

# xEO Mega®

## Essential Oil Omega Complex

### PRODUCT DESCRIPTION

dōTERRA xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and a proprietary blend of marine and land-sourced omega fatty acids. Omega fatty acids help support joint, cardiovascular, and brain health, and support healthy immune function.\* A daily dose of xEO Mega provides 950 milligrams of marine lipids (providing 300 mg of EPA, 300 mg of DHA, and 55 mg of other omega 3s), and a blend of 210 mg of plant-sourced fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 20 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid\* harvested from microalgae. xEO Mega is encapsulated in a vegetarian-friendly softgel.

### CONCEPT

Essential Fatty Acids (EFAs) are nutrients required for many key functions in the human body, including cell growth, brain development, muscle activity, immune function, joint health, and many others.\* 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 we eat to supply these important nutrients.

The most common of the essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests that for optimal health, humans should consume a one-to-one ratio of omega-6 to omega-3 essential fatty acids. Unfortunately, due to the abundance of omega-6 fatty acids in vegetable oils and our increasing consumption of fried and fatty foods, a typical Western diet includes omega-6 fatty acids in a ratio as high as 20 to 1! While our diets must include some omega-6 fatty acids as essential nutrients for life, the disproportionate consumption of omega-6 fatty acids and other unhealthy hydrogenated or trans fats has been linked to poor health. Studies also link low intake of omega-3 fatty acids to reduced mood and cognitive function.

Conversely, there is an enormous body of scientific evidence supporting the health benefits of increasing the dietary intake of omega-3 fatty acids. Studies have shown that increasing omega-3 fatty acid consumption has a positive effect on cardiovascular health and brain function, and promotes healthy immune function.\* Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health and mobility, and skin health.\*



**CONCEPT (CONTINUED)**

Restoring the balance between omega-3 and omega-6 fatty acids is an important step in keeping your body healthy. This can be done by decreasing your intake of unhealthy foods high in omega-6 fatty acids and increasing your intake of foods that are rich in omega-3 fatty acids. Fish is an excellent source of dietary omega-3 fatty acids, but omega-3s can also be found in canola oil and the oils of some nuts and seeds. Because of growing anxiety over the levels of toxins and heavy metals present in the world's oceans, daily fish consumption as a source of omega-3 fatty acids is not acceptable to some consumers. In fact, many nutritional experts warn against frequent fish consumption to prevent exposure to these toxic pollutants. One daily dose of xEO Mega® provides 950 milligrams of pure, micro-filtered marine lipids with 300 mg of EPA, 300 mg of DHA, and 55 mg of other omega-3s. Added to this is 200 mg of plant-based, omega-3 rich, Echium seed oil, along with 10 mg of pomegranate seed oil.

**CPTG Certified Pure Therapeutic Grade® Essential Oils**

xEO Mega also contains a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade essential oils that work in harmony with the omega-3 fatty acids in xEO Mega. Clove oil and the constituent thymol in Thyme oil are powerful antioxidants that work to enhance the overall efficacy of xEO Mega by delivering protection against oxidation.\* The essential oil blend also supports healthy cellular response to oxidative stress and healthy immune function and has digestive calming effects,\* which makes taking xEO Mega as pleasant as it is healthful. The essential oils in xEO Mega also function as a natural preservative system that protects the omega-3 fatty acids and lipid-soluble vitamins from oxidizing and going rancid.

**Marine-Sourced Oils**

dōTERRA® uses the best quality marine omega-3 oils in the world. Both oils are from top Norwegian manufacturers, every single batch is tested for over 250 contaminants,

and both oils are certified sustainable by the prestigious Friend of the Sea organization in Europe. dōTERRA is one of the first companies to utilize calamari oil. Calamari oil is very high in DHA, and—because calamari is low in the food chain—it's extremely clean. Also, Calamari is abundant in the oceans. In fact, populations have been exploding in the last 20 years—making this oil a very sustainable source.

**Echium Seed Oil**

xEO Mega delivers a unique source of land-based oils derived from the Echium (*Echium plantagineum*) seed. Our cold-pressed Echium seed oil provides a concentrated source of both ALA and SDA, which the body can convert more easily to EPA. Both ALA and SDA promote cardiovascular health.\* ALA and SDA are produced by many plants, but because of the low amount of vegetables consumed in the standard American diet, they are often not consumed in adequate amounts. Our Echium seed oil also delivers GLA, which may help support the health of joints, lungs, and the nervous system.\*

**Astaxanthin and Vitamin E**

Omega-3 fatty acids are important for circulatory and brain health.\* The brain is made up of essential lipids that, as with the free lipids traveling in the circulatory system, are prone to degradation through free-radical oxidation. xEO Mega includes the powerful antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and throughout the circulatory system.\* Astaxanthin has been clinically shown to provide powerful antioxidant and circulatory benefits, support eye health, improve muscle strength and endurance, aid the liver and digestive system, support skin health, and promote healthy immune function.\*

The astaxanthin used in xEO Mega is a standardized extract of microalgae cultivated in a pure water system and activated by light. In response to exposure to light, the microalgae produces astaxanthin as a defense mechanism against oxidation. The microalgae changes from a light green to a deep crimson red. The astaxanthin is then extracted from the microalgae,

microfiltered, and standardized for potency. The astaxanthin is coupled with natural vitamin E to provide additional circulatory and systemic benefits as powerful antioxidant additions to the antioxidant essential oils in xEO Mega®.\*

### **Vitamin D**

xEO Mega also includes 800 IU of natural vitamin D. Vitamin D is a fat-soluble vitamin present in a limited number of foods such as fish, beef liver, cheese, egg yolks, and fortified dairy products. It can also be synthesized in the body when triggered by exposure to sunlight. Vitamin D plays an essential role in bone health and growth.\* As with the omega-3 fatty acids in xEO Mega, vitamin D also plays an important role in promoting healthy immune function and a healthy response to oxidative stress.\*

### **xEO Mega Essential Oil Omega Complex**

xEO Mega is a revolutionary approach to supplementing our diets with omega-3 fatty acids and other fat-soluble nutrients that help support circulatory health, brain health\* and optimal immune function among many other systemic benefits.\* This unique formula of lipid-soluble nutrients is packaged in small, vegetarian-friendly softgels. xEO Mega is formulated to be used daily with Microplex MVp™ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.\*

### **PRIMARY BENEFITS**

- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides important modulating nutrients for healthy immune function\*
- Protects against lipid oxidation and supports healthy function of the brain, eyes\* and nervous system\*
- Promotes healthy skin\*
- Delivers 950 mg of pure, concentrated, molecularly filtered fish oil with 300 mg of EPA and 300 mg of DHA per daily serving, and 55 mg of other omega-3's
- Provides a wide range of omega-3 fatty acids including EPA, DHA, ALA\* and SDA from marine and plant sources to help maintain a healthy balance of these vital nutrients\*

- Includes a clinically-substantiated microalgae carotenoid extract of pure astaxanthin
- Formulated with a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile
- Includes 800 IU of natural vitamin D and 20 IU of natural vitamin E
- Does not contain milk or wheat products
- Specially formulated to be used daily with Microplex MVp as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness\*

### **STORAGE:**

Sunlight and other light sources can oxidize carotenoids if not stored in a dark, cool, dry environment.

### **DIRECTIONS FOR USE**

Adults, take 4 softgels per day with food. xEO Mega is formulated to be used daily with Microplex MVp. Both products can be found in one convenient pack—Daily Nutrient Pack.

### **FAQS**

Q: Does xEO Mega need to be refrigerated?

A: xEO Mega is designed to be stable at room temperature throughout its shelf life. However, refrigeration is recommended to extend shelf life, or to maximize the potency of the fragile omega-3 fatty acids.

Q: Does xEO Mega need to be taken with food?

A: xEO Mega should always be taken immediately before or right at the beginning of a full meal.

Q: Is there a vegetarian version of xEO Mega (no fish)?

A: xEO Mega is available for those that do not wish to consume any animal-sourced ingredients.

\* 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.

Q: Can my kids take xEO Mega® instead of the IQ Mega®?

A: xEO Mega is safe for children and the dose can be cut in half. However, IQ Mega provides a higher dose of omega-3 fatty acids, which are critically important for the development years.

Q: If I take the IQ Mega®, do I need to take xEO Mega too?

A: No, one or the other should be sufficient.

Q: What fish is utilized in the Marine Omega blend and what is the country of origin?

A: Though the fishing ground may vary, the Marine Omega blend comes primarily from anchovy, sardine, and mackerel from the waters off the coast of Peru. The calamari comes from Norway.

Q: Why do I need the Marine and Land Omega blends?

A: Each provides reliable and consistent sources of omega-3 fatty acids. The body can convert ALA and SDA (land based) into EPA and DHA; however, this conversion is variable among different individuals. EPA and DHA are extremely important to every cell in our body,\* and marine\* based oils deliver a concentrated source of these important omega-3 fatty acids. With xEO Mega you get the benefits of both land and sea, with its multi-targeted approach to improving the internal balance of these vital nutrients.\*

## COMPLEMENTARY PRODUCTS

- Microplex MVp™
- Deep Blue Polyphenol Complex™
- Mito2Max®
- PB Assist® +

## KEY STUDIES

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Connor, W. E. "Importance of N-3 Fatty Acids in Health and Disease." *The American Journal of Clinical Nutrition* 71.1 Suppl (2000): 171S–5S.

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Horrobin, D. F. "Loss of Delta-6-Desaturase Activity as a Key Factor in Aging." *Medical Hypotheses* 7.9 (1981): 1211–1220.

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Stough, Con et al. "The Effects of 90-Day Supplementation with the Omega-3 Essential Fatty Acid Docosahexaenoic Acid (DHA) on Cognitive Function and Visual Acuity in a Healthy Aging Population." *Neurobiology of Aging* 33.4 (2012): 824.e1–3.

## Supplement Facts

Serving Size: Four (4) Softgels  
Servings per Container: 30

	Amount Per Serving	% Daily Value*
<b>Calories</b>	15	
Calories from Fat	15	
<b>Total Fat</b>	1.5 g	2%
<b>Cholesterol</b>	5 mg	2%
<b>Vitamin A</b> (as Alpha and Beta Carotene)	2000 IU	40%
<b>Vitamin D<sub>3</sub></b> (as Natural Cholecalciferol)	800 IU	200%
<b>Vitamin E</b> (as d-α & Natural Mixed Tocopherols)	20 IU	70%
<b>Fish Oil &amp; Calamari Oil Concentrates</b>	950 mg	**
EPA (Eicosapentaenoic Acid)	300 mg	**
DHA (Docosahexaenoic Acid)	300 mg	**
Other Omega 3's	55 mg	**
<b>Echinium plantagineum Seed Oil</b>	200 mg	**
ALA (Alpha Linolenic Acid)	50 mg	**
SDA (Stearidonic Acid)	20 mg	**
GLA (Gamma Linolenic Acid)	16 mg	**
<b>Pomegranate Seed Oil</b>	10 mg	**
<b>ASTAPURE®† Astaxanthin</b>	1 mg	**
<b>Lutein</b> (from Marigold Flower)	3 mg	**
<b>Zeaxanthin</b> (from Marigold Flower)	0.6 mg	**
<b>Lycopene</b> (from Tomato Fruit)	1 mg	**
<b>CPTG® Essential Oil Blend:</b>	120 mg	**
Clove Bud, Frankincense Resin, Thyme Leaf, Cumin Seed, Wild Orange Peel, Peppermint Plant, Ginger Root, Caraway Seed, German Chamomile Flower		
*Percent Daily Values are based on a 2000 calorie diet		
**Daily Value not established		

**Other Ingredients:** Non-GMO Food Starch, Glycerin, Purified Water, Maltitol, Carrageenan, Tomato Fruit Extract, Turmeric Root Extract  
**Directions for use:** Take 4 softgels per day with food.

**Contains:** Soy and Fish (anchovy, sardine, & mackerel)

**Note:** Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing.

Store in a dark, cool, dry place. Manufactured in the U.S.A. exclusively for dōTERRA Int'l, LLC, Pleasant Grove, UT 84062 1-800-411-8151  
†Registered trademark of Algatechnologies, Ltd.

\* 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.