

daily habits for

digestive

support

SUPPORT YOUR
DIGESTIVE
SYSTEM FROM
THE INSIDE OUT

HOW TO
USE OILS FOR
DIGESTION

DIGESTIVE
WELLNESS KIT

CURA
COLLECTION

SUPPLEMENTS
FOR DIGESTION



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Top Oils for Digestive Support



DigestZen® DIGESTIVE BLEND

Aids in the digestion of food, soothes occasional upset stomach.* Helps reduce gas and occasional indigestion.* Also available in a pre-diluted roller for topical application.

Spearmint SWEET, MINTY, FRESH, LIGHT

Promotes digestion and helps reduce occasional stomach upset when used internally.*

Ginger SWEET, SPICY, EARTHY

Known as an internal use digestive aid to help ease occasional indigestion.*

Celery Seed STRONG, SWEET, AND SPICY

Improves digestion when taken internally.* Consume one to two drops of Celery Seed oil morning and night to promote healthy digestion.*

Peppermint ENERGIZING AND EXHILARATING

Relieves head and neck tension, promotes clear airways, supports oral health, and soothes the stomach.

Tamer® MADE FOR KIDS OF ALL AGES

Calming aroma may ease the effects of motion sickness. Prediluted for sensitive skin. Apply to the stomach or bottoms of feet after eating a large meal.

Fennel LICORICE, SWEET, HONEY

Promotes healthy digestion when consumed.* May help promote healthy metabolic function and circulation when taken internally.*

Digestive Supplements

The digestive system does more than process food and eliminate waste. A properly functioning digestive system can help increase energy levels, heighten immunity, and maintain a healthy weight.* Support your body with this kit, made up of natural solutions intended to maintain digestive health for yourself and your family.



TerraZyme® Promotes gastrointestinal comfort and food tolerance.* A powerful combination of digestive enzymes.

DigestZen® Softgels Soothes occasional stomach upset.* Take 1 softgel one or more times daily as needed.

Peppermint Beadlets Alleviates occasional stomach discomfort.* Take after meals to promote oral health and digestion.*

PB Assist®+ Probiotic to support healthy functioning of the digestive and immune systems.* Helps support optimal metabolism and absorption of food.*

PB Assist® Jr Probiotic to support optimal metabolism and absorption of nutrients.* PB Assist Jr® is a powdered probiotic supplement designed for children or adults who have trouble swallowing pills.

Peppermint Softgels Peppermint essential oil in an enteric coated softgel to provide digestive relief to the lower intestines.*

Cura Collection - Starter Kit

With the Cura Collection, you can replace synthetic solutions with effective, natural alternatives. DigestZen® TerraZyme®, DigestZen® Softgels, Peppermint Softgels, and Tamer® Digestive Blend are all part of Cura. It has natural solutions for all kinds of daily situations beyond digestion, like sleep,* skin irritations, bodily discomfort, and more.



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With the help of pure and powerful essential oils, you can support better digestive health, naturally.

Using your products daily is the most effective way to maximize your benefits!

1

Eat Right!

Fill your diet with healthy, nutritious, and fibrous foods. Your body—including your digestive system—needs good fuel to stay healthy and thrive. Getting enough fiber will especially help your digestion. One easy way to boost your fiber intake is with the doTERRA® Fiber supplement.



2

Use Digestive Enzymes

You can support your body's constant production of enzymes by eating plenty of raw whole foods. You can also offer it extra support by taking TerraZyme®.



3

Apply Oils Topically

Apply oils to the bottom of your feet or over your abdomen. Make sure to dilute oils with Coconut oil before applying them. Or try On DigestZen® Touch and Tamer® Touch which are prediluted rollers, making application simple.

DIY DIGESTIVE SUPPORT ROLLER

10 drops each DigestZen®, Spearmint and Fennel to a 10ml Roller Bottle and top with Fractionated Coconut oil. Apply morning and night over the abdomen and bottoms of the feet. Use as needed during the day.



4

Take a Probiotic

Taking a probiotic helps provide your gut with more healthy microbes. Take PB Assist®+ capsule three times daily with food. For kids take PB Assist Jr.®

5

Be ready for anything!

You can address the occasional tummy troubles with pure essential oils. DigestZen® Softgels can help reduce gas and bloating and soothe occasional indigestion and stomach upset.* Peppermint beadlets are also great to keep on hand when on the go.



DIY DIGESTIVE SUPPORT CAPSULE

When you don't have the DigestZen® Softgels available, make your own with empty veggie caps. Just add 2-3 drops of oils that are good for digestion. You could use any combination of DigestZen®, Ginger, Spearmint, Celery Seed, Peppermint or Fennel.



Tip: Get Veggie Caps, Coconut Oil and empty rollers from doTERRA®

digestive wellness program

Join the Digestive Wellness Program and get 3 months of targeted wellness delivered to your door.
Get targeted, effective digestive support that's natural and safe for the whole family.*

Month 1

Using your products daily is the most effective way to maximize your benefits!

- DigestZen® Softgels
- DigestZen Touch 10 mL
- Peppermint 15 mL
- DigestZen TerraZyme®
- Exclusive gift—Pill Case



Month 2

This second kit builds on the benefits you've already experienced with a new collection of powerful products.

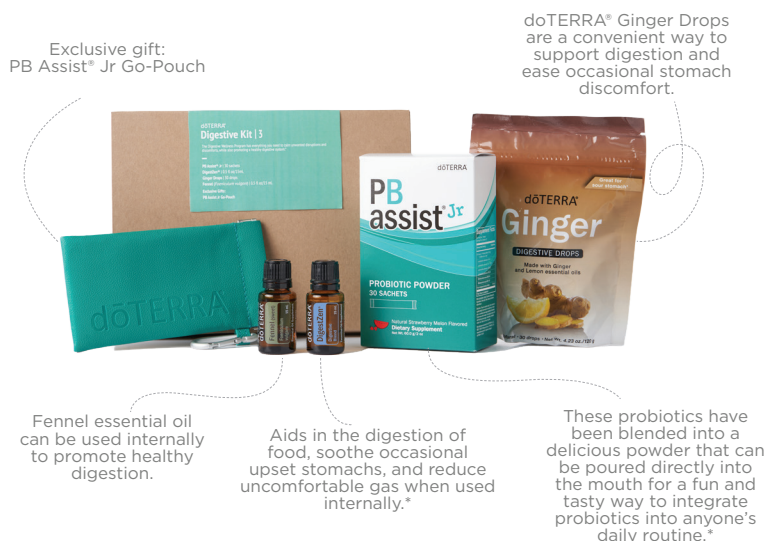
- Ginger 5 mL
- Clove 15 mL
- Peppermint Softgels
- Spearmint 15 mL
- Tamer® 10 mL
- doTERRA® Fiber (single sachet)
- Exclusive gift—Travel Mug



Month 3

In the third month of the Digestive Wellness Program, you'll receive even more incredible products, designed to help you calm unwanted digestive disruptions and discomforts naturally.*

- PB Assist® Jr
- DigestZen® 15 mL
- Ginger Drops
- Fennel 15 mL
- Exclusive gift— PB Assist Jr Go-Pouch



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