

Lifelong Vitality in 4 Easy Steps

1

SELF ASSESSMENT (1 = NEVER 5 = ALWAYS)

- 1 2 3 4 5 My sleep is satisfying and I wake feeling rested
- 1 2 3 4 5 I live a life free of chronic aches and pains
- 1 2 3 4 5 I have strong immune function and resist getting sick
- 1 2 3 4 5 I am emotionally balanced and not stressed or anxious
- 1 2 3 4 5 I have energy and vitality throughout the day
- 1 2 3 4 5 My mental focus and memory are quick and sharp
- 1 2 3 4 5 My skin and hair are healthy and beautiful

2

ASK YOURSELF THE FOLLOWING QUESTIONS

- Would you like to improve your lower scores?
- How would your life change if these areas of your health improved?

3

BEGIN TAKING LLV FOR 30 DAYS

- Take 2 of each, 2x a day with morning and evening meals

4

REPEAT THE ABOVE SELF ASSESSMENT

- If you have **NOT** noticed any improvements, dōTERRA will give you your money back.

