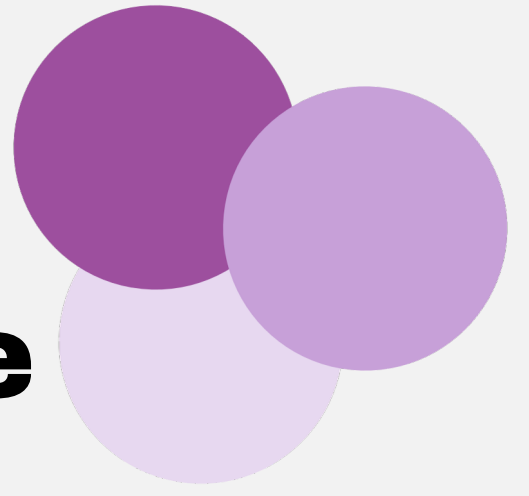


CONVERSATION GUIDE Wellness Made Simple



Your supplements have arrived

Let's get started! What have you tried so far? We'll go through the products and I'll tell you what you can do with them, how to use them, and what you should keep in mind.

VMG+

Your supply of vitamins, minerals, greens. Here you have over **75 natural vital substances** from superfoods – vegan, gluten-free, without soy or GMOs (genetically modified organisms). This combination ensures that more reaches the body and more stays where it is needed (= very high bioavailability & bio-retention).

Intake:

- Stir 1 sachet per day into approx. 250ml of water and drink (you can use more or less water), at any time of day.
- If you experience any intolerance at first, reduce the dose slightly and be sure to stick with it. Your gut is undergoing a mini dietary change.
- If you have taste challenges, here are a few tips

Tips:

- Drink cold: cold water or ice cubes soften the taste.
- Refine with oils: 1–3 drops of lemon, grapefruit, MetaPWR, or a little fresh lemon help to balance the taste.
- Reminder: VMG+ is a dietary supplement - not a luxury drink 😊
It compensates for nutritional gaps and provides valuable vital substances for your health.

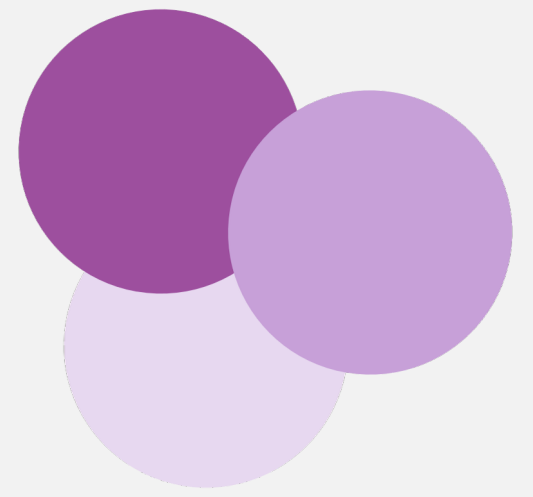
Possible effects:

- More stable energy levels
- More balanced mood
- Improved concentration and focus
- Improved digestion thanks to the digestive enzymes and fiber it contains

EO Mega+ (softgels or sachets)

Contains essential fatty acids from high-quality fish oil (no fishy taste) to ensure your omega-3 supply. Enriched with wild orange essential oil in the softgels (or lemon oil in the sachets) for better bioavailability and to prevent oxidation. The fish oil comes from a Norwegian

Co-Impact Sourcing Initiative, in which dōTERRA works closely with fishing companies—fairly, sustainably, and with a focus on the highest quality.



Co-Impact Sourcing
means: working together to improve farmers' living conditions, ensure the highest quality oils, and protect nature.

Intake

- 3 softgels per day with a meal or 1 sachet (e.g., as salad dressing) every 2 days

Possible effects:

- Protection of the cardiovascular and nervous systems
- Strengthening of the immune system

PB Restore & PB Assist

Prebiotics, probiotics, and postbiotics are essential for a stable foundation. They promote diversity in your microbiome, which makes you **resilient** on ALL levels. At least **70%** of our immune system is located in the gut!

Intake:

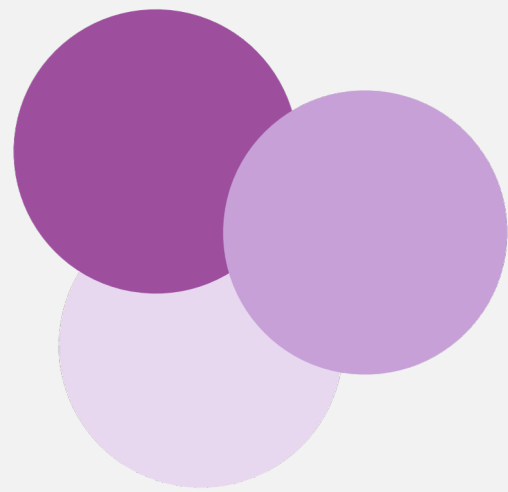
- PB Restore: 1 capsule per day in the morning on an empty stomach (at least 30 minutes before eating). PB Assist: 1 sachet per day,
- either on an empty stomach directly in the mouth or together with VMG+ or in a smoothie, muesli, etc.

Possible effects:

- Strengthen the microbiome – specifically support the development of healthy intestinal flora, thereby enabling the effective absorption of nutrients and vital substances Boost the immune system –
- a balanced microbiome strengthens the body's own defenses Improve digestion – can relieve flatulence, bloating, and irregularity

Transition to oils

We have now talked a lot about supplements. What dōTERRA is actually world-famous for are its essential oils.



The supplements provide our cells with essential nutrients.

The essential oils are our everyday tools that powerfully support us in all kinds of challenges (mental or physical). They can be used in a targeted manner, take effect within seconds, and bring the body, mind, and emotions into balance.

For me, they have been a real ***game changer*** and have often saved me a trip to the doctor. If you like, feel free to give them a try. I will help you get started with their use.

If you order the products through the loyalty program (LRP) in the future, you will enjoy a number of ***benefits*** and also save a lot of money:

Loyalty Program (LRP) – briefly explained

The Loyalty Rewards Program (LRP) is dōTERRA's loyalty program. If you purchase a certain amount each month, you will receive:

- Product points back (from 50 PV, the percentage increases up to 30%)
- Shipping costs credited as points
- A monthly gift product from 125 PV and, for loyal customers, special oils that are not available in regular sales

👉 ***You can adjust what you need every month.*** Probiotics, lemon oil, toothpaste, shampoo, nutrients... Here you collect points, get toxin-free, clean products without genetically modified substances, and save money at Müller, Rossmann, dm. It's not a subscription, it's a healthy lifestyle. You can cancel the loyalty program at any time. In that case, it would be a good idea to redeem your collected points beforehand so that they don't expire.

I've now told you everything you need to know. That was a lot of information! You can ask questions and look things up in the customer group at any time. This is about self-empowerment and knowing what to do at night when your child has a fever or gastrointestinal problems, etc. Feel free to use the products proactively to stay healthy, not to get healthy.

In our next conversation, you will get access to our various themed customer groups and our academy.

If you have any questions, I'm happy to help!