

Immune & Respiratory Health

When it comes to health, people often measure their sense of wellness by the quality of their immune and respiratory function. More and more, the world has focused attention on these two important areas as paramount priority, especially when seasonal threats are high.

Doctors and consumers agree having solutions in the home and always on hand is an important part of any household's health and wellness strategy. dōTERRA's world-renowned On Guard® product formulations have earned their place on shelves in homes across the globe right alongside the ever-dependable Breathe® products as preferred first response solutions.

Breathe Easy



Breathe® Product Line:

- 15mL
- Touch
- Vapor Stick
- Respiratory Drops*





Additional Support:

- Air-X®*
- Cardamom*
- Cedarwood
- Eucalyptus
- Lime*
- Marjoram*
- Rosemary*
- Siberian Fir*
- TriEase®*

Steaming Hot Mug

- Lemon*
- Oregano*
- Peppermint*
- Tea Tree*

Add 2 drops each to a mug filled with hot water. Place a towel over your head and mug, forming a loose tent. Close your eyes and inhale slowly and deeply to open airways. Repeat as needed. Drink if desired.

No More Hacking

- Rosemary
- Lime
- Marjoram

Dilute and layer a few drops of each on chest to calm and promote clear and easy breathing.

Stay Protected



On Guard® Product Line:

- 15mL*
- Touch
- Beadlets*
- Softgels*
- Throat Drops*
- Chewable Tablets*
- Stick + Echinacea
- Toothpaste*
- Mouthwash*
- Foaming Hand Wash
- Hand Santizing Mist
- Hand Santizing Gel
- Sanitizing Wipes





Additional Support:

- Copaiba Softgels*
- Lemon*
- Oregano*
- Stronger
- Tea Tree
- Thyme
- Tulsi
- Turmeric Dual Chamber Capsules*

Immune Bomb Roller

- Frankincense
- Lemon
- On Guard®
- Oregano
- Tea Tree

Add 20 drops each oil to an empty 10mL roller bottle and fill the remainder with Fractionated Coconut Oil. Apply to bottoms of feet and spine as often as needed.

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