

A person wearing a cream-colored knit sweater is holding a brown leather wallet. The wallet has a small rectangular tag with the word 'JOTERRA' on it. The background is a blurred indoor setting with wooden furniture.

Immunity

PROTECT, STRENGTHEN, AND
RESPOND.

WELLNESS KIT GUIDE

Immunity Wellness Program

Month
1



Includes:
doTERRA On Guard®
doTERRA On Guard Sanitizing Mist
doTERRA On Guard Foaming Hand Wash
Purify
Wild Orange
doTERRA On Guard Toothpaste and Floss

Month
2



Includes:
doTERRA On Guard Softgels
doTERRA On Guard Beadlets
doTERRA On Guard Sanitizing Mist
Grapefruit
Tea Tree
doTERRA On Guard Mouthwash
Tongue Scraper

**MONTH 2-3 COME IN A REUSABLE
OR RECYCLABLE BAG.**

Month
3



Includes:
doTERRA Breathe®
doTERRA On Guard Touch
doTERRA On Guard Sanitizing Mist
Frankincense Touch
Oregano
Stronger®
doTERRA On Guard Wipes
Sanitizing Mist Holder

Month **1** PROCOTOL

On Guard® Foaming Hand Wash with Dispenser

- Pump doTERRA On Guard Foaming Hand Wash dispenser once or twice to dispense foam onto hands. Work to a lather with warm water and rinse thoroughly.

On Guard® Sanitizing Mist

- Apply one to two mists directly to hands; rub together until dry.



Wild Orange, Purify, On Guard®

- Add a drop of Wild Orange to your water every day for a burst of flavor and to promote overall health.*
- Diffuse to Purify and freshen the air.
- Add OnGuard to water for an effective all-purpose surface cleaner.

On Guard® Dental Floss & On Guard® Natural Whitening Toothpaste

- After flossing, apply a pea-size amount of paste to moistened toothbrush. Brush gently but thoroughly

Product Spotlight:

On Guard® Foaming Hand Wash with Dispenser

doTERRA On Guard Foaming Hand Wash is a gentle, healthy alternative to harsh soaps that may dry and irritate sensitive skin. doTERRA On Guard Foaming Hand Wash cleans and softens hands while providing an invigorating aroma of essential oils that leaves your hands smelling fresh and citrus clean.



Primary Benefits

- Gentle cleansers and emollients clean and soften hands throughout the day without drying or irritating sensitive skin
- doTERRA On Guard Foaming Hand Wash is pH balanced to protect the delicate moisture barriers of the skin
- The power of doTERRA On Guard essential oils enhances the cleansing function to take it to a new level and set it apart from other commercially branded products

Product Spotlight:

On Guard® Sanitizing Mist

doTERRA On Guard Sanitizing Mist purifies hands by eliminating bacteria and other germs on the skin. The moisturizing formula effectively cleanses hands without drying the skin, while the doTERRA On Guard blend of CPTG® of essential oils provides an uplifting citrus spice aroma.



Primary Benefits

- Kills 99.9% of germs and bacteria
- doTERRA On Guard Protective Blend provides an invigorating citrus spice aroma
- Infused with moisturizing apple extract
- Cleanses hands when soap and water are unavailable
- Convenient size for travel and on-the-go use

Product Spotlight:

On Guard® Dental Floss & On Guard® Natural Whitening Toothpaste



doTERRA On Guard Natural Whitening Toothpaste is a natural and fluoride-free solution to help clean teeth, reduce plaque, and whiten teeth with gentle polishing agents.

Primary Benefits

- Proprietary dōTERRA On Guard essential oil blend of Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary cleans and freshens breath.
- Hydroxyapatite helps to preserve the tooth enamel's original composition to maintain healthy teeth.
- Myrrh essential oil is beneficial for oral hygiene
- Peppermint essential oil, combined with the dōTERRA On Guard essential oil blend, leaves your breath cinnamon-mint fresh

Product Spotlight:

Wild Orange

Cold pressed from the peel, Wild Orange oil is one of doTERRA's top selling essential oils due to its energizing aroma and multiple health benefits.* Diffusing Wild Orange oil will energize and uplift the mind and body while purifying the air. Wild Orange enhances any essential oil blend with a fresh, sweet, refreshing aroma.



Primary Benefits

- Powerful cleanser and purifying agent
- Internal use supports healthy immune function*
- Creates an uplifting environment

Product Spotlight:

On Guard® Oil

As one of doTERRA's most popular oils, doTERRA On Guard is a powerful proprietary blend that supports healthy immune function when used internally* and contains cleansing properties.



Primary Benefits

- Supports healthy immune and respiratory function when used internally*
- Ingest to support the body's natural antioxidant defenses*
- Use internally to promote healthy circulation*
- Energizing and uplifting aroma

Product Spotlight:

Purify

The Purify Cleansing Blend produces an airy aroma that purifies the air in a natural, safe way.



Primary Benefits

- Refreshes any environment when diffused
- Protects against environmental threats

Ingredients

- Lemon Peel, Siberian Fir Needle, Citronella Grass, Lime Peel, Tea Tree Leaf, Cilantro Herb essential oils.

Ways to use...

Immunity Kit Month 1

- Put **doTERRA On Guard Foaming Hand Wash** in bathrooms and kitchen for easy access.
- Use **On Guard® Natural Whitening Toothpaste and Floss** both morning and night.
- Diffuse **Purify** and **On Guard®** throughout the day to freshen the air.
- Freshen smaller rooms (or a car) by placing a few drops of **Purify** on a cotton ball and putting it into the air vent.
- Add five drops **On Guard®, Purify and Wild Orange** to a small spray bottle with water and use to wipe down countertops.
- Add a few drops of **Purify** to the rinse cycle when doing laundry to help eliminate odor.
- Add a drop of **Wild Orange** to your water every day for a burst of flavor and to promote overall health.
- Add two to three drops of **On Guard®** in a veggie capsule for an immune boost.
- Put a few drops of **Wild Orange** to dryer balls for a refreshing finish to the laundry.
- Apply one to two sprays of **On Guard® Sanitizing Mist** directly to hands; rub together until dry.



Month **2** PROCOTOL



dōTERRA®
Copper Tongue Scraper



dōTERRA®
Immunity Kit | 2

Your body needs support, both inside and out. This special kit offers a curated selection of products designed to strengthen your immune system, keep your environment clean, and protect your home.

dōTERRA On Guard®+ Softgels | 60 Softgels
dōTERRA On Guard® Beadlets | 125 Beadlets
dōTERRA On Guard® Hand Sanitizing Mist | 0.9 fl. oz./27mL
CTPG® Grapefruit Essential Oil | 0.5 fl. oz./15mL
CTPG® Tea Tree Essential Oil | 0.5 fl. oz./15mL

Exclusive Gifts:
- dōTERRA On Guard® Mini Mouthwash | 3.38 fl. oz./100mL
- Tongue Scraper
Usage Guide



On Guard® Sanitizing Mist

- Apply one to two mists directly to hands; rub together until dry.

On Guard® Mouthwash & Tongue Scraper

- Swish dōTERRA On Guard Mouthwash thoroughly for 60 seconds.

Grapefruit and Tea Tree Oil

- Add Tea Tree to your cleaner spray bottle to help clean surfaces.
- Add a drop of Grapefruit to your water to promote overall health.

dōTERRA On Guard®+ Softgels & On Guard® Beadlet

- Take 1 or more softgels as needed to promote healthy immune function.

Product Spotlight:

On Guard® Mouthwash

doTERRA On Guard™ Mouthwash is alcohol-free and formulated to clean teeth and gums, reduce plaque, and promote a healthy-looking mouth when used as part of a hygiene routine that includes brushing and flossing.



Primary Benefits

- Natural, alcohol-free formula
- Miswak extract helps maintain clean teeth by reducing excessive plaque buildup
- Use doTERRA On Guard Mouthwash after meals to freshen breath and brighten smile
- Use doTERRA On Guard Mouthwash to promote healthy-looking teeth and gums
- Natural ingredients help reduce plaque, strengthen teeth, and brighten smile

Product Spotlight:

Grapefruit

Grapefruit essential oil can provide an uplifting environment due to its invigorating and energizing aroma, while acting as a purifying agent when added to a skin care routine.



Primary Benefits

- Improves the appearance of blemishes
- Internal use supports healthy metabolism*
- Creates an uplifting environment

Product Spotlight:

Tea Tree

"Tea Tree" or Melaleuca Essential Oil, is best known for its purifying qualities, which make it useful for cleansing the skin, home surfaces, and purifying the air.



Primary Benefits

- Renowned for its cleansing and rejuvenating effect on the skin
- Diffuse throughout the home to help purify and freshen the air
- Soothing to irritated skin

Product Spotlight:

On Guard®+ Softgels

doTERRA On Guard+ is a great way to strengthen and maintain healthy immune function when seasonal threats are high.* Encapsulated in vegetarian softgels, this distinctive blend contains essential oils known for their positive effects on the immune system and their ability to protect against environmental threats.* doTERRA On Guard+ should be taken on an occasional basis.

Primary Benefits

- Supports healthy immune and respiratory function*
- Protects against environmental threats*
- Supports the body's natural antioxidant defenses*
- Promotes healthy circulation*



Product Spotlight:

On Guard® Beadlet

doTERRA On Guard Beadlets are an easy and convenient way to obtain the immune-boosting benefits of doTERRA On Guard Essential Oil Blend.



Primary Benefits

- Supports healthy immune and respiratory function*
- Freshens breath
- Provides a convenient consumption method for doTERRA On Guard Protective Blend
- Convenient beadlets are perfect for traveling and on-the-go

Ways to use...

Immunity Kit Month 2

- Continue to use **Kit 1** while integrating **Kit 2** into your routine.
- Take 1 or more **On Guard®+ Softgels** as needed to promote healthy immune function.
- Use **On Guard® Mouthwash and Scraper** both morning, night or as needed.
- Diffuse **Grapefruit and Wild Orange** throughout the day.
- Add **Tea Tree** to your cleaner spray bottle to help clean surfaces.
- Combine 1–2 drops of **Tea Tree** with your facial cleanser for added cleansing properties, or apply to skin after shaving.
- Apply **Tea Tree** to fingernails and toenails after showering to purify and keep nails looking healthy.
- Add a drop of **Grapefruit** to your water every day for a burst of flavor and to promote overall health.
- Add 10 drops **On Guard® and Tea Tree** to a 10ml roller with FCO and roll on bottom of feet and spine for extra immunity support.
- Apply one to two sprays of **On Guard® Sanitizing Mist** directly to hands; rub together until dry.



Month

3

PROCOTOL



dōTERRA Breathe® and Oregano Veggie Caps (Empty) 30 ct.

- Diffuse Breath or inhale directly from palms when seasonal threats are high.
- Take one drop of Oregano oil in a veggie cap or 4 fl. oz of liquid daily to maintain healthy immune function.*



On Guard® Sanitizing Wipes, 2 On Guard® Sanitizing Mist and Holder

- Use wipe to clean hands. No rinsing necessary.



On Guard® Touch, Stronger® and Frankincense Touch

- When environmental threats are high, roll touch oils on bottom of feet and up and down spine to promote feelings of wellness and vitality.

Product Spotlight:

Breathe®

A popular essential oil blend, doTERRA Breathe's refreshing aroma can be used to create feelings of clear, easy breathing.



Primary Benefits

- Maintains feelings of clear airways and easy breathing
- Promotes a restful nights sleep
- Helps minimize the effects of seasonal threats

Ingredients

Laurel Leaf, Eucalyptus Leaf, Peppermint Plant, Melaleuca Leaf, Lemon Peel, Cardamom Seed, Ravintsara Leaf, Ravensara Leaf essential oils

Product Spotlight:

Oregano

Oregano oil is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical components of Oregano is carvacrol, a phenol that possesses antioxidant properties when ingested.



Primary Benefits

- Used as a powerful cleansing and purifying agent
- Supports a healthy immune system, healthy digestion, and respiratory function when used internally*
- Offers powerful antioxidants when ingested*

Product Spotlight:

On Guard® Touch

doTERRA On Guard Touch provides a gentle and convenient application method for doTERRA's proprietary On Guard essential oil blend. Perfect for both children and adults, doTERRA On Guard Touch can be applied topically to the chest and bottoms of feet when seasonal threats are high and to experience its energizing, uplifting aroma.



Primary Benefits

- Helps minimize effects of seasonal threats
- Provides an energizing, uplifting aroma
- Purifying to the skin

Product Spotlight:

Stronger®

Stronger Protective Blend evokes feelings of wellness and vitality when needed most. The bright and uplifting aroma of Stronger is refreshing to the senses and works as the perfect blend for daily resiliency or when you are not feeling your best.



Primary Benefits

- Promotes feelings of wellness and vitality
- Comforting to occasional skin irritations
- Soothing to the emotions during times of distress

Ingredients

- Cedarwood, Litsea, Frankincense, and Rose in a base of Fractionated Coconut Oil

Product Spotlight:

Frankincense Touch

doTERRA Frankincense Touch provides the renowned benefits of Frankincense essential oil in a convenient roll-on applicator. Combined with Fractionated Coconut Oil, Frankincense Touch is the must-have oil blend to have on hand to soothe skin and provide a calming, balancing effect on emotions throughout the day.



pictured: 10ml

Primary Benefits

- Promotes feelings of relaxation when applied topically
- Helps reduce the appearance of skin imperfections
- Rejuvenating and soothing to the skin

Ingredients

- Fractionated Coconut Oil, Frankincense Resin

Product Spotlight: Veggie Caps

Made specifically for you to customize your dietary supplement needs, Veggie Caps provide a convenient and healthy way to take dietary ingredients orally.



Uses

Free of preservatives, gelatin, wheat, sugar, starch, dairy, and animal products

Made of inert vegetable ingredients that do not interfere with digestion

Includes 160 HPMC capsules

Directions for Use

Fill with desired ingredients and consume. If using with essential oils, it is not recommended to pre-fill capsules for future use as the properties of the essential oils will compromise the vegetable capsule.

Product Spotlight:

On Guard® Sanitizing Wipes

Infused with the cleansing power of the proprietary dōTERRA On Guard essential oil blend, the wipes thoroughly clean hands while being gentle on your skin. dōTERRA On Guard wipes are made from 100 percent recyclable rayon and are great for little hands too.



Primary Benefits

- Contains the cleansing power of dōTERRA On Guard essential oil
- Cleanses hands when soap and water are unavailable
- Convenient size for portability
- Use to clean hands after touching screens, door handles, and shopping carts

Ways to use...

Immunity Kit Month 3

- Continue to use **Kit 1 & 2** while integrating **Kit 3** into your routine.
- Use **doTERRA On Guard® Hand Wipes** for life on-the-go. Wipe surfaces, pones, hands, shopping carts, etc.
- Diffuse **Breathe®** or inhale directly from palms, or rub on chest or feet when seasonal and environmental threats are high.
- Massage **Frankincense Touch** on the temples throughout the day to balance mood
- Take one drop of **Oregano** oil in a **veggie cap** or 4 fl. oz of liquid daily to maintain healthy immune function.*
- Apply **On Guard® Touch** to chest or feet when seasonal threats are high.
- Put 10 drop of **Oregano** in a 16-ounce spray bottle with water for a surface cleaner.
- Roll **Stronger®** or **On Guard® Touch** on bottom of feet and spine for extra immunity support.
- Apply one to two sprays of **On Guard® Sanitizing Mist** directly to hands; rub together until dry.



Immunity Kit

Cleaning Recipes

Toilet Bowl

To make your toilets sparkle, put ½ cup of baking soda, 10 drops of Melaleuca, and ¼ cup of white vinegar directly into the bowl. Scrub as the vinegar and baking soda react.

Countertops

Fill a spray bottle with water and add 20 drops doTERRA On Guard® to clean all countertops and surfaces. (Make sure each time you use it that you shake it well before spraying!)

Tub and Tile

Combine 1 cup white vinegar, 4 teaspoons castile soap, and 10 drops of Tea Tree and Eucalyptus in a glass spray bottle. Shake well, and spray generously on tub and tile. Allow to sit for 5–10 minutes and wipe clean.

Clean Up Spray

Fill a spray bottle with water and add 10 drops doTERRA On Guard® and 10 drops Tea Tree, plus 1 teaspoon liquid soap. Fill the rest with water. Use to clean all countertops and surfaces.

Immunity Kit

Roller and Diffuser Recipes

STRONG ALL SEASON

6 OnGuard
4 Frankincense
4 Tea Tree
6 Lemon
2 Oregano
10 ml bottle
FCO

Roll on bottom of feet and along spine to boost immune system.

SINUS STEAMER

2 Oregano
2 Tea Tree
2 Lemon
2 Peppermint

Pour hot water into a mug, add oils into the hot water. Cup your hands around the top of the mug, lower your face down to your hands and slowly inhale the steam deeply several times.

CLEAN THE AIR

3 Purify
3 Breathe®
3 Grapefruit

PROTECT & BREATHE

3 On Guard®
3 Breathe®

SUNNY DAY

3 Grapefruit
3 Wild Orange
3 Breathe®