



dōTERRA Household Shopping Checklist (USA)

Healthy Eating

- Vitamins- Life Long Vitality Pack, Children's a2z Chewable, Children's IQ Mega
- Digestive Enzymes- TerraZyme
- Probiotics- PB Assist, PB Assist Jr.
- Digestive Support- DigestZen Blend, Digest Tab DigestZen Softgels, Ginger Drops
- GI Cleansing- GX Assist
- Fruit & Veggie supplement- TerraGreens
- Empty gel caps for oils- Veggie Caps
- Metabolic Support- Slim & Sassy oil blend, gum, softgels
- Meal Replacement Shakes- TrimShakes

Women

- ClaryCalm
- Bone Nutrient
- Balance
- Phytoestrogen
- Clary Sage

Exercise

- Muscle & Joint Care-Deep Blue (Blend, Rub, Polyphenol Caps), Copaiba oil & Softgels, AromaTouch Blend, Marjoram
- Energy/pre-Workout - Mito2Max
- Cardiovascular- Breathe Vapor Stick, Breathe Blend, Peppermint Beadlets
- Natural Deodorant-Douglas Fir & Greek Orange, Balance
- Scrapes- Correct-X
- Bug Repellant- TerraShield Blend or Spray
- Seasonal Support- TriEase Softgels

Rest & Stress Management

- Diffuser
- Sleep- Serenity Blend, Serenity Softgels, Copaiba Softgels, Lavender
- Emotions- Emotional Aromatherapy oils, Elevation, Citrus Bliss, Balance, Adaptiv
- Yoga Collection

Self-Care: Body and Hair

- Fractionated Coconut Oil
- Protecting Shampoo
- Smoothing Hair Conditioner
- Root to Tip Serum
- Healthy Hold Glaze
- Refreshing Body Wash
- Exfoliating Body Scrub
- Hydrating Body Mist
- Replenishing Body Butter
- Unscented Hand & Body Lotion
- Citrus Bliss Hand Lotion
- Rose Hand Lotion
- Bath Bars-Moisturizing, Serenity, Citrus Bliss
- Detoxifying Mud Mask
- Lip Balms- Original, Tropical, Herbal
- OnGuard Mouthwash
- OnGuard Toothpaste

Skin Care

- Clear Skin- HD Clear System
- Natural Skin Care- Veráge Skin Care Collection
dōTerra Essential Skin Care Collection
- Facial Cleanser
- Pore Reducing Toner
- Tightening Serum
- Anti-Aging Eye Cream
- Immortelle Anti-Aging Eye Cream
- Exfoliating- Reveal Facial System
- Invigorating Scrub
- Brightening Gel
- Hydrating Cream

Immune/Detox Support

- OnGuard Blend
- OnGuard Beadlet
- OnGuard Softgels
- Zendocrine
- OnGuard Touch
- OnGuard Throat Drops
- Citrus oils
- DDR Prime

Cleaning with OnGuard

- OnGuard Sanitizing Mist
- OnGuard Foaming Hand Wash
- OnGuard Laundry Detergent
- OnGuard Concentrated Cleaner