



LLV IS GREAT VALUE!



NUTRIENT	AMOUNT PER SERVING	FOOD WITH THE NUTRIENTS = TO 30 DAY SUPPLY OF LLV
EPA	300 mg	132 oz of canned Tuna
DHA	300 mg	45 oz of canned Salmon
ALA	70 mg	37.5 cups of Brown Rice
SDA	20 mg	2 gallons of Chocolate Milk
Vitamin A	1200 mg	20 Winter Acorn Squash
Vitamin E	40.2 mg	30 cups of Almonds
Astaxanthin	1 mg	10 lbs of Salmon
Lutein + Zeaxanthin	4 mg	60 cups of Broccoli
Lycopene	1 mg	60 cups of Red Peppers (5lb)
Vitamin A	7000 IU	50 medium Carrots
Vitamin C	200mg	1 gallon of Orange Juice
Vitamin D3	88 IU	1000 Eggs
Vitamin K	20 mcg	15 cups of Blueberries
Folate	400 mcg	24 cups Edamame
Vitamin B12	10 mcg	75 cups of Swiss Cheese
Pantothenic Acid	10 mg	30 cups of Sunflower Seeds
Iron	6 mg	15 cups of Pumpkin Seeds
Zinc	15 mg	60 Oysters

Cost of dōTERRA Life Long Vitality Pack

\$79.50

Grocery Bill with LLV Equivalent Nutrients

\$900