

dōTERRA

Lifelong Vitality

xEO Mega*

Supports healthy function of the brain, eyes, and nervous system.*

Maintains healthy skin, hair, and nails.*

Promotes alertness.

Promotes a positive mood.*

Enhances learning.*

Supports fatigued muscles.*

Promotes strong teeth and bones.*

Alpha CRS*+

Supports healthy cell function and metabolism.*

Supports mental clarity.

Includes the tummy tamer blend to soothe stomach upset.*

Supports brain function.

*Take all three daily for a lifetime of vitality and wellness**

Microplex VMz*

Supports healthy immune function, healthy digestion, and a healthy metabolism.*

Supports bone health.

Provides vitamins A, C, E, and B vitamins.*

Includes a blend of kale, dandelion, parsley, kelp, broccoli, brussels sprouts, cabbage, and spinach.

Contains calcium, magnesium, zinc, selenium, copper, manganese, chromium, and other minerals.

MY FAVORITE PRENATAL VITAMIN



Prenatal Vitamin Guide



LIFELONG VITALITY

Lifelong Vitality are my number one choice for prenatal vitamins. There are millions of supplements on the market. Why should you choose doTERRA's?

If you've ever wanted happier moods, to feel less stress, to get sick less often, reduce aches & pains, to have mental clarity and SUSTAINABLE energy and SO MUCH MORE... then you need to give your body what it needs to give you these things.

These are complaints I hear nearly every day and Lifelong Vitality is my answer almost every time!

What we put IN our bodies matters so much. It either improves our health or depletes our health. Lifelong Vitality helps your body to THRIVE. Lifelong Vitality is the #1 supplement (prenatal vitamin) I recommend for pregnancy. It is fantastic in supporting your body through pregnancy and while breastfeeding.

You may see/hear me reference the Lifelong Vitality supplements as a prenatal vitamin, just to clarify, dōTERRA does not label it as a prenatal vitamin, but it IS a GREAT supplement to add to your dōTERRA wellness lifestyle when PREGNANT, trying to conceive or even breastfeeding and I personally recommend it to all my clients as their prenatal supplement along with a folate supplement as discussed below.



Because the Lifelong Vitality is a “whole food” supplement, our bodies assimilate it much better than synthetic vitamins. That means your body is actually utilizing all of it, versus eliminating it because it’s synthetic. The nutrients in the Lifelong Vitality are in the PERFECT amounts for our bodies to assimilate at one time including iron. I recommend taking the full dose when pregnant or breastfeeding to assure you are getting enough. If you are sensitive in the beginning because of nausea, then you may choose to take half the dose to start with but as soon as you are able to increase to the full dose and be sure to take them with food.

Vitamin A from natural food sources doesn’t have any effects on your baby. In dōTERRA’s Lifelong Vitality the Vitamin A is a natural source. Your body will only use what it needs.

The LLV has 400mcg’s of folate in it and you probably get extra in your diet, but if you feel you need more, here is my recommendation. Methyl Guard Plus, along WITH LLV. Methyl Guard is a formula meant to support those with the MTHFR gene mutation.

I hope this helps you feel confident in using this AMAZING whole food supplement when pregnant or breastfeeding.

Why Pills? Because that is the easiest and fastest way for us to get ALL the whole food vitamins, minerals, trace minerals and more that we need to support our bodies on a cellular DAILY level. Not only are there 22 of the most important nutrients needed for optimal cellular functions, there are also antioxidants and omegas!



LIFELONG VITALITY GIVES YOUR BODY:

12 servings of fruits & veggies-

All of your vitamins & minerals in
whole food form-

Anti-inflammatory properties-

Natural energy cofactors to literally
create energy in your cells

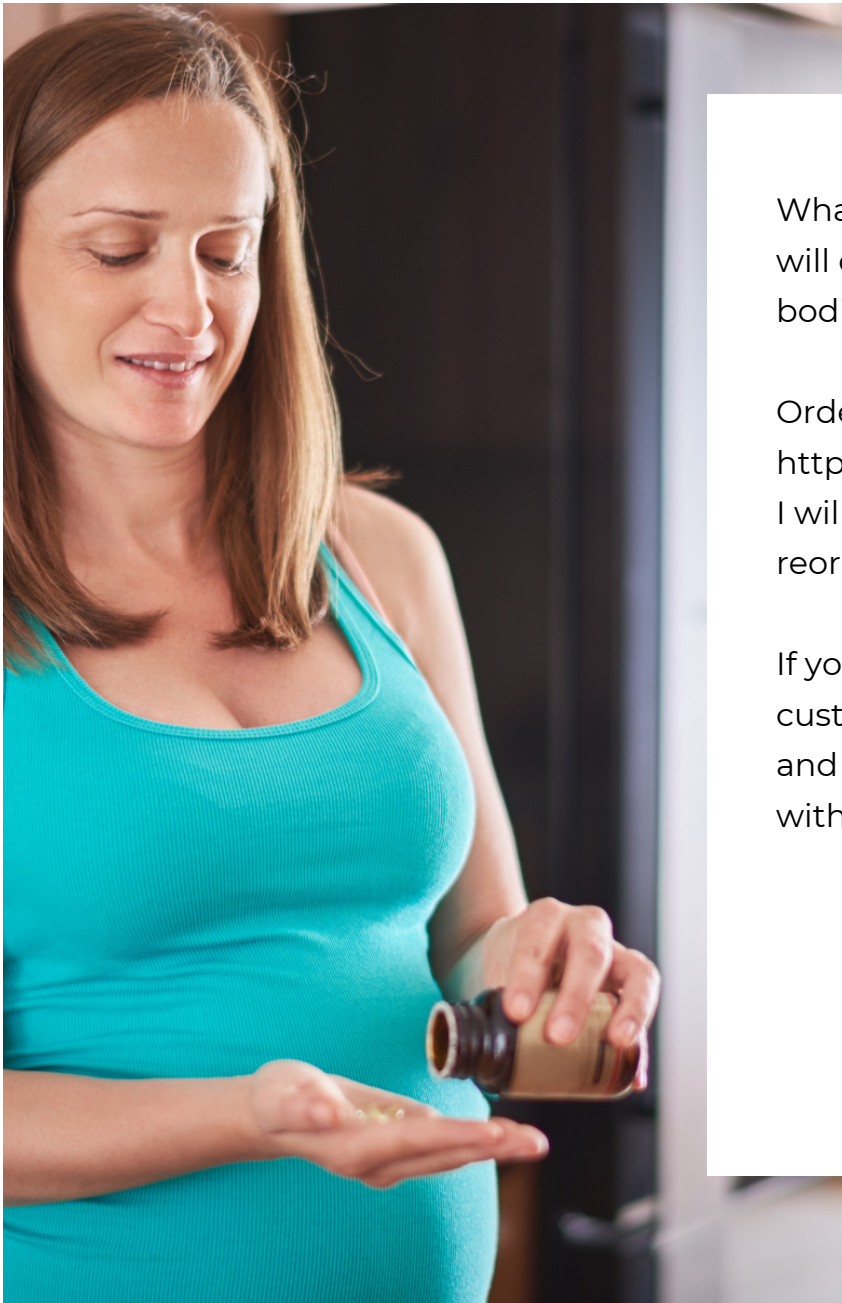
All of the Omegas your body needs to
thrive POWERFUL antioxidants.

Alpha CRS ® + Supports healthy cell
function and metabolism by reducing
stress to DNA and other critical cell
structures. Supports mental clarity and
brain function which as a new mom is a
huge bonus!

xEO Mega® promotes healthy
cardiovascular, nervous, and immune
system function along supporting your
joint function. xEO Mega also protects
and supports healthy function of the
brain, eyes, and heart.

Microplex VMz® provides 22 essential
vitamins and minerals to support
normal growth, function, and
maintenance of cells. It fights free radicals
with the antioxidant vitamins A, C, and E.

There is SO much goodness in these bottles, and your foundational health is VITAL for your body to feel and BE in a healthy state.



What we give our bodies today will determine the health of our bodies tomorrow.

Order this great product here:
<https://doterra.me/ETOORaOm>
I will guide you through when to reorder and how.

If you are already a wholesale customer, log into your account and order. If you would like help with this, just let me know.

THANK YOU

If you are looking for a prenatal vitamin, this is a great choice.

I recommend this product to all of my doula and pregnant clients.

I would be happy to assist you with more information, ordering and guiding you with these products throughout your pregnancy and postpartum.

Contact me below and we can set up a time to review and talk about your needs.

Lisa Cartier



wihny@yahoo.com

www.womensintegrativehealthny.com

