

DigestZen® DIGESTIVE BLEND

Available in 15mL, 10mL Touch®, Softgels, and Chewable Tablets

A AROMATIC T TOPICAL I INTERNAL N NEAT

DIGESTIVE + INTESTINAL SUPPORT

The digestive and intestinal systems, including the mouth, teeth, stomach, pancreas, liver, gallbladder, intestines, colon, and appendix, partner to transport, digest, and absorb food, and eliminate waste.

Other Top Essential Oil Recommendations:

- Cardamom
- Fennel
- Ginger
- PB Assist®+
- PB Restore™
- Peppermint
- Tamer (Kid's blend)
- TerraZyme®



DigestTab® Chewable Tablets
This combination of DigestZen® blend and calcium carbonate is designed to relieve occasional heartburn, sour or burning stomach, and acid indigestion.

BLEND OF:

- Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon, and Fennel essential oils.

AROMATIC DESCRIPTION:

- Spicy, Sweet, Minty, Licorice-like

COMMON USES:

- Take a softgel, add to water or veggie capsule, or apply on abdomen to ease feelings of queasiness and help reduce bloating, gas, and/or occasional indigestion.*
- **DigestZen® Softgels** are a convenient way to enjoy all the same internal use benefits this powerful blend has to offer.
- Have on hand when enjoying heavy meals to promote digestion and avoid discomfort later.*
- Take softgel or apply on abdomen to soothe occasional stomach discomfort when flying or on road trips.*
- Add to water or veggie capsule to maintain a healthy gastrointestinal tract.*
- Add 2 drops with 2 drops each **Grapefruit** + **Geranium** in veggie capsule to help relieve occasional gallbladder discomfort.*



DigestZen Touch® is great for use with kids or those with skin sensitivity or fragility. Apply Touch®, in clockwise motion, for soothing abdominal massage.

Directions For Use

A Use 3-4 drops in diffuser, place 1-2 drops in palms and inhale deeply, and/or apply on porous-type or diffusing jewelry.

T Apply 1-2 drops to areas of concern. Use **Touch®** or dilute with **dōTERRA® Fractionated Coconut Oil** to minimize sensitivity.

I Take 1-4 drops in liquid or veggie cap, or 1-2 softgels or tablets.*

NOTE: Possible skin sensitivity. Keep out of reach of children. If pregnant, nursing, or under a doctor's care, consult physician. Avoid contact with eyes, inner ears, and sensitive areas.

Tummy Roller Blends

10-15 drops **DigestZen®**
10-15 drops **Lavender**

Combine in 10mL roller bottle and top off with **Fractionated Coconut Oil**.

Apply around belly button and on bottoms of feet to settle upset stomach.

Learn More: *tiny.cc/doterradigestzen*

This information is the sole property of Wellness Tools, LLC, and is not to be used in any way that is not authorized under the governing Terms of Use or expressly permitted in writing.

©2023 Wellness Tools, LLC. All Rights Reserved.
All trademarks are owned by dōTERRA® Holdings, LLC

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.