

Adaptiv™ Capsules

1. What are the dōTERRA Adaptiv™ Capsules?

dōTERRA Adaptiv™ Capsules are a food supplement with plant extracts and essential oils.

In a fast-paced, modern lifestyle, learning to slow down, notice the smaller things, and live with intention is an art and these capsules are designed to help you master it. Featuring Lavender, Coriander, Wild Orange, and Fennel oils, together with Buglossoides arvensis seed oil, Safflower, Saffron extract and Gamma aminobutyric acid (GABA), each dose works to quiet the noise and offers a perfect balance of clinically researched botanicals. Are you ready to begin living in the moment?

2. What are the benefits of dōTERRA Adaptiv™ Capsules?

- May help promote a sense of calm and positive feelings.
- Can support mood and improve the state of mind.
- Formulated for the user to adapt to new surroundings.
- Encourages moments of relaxation and supports cognitive clarity.

3. What key ingredients feature in dōTERRA Adaptiv™ Capsules?

- Essential Oil Blend of Lavender, Coriander, Wild Orange, Fennel.
- Buglossoides arvensis seed oil
- GABA (gamma-aminobutyric acid).
- Saffron Extract.
- Safflower Seed Oil.

4. What's inside dōTERRA Adaptiv™ Capsules?

Buglossoides arvensis seed oil, Gamma aminobutyric acid, Capsule (Hydroxypropyl methylcellulose), Bulking agent (Safflower (Carthamus tinctorius) seed oil), Thickener (Mono and diglycerides of fatty acids), Lavender (Lavandula angustifolia) flowering tops oil, Coriander (Coriandrum sativum) seed essential oil, Wild orange (Citrus sinensis) peel essential oil, Saffron (Crocus sativus) stigmas extract, Fennel (Foeniculum vulgare) seed essential oil, Colour (Carrot concentrate), Anti-oxidant (d-alpha Tocopherol).

5. Who is it for?

For individuals who want to restore mental resilience and alleviate unease in the mind and body through practical lifestyle changes.

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6. What products complement dōTERRA Adaptiv™ Capsules?

The capsules pair well with foundational essential like the Wellness Made Simple Bundles and core dōTERRA products:

- VMG+™
- EO Mega+™
- dōTERRA PB Restore™
- dōTERRA Adaptiv™ (15 ml) or dōTERRA Adaptiv™ Touch (10 ml)
- dōTERRA Serenity™ (15 ml) or dōTERRA Balance™ (15 ml)

7. What are the main differences between U.S and the European formula?

Sceletium Tortuosum (Zembrin) and Candelilla Wax are not present in the European formula. Instead, we use Saffron Extract and Glycerol Fatty Acids (stearic acid).

US Formula	EU Formula
dōTERRA Adaptiv™ Calming Blend	dōTERRA Adaptiv™ Calming Blend
Ahiflower Seed Oil	Ahiflower Seed Oil
GABA (gamma-aminobutyric acid)	GABA (gamma-aminobutyric acid)
Zembrin	Saffron Extract

8. What essential oils feature in the dōTERRA Adaptiv™ Capsules?

The essential oils in the capsules are intentionally different from dōTERRA Adaptiv™ Calming Blend for better efficacy:

dōTERRA Adaptiv™ Capsules

- Lavender, Coriander, Wild Orange, Fennel

dōTERRA Adaptiv™ Calming Blend (15 ml & 10 ml Touch)

- Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, Sweetgum

9. How many “drops” of oil does each capsule contain?

Each capsule contains **80 mg** of the essential oil blend, which equates to roughly 1.5 drops per capsule.

10. Why are dōTERRA Adaptiv™ Capsules purple?

Europe's dōTERRA Adaptiv™ Capsules use a naturally purple capsule, which helps to protect the ingredients from light to maintain their integrity.

11. Are dōTERRA Adaptiv™ Capsules vegan-friendly?

Yes. The capsules contain no animal-derived ingredients.

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12. Do dōTERRA Adaptiv™ Capsules contain any allergens?

No. The capsules are free from GMOs, Gluten, Dairy, and Soy. for targeted delivery to your body.

13. When should I take dōTERRA Adaptiv™ Capsules?

Take 1 capsule daily.

- Use before an overwhelming situation (e.g., a big presentation, or facing a large to-do list).
- Take daily as needed if you're experiencing consistent challenges.