS+ \$69.50 (35370001)

xEO Mega \$49.50 (35360001)

Microplex VMz \$39.50 (35350001)

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Total = \$158.50 wholesale


LRP Pack =  \$79.50  
(21480001)

**You save \$79!**

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A man and a woman are riding bicycles side-by-side, looking up and smiling. The woman is on the left, wearing a peach-colored short-sleeved top with a decorative neckline and white pants. The man is on the right, wearing a light blue button-down shirt over a white t-shirt and khaki shorts. They are both holding the handlebars of their bikes. The background is a solid, bright white.

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YOUNGER,  
LONGER**

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# Angela Atkins

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