



# Terrazyme

## Enzyme What it does

<b>Protease (Aspergillus)</b>	Breaks down Protein to Peptides and Amino Acids
<b>Papain (Papaya)</b>	Breaks down Protein
<b>Amylase (Aspergillus)</b>	Breaks down Carbohydrates, Starches, Sugars
<b>Lipase (Rhizopus)</b>	Breaks down Fats & Oils to be absorbed in the intestine
<b>Lactase(Aspergillus)</b>	Breaks down Lactose found in Milk Sugars
<b>Cellulase (Trichoderma)</b>	Breaks down Fruit & Vegetable Fibers
<b>Glucoamylase</b>	Breaks down Starch
<b>Sucrase (Saccharomyces)</b>	Breaks down Sucrose to Fructose and Glucose for energy
<b>Anti-Gluten Enzyme Blend (Aspergillus)</b>	Breaks down Gluten
<b>Alpha Galactosidase (Aspergillus)</b>	Breaks down Polysaccharide Sugars from legumes & cruciferous vegetables that can cause bloating and gas
<b>Betaine HCl</b>	Lowers gastric pH and balances stomach acid production

## Use for

- Healthy Digestion
- Metabolize processed foods
- Conversion of food nutrients to energy
- GI Comfort and food tolerance
- Production of Metabolic Enzymes

NEW  
PRODUCT

ALL ABOUT

## Mito2Max®

A proprietary blend of naturally sourced plant extracts, Mito2Max® Capsules provide an excellent source of antioxidants while also supporting the production of cellular energy.

A unique and powerful antioxidant blend.

Improves mental energy\*

Enhances stamina and efficient use of oxygen\*



Source of antioxidants that helps protect against and reduce the oxidative damage caused by free radicals.

Promotes efficient production of ATP in the mitochondria of cells. Supports healthy aging, immunity and libido. Has positive effects on mood, sleep and stress. Caffeine Free!

Can also help maintain cardiovascular health as well as support the production of cellular energy. Adults take two capsules daily with food.

Want to Explore  
Learn More  
About  
doTERRA's  
Supplements?



Book a FREE 1 Hour  
Wellness Consult  
with Deborah

visions@bell.net  
416.995.7404

www.Visionsinthewoods.com

doTERRA's  
Supplements  
for More Energy  
& Zen Moments!



www.Visionsinthewoods.com

# Smart Supplementation

Sadly we don't get the nutrients in our diet that we once did before the industrial age. In order for our bodies to function at their optimum and thrive, supplementation, especially as we age, is ultra important.

The following supplements are what I use and recommend to the people I work with. The foundation of Everything we build on. - Deborah

## lifelong vitality®

LLV is full of essential nutrients, metabolism benefits, and powerful antioxidants and is designed to promote energy, health, and vitality.



Bone health | Immune function | Stress management  
Cardiovascular health | Healthy hair, skin, and nails  
Eye, brain, nervous system | Liver function and digestive

There is a Vegan Option as well.

The quality and value are fantastic! doTERRA knows the impact they will have on our lives, so they offer a

**30 Empty Bottle Money Back Guarantee if you are not satisfied with how you feel after 30 Days!**

## Alpha CRS+®

### cellular vitality complex

Cells are the basic building block of all life. Healthy tissues, organs, and, ultimately, healthy organisms depend on our cells.

#### Benefits

- Supports healthy cell function by reducing oxidative stress to DNA and other critical cell structures\*
- Supports healthy response to oxidative stress in cells\*
- Energy and vitality\*
- Supports mental clarity and function\*
- Healthy tissues and organs\*
- Does not contain genetically modified material.



#### Directions

- Adults, take 4 capsules per day with food.
- Alpha CRS+ is formulated to be used daily with xEO Mega® and Microplex VMz®.

#### Why do we need Alpha CRS+?

As we age, cellular function can deteriorate and we gradually begin to experience decreased energy and performance.

## MicroPlex VMz®

### food nutrient complex

Microplex VMz® is a powerful food nutrient formula of vitamins and minerals. With this supplement, you can be sure your body gets the nutrients it needs.\*

#### Benefits

- Microplex VMz® contains 22 bioavailable vitamins and minerals that can support the normal growth, function, and maintenance of cells.\*
- Healthy metabolism\*
- Supports healthy immune function\*
- Supports healthy digestion\*
- Fights free radicals with the antioxidant vitamins A, C, and E\*



#### Directions

- Adults, take 4 capsules per day with food.
- Formulated to be used daily with xEO Mega® and Alpha CRS+®.

#### Why do we need Microplex VMz®?

The modern diet doesn't give our bodies the vitamins and minerals needed to function at their best.

## xEO Mega®

### essential oil omega complex

Omega fatty acids are great for joint, cardiovascular, and brain health.\* You can get all that goodness by supplementing your diet with xEO Mega®.\*

#### Benefits

- Marine and land sourced omega fatty acids and powerful essential oils, all to support your body.\*
- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides immune-boosting nutrients\*
- Supports healthy function of the brain, eyes\* and nervous system\*
- Promotes healthy skin\*



#### Directions

- Adults, take 4 capsules per day with food.
- Formulated to be used daily with Microplex VMz®, and Alpha CRS+®.

#### Why do we need xEO Mega®?

While some fatty acids can be produced inside the body, "essential" fatty acids cannot be produced by our bodies; therefore, we rely on the food & supplements to supply these important nutrients.

## PB ASSIST+®

### PROBIOTIC DEFENSE FORMULA

A powerful Probiotic Defense Formula that helps increase the number of good bacteria in the intestines, which are necessary for digestive health.

#### DESCRIPTION:

PB Assist+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double layer vegetable capsule.

It delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic that encourage friendly bacterial growth.

The time-release, double-capsule delivery system is designed to help protect the sensitive probiotic cultures from stomach acid.

PB Assist+ offers a unique, safe, and effective way to deliver the well-recognized digestive and immune system support benefits of probiotics.

#### BENEFITS:

- Promotes a positive balance and proliferation of beneficial bacteria.
- Maintains healthy intestinal microflora balance.
- Supports healthy functioning of the digestive and immune systems.
- Supports the health of the GI tract, particularly the intestines and colon.
- Helps support optimal metabolism and absorption of food.



Also Really Great for Travel! Shelf Stable, do not need to be refrigerated.