

dōTERRA Lifelong Vitality Pack®

PRODUCT DESCRIPTION

The dōTERRA Lifelong Vitality Program makes taking the first step on the path toward a lifetime of vitality and wellness convenient and affordable. The three core products of the dōTERRA Lifelong Vitality Program—Alpha CRS®+, xEO Mega®, and Microplex MVp®—are formulated to provide you with targeted levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.

Our lifelong health and vitality depend on many factors, including diet, physical activity, weight management, rest, stress management, exposure to toxins, and inherited genetic predisposition for disease or wellness. While some of these variables are beyond our complete control, breakthrough scientific research is revealing many ways we can influence—and even control—significant factors of aging and wellness. A long life full of vitality and healthy aging begins with essential nutrients and metabolic factors to help achieve optimal performance.



PRIMARY BENEFITS

- General wellness and vitality
- Antioxidant protection
- Energy metabolism
- Bone health
- Immune function
- Healthy hair, skin, and nails
- Gentle on stomach
- Does not contain genetically modified material; dairy-free

KEY INGREDIENTS

- Powerful blend of Baicalin, Boswellic Acids, Silymarin, Resveratrol, Curcumin, and Proanthocyanidins
- Potent levels of metabolic factors of energy and performance: Coenzyme Q10, Quercetin, Acetyl L-Carnitine, Alpha-Lipoic Acid and Ginkgo biloba
- CPTG® essential oil blend of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile
- Proprietary omega fatty acid blend of marine- and plant-based oils
- Balanced blend of bioavailable vitamins and patented chelated minerals for maximum absorption
- Additional carotenoid antioxidant protection from Lutein, Lycopene, natural Alpha and Beta Carotene, Astaxanthin, and Zeaxanthin
- dōTERRA's tummy tamer blend of herbs

To learn more about the features and benefits of the products contained in the dōTERRA Lifelong Vitality Pack®, refer to the individual product information pages found on doterra.com/sg.

CUSTOMIZE AND SAVE

Customize your kit by choosing up to three of the following targeted supplement products at significant savings when you order the dōTERRA Lifelong Vitality Pack on a Loyalty Rewards Order.

- Microplex MVp®
- xEO Mega®
- Mito2Max®
- DigestZen® TerraZyme®
- Deep Blue Polyphenol Complex®
- PB Assist+®



Microplex MVp® Natural Nutrient Complex

Made with vegetable capsules

PRODUCT DESCRIPTION

dōTERRA Microplex MVp Natural Nutrient Complex is a balanced formula of bioavailable vitamins and minerals that may supplement possible deficiencies in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins. Also contained in the formula are calcium, magnesium, and zinc for optimal bone and metabolic health. Microplex MVp contains the dōTERRA Tummy Tamer botanical blend of Peppermint, Ginger, and Caraway to maintain health of the stomach. This formula is encapsulated using vegetable capsules, and does not contain wheat or dairy products.

CONCEPT

Though diets in the United States and in many developed countries include adequate and even an overabundance of calories, poor food choices may cause nutritional gaps. Some nutritional supplement manufacturers may add many times the amount of vitamins and minerals to their products. In reality, more does not always offer additional benefits and the excess is simply unused by the body. Microplex MVp is a balanced, high-quality supplement formulated to provide the essential nutrients to support optimal vitality and wellness.

Microplex MVp is a comprehensive array of vitamins and minerals that are essential for the maintenance of healthy cells. Microplex MVp provides a balanced blend of essential antioxidant vitamins A, C, and E; an energy complex of B vitamins; and 800 IU of vitamin D. It also contains readily absorbable forms of important minerals for metabolism and the essential bone nutrients calcium, magnesium, and zinc.

CHELATED MINERALS

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. Vitamin D and vitamin C help the absorption of particular minerals (Ca, Mg, Fe, Cr) therefore they could be more beneficial to the body in combined form. For example, many of the minerals in Microplex MVp® have been combined with amino acids to create complexes known as chelated minerals.

MICROPLEX MVP NATURAL NUTRIENT COMPLEXES

dōTERRA Microplex MVp is a high quality natural vitamin and mineral supplementation. In addition to everything mentioned above, it also contains the dōTERRA Tummy Tamer blend of Peppermint, Ginger, and Caraway botanical extracts to help calm the stomach, a blend of wholesome vegetables, and a unique blend of polyphenols. This unique formula is encapsulated in vegetable capsules, and does not contain wheat or milk products.



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PRIMARY BENEFITS

- Provides 22 essential, and highly absorbable, vitamins and minerals to support normal maintenance of cells
- Specifically designed to provide the right amounts of nutrients using the latest nutritional science
- Fights free radicals with the antioxidant vitamins A, C, and E
- Supports metabolism
- Supports bones with calcium, magnesium, zinc, and vitamin D
- Supports immune function
- Supports digestion
- Provides vitality and wellness associated with optimal intake of essential nutrients
- Provides a balanced blend of essential antioxidant vitamins A, C, and E; an energy complex of B vitamins and 800 IU of vitamin D
- Delivers a unique blend of polyphenols from a variety of healthy fruits and vegetables, including resveratrol, grape, citrus, and pomegranate
- Includes a balanced blend of highly absorbable minerals including calcium, magnesium, zinc, selenium, copper, manganese, chromium, and other minerals
- Includes a whole-food botanical extract blend of kale, dandelion, parsley, spinach, broccoli, cabbage, and brussels sprout
- Contains natural vitamin E tocopherols and tocotrienols
- Includes the dōTERRA Tummy Tamer digestive blend of Peppermint, Ginger, and Caraway
- Made with vegetable capsules; does not contain milk or wheat products
- Specially formulated to be used daily with xEO Mega® as a comprehensive dietary supplement foundation

DIRECTIONS FOR USE

Adults, take up to 4 capsules per day with food; maximum of 4 capsules per day.

Consult a healthcare professional prior to use if you are taking a blood thinner such as Warfarin.

FAQs

Q: Can this product be considered non-GMO and gluten-free?

A: Microplex MVp is free of genetically modified material and does not contain gluten.

Q: What does Microplex MVp stand for?

A: Microplex is a combination of “micronutrient” and “complex.” MVp stands for minerals and vitamins with polyphenols.

Q: Can this formula be considered a whole food supplement?

A: Microplex MVp contains simple vitamins and minerals that are known to be required for health. What is most important about simple nutrients is that they be bioavailable. We have sourced vitamins and minerals that have been shown by scientific research to optimize bioavailability in the body.

Q: Is this product halal certified?

A: Yes, this is certified through IFANCA.

Supplement Facts

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

Amount Per Serving		% DV
Calcium (as Malate, Carbonate and Ascorbate)	300 mg	30%
Magnesium (as Malate, Carbonate and Ascorbate)	150 mg	37%
Vitamin C (as Calcium Ascorbate and Magnesium Ascorbate)	200 mg	333%
Vitamin E (as D-Alpha Tocopherol Acetate, Natural Mixed Tocopherols and Tocotrienols)	55 IU	183%
Zinc (as Bis-Glycinate Chelate)	15 mg	100%
Vitamin A (as Retinyl Palmitate, Alpha Carotene and Beta Carotene)	4700 IU	94%
Iron (as Bis-Glycinate Chelate)	6 mg	33%
Vitamin D₃ (as Natural Cholecalciferol)	800 IU	200%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B₆ (as Pyridoxine HCL)	3 mg	150%
Vitamin K (as Menaquinone and Phytonadione)	60 mcg	75%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Selenium (as Selenomethionine and Glycinate)	70 mcg	100%
Copper (as Bis-Glycinate Chelate)	500 mcg	25%
Riboflavin	4 mg	235%
Thiamin (as Thiamin Mononitrate)	3 mg	200%
Biotin	30 mcg	10%
Manganese (as Bis-Glycinate Chelate)	500 mcg	25%
Folate (from Natural Lemon (Citrus Limon) Peel Extract)	200 mcg	50%
Chromium (as Nicotinate Glycinate Chelate)	50 mcg	42%
Iodine (as Potassium Iodide)	75 mcg	50%
Vitamin B₁₂ (as Methylcobalamin)	12 mcg	200%
Polyphenol Blend:	160 mg	**
Grape (Vitis Vinifera) Seed Extract, Quercetin (from Sophora Japonica), Rutin (from Sophora Japonica), Pomegranate Extract, Citrus Fruit Polyphenol Extract, Resveratrol (from Polygonum Cuspidatum), Pterostilbene (from Indian Kino Tree (Pterocarpus marsupium) Wood Extract)		
Whole Foods Blend:	70 mg	**
Kale (Brassica Oleracea Acephala) Leaf Extract Powder, Dandelion (Taraxacum Officinale) Leaf Powder, Parsley (Petroselinum Crispum) Leaf Powder, Spinach (Spinacia Oleracea) Leaf Powder, Broccoli (Brassica Oleracea Italica) Aerial Parts Powder, Cabbage (Brassica Oleracea Capitata) Leaf Powder, Brussels Sprout (Brassica Oleracea Gemmifera) Immature Inflorescences Powder		
Tummy Tamer Extract Blend:	30 mg	**
Ginger (Zingiber Officinale) Root Extract, Peppermint (Mentha Piperita) Leaf Extract, Caraway (Carum Carvi) Seed Extract		
** Daily Value (DV) not established.		

Other Ingredients: Vegetable Hypromellose, Microcrystalline Cellulose, Vegetable Fatty Acid, Silica



dōTERRA®



xEO Mega®

Essential Oil Omega Complex

PRODUCT DESCRIPTION

dōTERRA xEO Mega Essential Oil Omega Complex is a unique formula of CPTG® 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 900 milligrams of marine lipids (providing 300 mg of EPA, 300 mg of DHA, and 70 mg of other omega 3s), and a blend of 250 mg of plant-sourced fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 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 their availability, a typical modern diet includes omega-6 fatty acids in an approximate ration of 20:1! 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.



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CPTG®

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 900 milligrams of pure, micro-filtered marine lipids with 300 mg of EPA, 300 mg of DHA, and 70mg of other omega-3s. Added to this is 200 mg of plant-based, omega-3 rich, Echium seed oil, along with 50 mg of pomegranate seed oil.

CPTG®

xEO Mega also contains a proprietary blend of dōTERRA® CPTG 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 fish oils are tested for over 250 contaminants, and both oils are certified sustainable by the prestigious Friend of the Sea organization in Europe.

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. 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.

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 antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and throughout the circulatory system. Astaxanthin provides antioxidant and circulatory benefits, supports eye health, improves muscle strength and endurance, aids the liver and digestive system, supports skin health, and promotes 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 immune-boosting nutrients
- Protects against lipid oxidation and supports healthy function of the brain, eyes, and nervous system
- Promotes healthy skin
- Delivers 900 mg of pure, concentrated, molecularly filtered fish oil with 300 mg of EPA and 300 mg of DHA per daily serving, and 70 mg of other omega-3s
- 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 the powerful antioxidant carotenoid, astaxanthin
- Formulated with a proprietary blend of dōTERRA® CPTG® essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange,

Peppermint, Ginger, Caraway, and German Chamomile

- Includes 800 IU of natural vitamin D and 60 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 up to 4 capsules per day with food; maximum of 4 capsules per day. 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: vEO Mega® is available for those that do not wish to consume any animal-sourced ingredients.

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.

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.

Q: Is this product halal certified?

A: Yes, this is certified through IFANCA.

COMPLEMENTARY PRODUCTS

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

KEY STUDIES

Ambati, Ranga Rao et al. "Astaxanthin: Sources, Extraction, Stability, Biological Activities and Its Commercial Applications--a Review." *Marine Drugs* 12.1 (2014): 128–152.

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Acids and Human Brain." *Acta Neurologica Taiwanica* 18.4 (2009): 231–241.

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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Pan A, Chen M, Chowdhury R, et al. "α-Linolenic acid and risk of cardiovascular disease: a systematic review and meta-analysis." *The American Journal of Clinical Nutrition*. 2012;96:1262-1273.

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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Minihane AM. "Fish oil omega-3 fatty acids and cardio-metabolic health, alone or with statins." *European Journal of Clinical Nutrition*. 2013;67:536-540.

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Supplement Facts

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

	Amount Per Serving	% Daily Value*
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%
Cholesterol	5 mg	2%
Omega-3 Fatty Acids	670 mg	**
from Anchovy, Mackerel and Sardine oils		
Echium (Echium Plantagineum) Seed Oil	200 mg	**
Vitamin E as d-Alpha Tocopherol (48 IU) and Mixed Alpha Tocopherol (12 IU)	60 IU	200%
Lycopene from Tomato (Solanum Lycopersicum) Fruit	1 mg	**
Lutein from Marigold (Tagetes Erecta) Petals	3 mg	**
Astaxanthin (Haematococcus Pluvialis)	1 mg	**
Pomegranate Seed Oil	50 mg	**
Vitamin A as Beta Carotene from Blakeslea Trispora	2000 IU	40%
Zeaxanthin from Marigold (Tagetes Erecta) Petals	1 mg	**
Vitamin D₃ (Cholecalciferol)	800 IU	200%

*Percent Daily Values are based on a 2000 calorie diet

**Daily Value not established

Other Ingredients: Non-GMO Modified Corn Starch, Glycerin, Carrageenan, Maltitol, Purified Water, Essential Oil Blend [Clove (Eugenia Caryophyllus) Bud Oil, Frankincense (Boswellia Carterii) Oil, Thyme (Thymus Vulgaris) Oil, Cumin (Cuminum Cyminum) Seed Oil, Wild Orange (Citrus Sinensis) Peel Oil, Peppermint (Mentha Piperita) Oil, Ginger (Zingiber Officinale) Root Oil, Caraway (Carum Carvi) Seed Oil, German Chamomile (Matricaria Chamomilla) Flower Oil], Natural Lemon Flavor Polish

Directions for use: Take 4 softgels per day with food.

Contains: Soy and Fish

Caution: 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.

Lot/Best Before: See bottom of bottle

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Alpha CRS®+ Cellular Vitality Complex

Made with SLS-free vegetable capsules

PRODUCT DESCRIPTION

dōTERRA Alpha CRS+ Cellular Vitality Complex is a proprietary formula combining potent levels of natural botanical extracts that support healthy cell function with important metabolic factors of cellular energy. Alpha CRS+ is formulated to be used daily with xEO Mega® or vEO Mega® and Microplex MVp® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

CONCEPT

Cells are the basic building blocks of all life. Healthy tissues, organs, and, ultimately, healthy organisms depend on cellular reproduction and specialized function, energy production, and timely cell death when cells are not functioning at optimal levels. As we age, cellular function can deteriorate and we gradually begin to experience decreased energy and performance.

Additionally, cellular stressors, including oxidative stress to cellular DNA and other key cell structures, challenge cellular health. Providing cells with essential nutrients and metabolic factors of cellular energy and protecting our cells from toxic stressors supports healthy cell function, vitality, and wellness.

DNA and Cellular Function

The human body is made up of millions of specialized cells that are in constant communication with each other through complex chemical pathways. All activity in and between cells is regulated by the DNA in the nucleus of each cell. Healthy cells reproduce, perform specialized functions, and set in motion a sequence of self-destruction when their usefulness declines, making way for new, healthy cells. If cellular DNA or other critical cell structures are damaged, this process of renewal can be compromised.

Mitochondria and Cellular Energy

DNA also regulates the proliferation of mitochondria in cells. Mitochondria are cellular structures in which oxygen and food nutrients are metabolized to create energy for life. Healthy mitochondria function like well-tuned engines, producing efficient power with less exhaust (metabolic waste). As we age, the number and efficiency of cellular mitochondria can decrease, resulting in decreased energy and performance. Unhealthy mitochondria also put out more toxic exhaust in the form of free-radical molecules that can damage cellular DNA, setting off a cascading oxidative chain reaction that can damage critical cell structures and disrupt healthy cell function.



Free-radical Molecules

Free-radical molecules are unstable molecules with one or more unpaired electrons. When free-radical molecules come in contact with stable molecules, they steal electrons from them turning stable molecules into unstable free-radical molecules that, in turn, steal electrons from other stable molecules. This cascading process of free-radical damage is called oxidation. Free-radical damage to cells can come from external and internal sources, but the primary free-radical or oxidative stress to cellular DNA comes from cellular metabolism of energy. When cellular DNA and other critical cell structures are damaged by free-radical molecules, cells do not function optimally.

Antioxidants and Polyphenols

Cells are equipped to defend against oxidative damage by employing electron-rich molecules called antioxidants to neutralize free-radical molecules. Cells use antioxidants derived from the foods we eat and manufacture other antioxidants to keep oxidative stress in check. Reducing oxidative damage to cellular DNA and other important cell structures will support healthy cell function. Antioxidants are found in great variety and abundance in plants and are plentiful in colorful fruits and vegetables. Polyphenols are a particularly powerful group of antioxidants that provide protection against free-radical damage to cellular DNA. They have a very high capacity (Oxygen Radical Absorbance Capacity or ORAC) to neutralize free-radical molecules and have been studied for a number of longevity health benefits.

Endogenous Antioxidant Protection

The antioxidants we consume in food are called exogenous antioxidants. The body is also capable of creating other antioxidants called endogenous antioxidants. Endogenous antioxidants often have very short life cycles and are used very rapidly in metabolic processes. In addition to providing exogenous antioxidant protection against free-radical damage to cells, polyphenols also support the endogenous production and recycling of antioxidants made in the body.

Healthy Oxidative Stress

Left unchecked, exposure to high levels of free radicals can leave the body more vulnerable to

the oxidative damage of free radical molecules. Lowering oxidative stress in cells can help maintain healthy cellular function. Certain food nutrients also have been demonstrated to help the body recover from occasional high exposure to free radicals.

Alpha CRS®+ Cellular Vitality Complex

dōTERRA Alpha CRS+ Cellular Vitality Complex is a proprietary dietary supplement formulated with potent levels of powerful polyphenols that support healthy cell function by providing antioxidant protection to cellular DNA and other critical cell structures. The polyphenol blend found in Alpha CRS+ includes concentrated extracts of baicalin from scutellaria root, resveratrol from Polygonum cuspidatum, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle to support the body's internal production of endogenous antioxidants such as glutathione.

The blend also includes a proprietary blend of boswellic acid and bromelain protease enzyme that support healthy cellular function.

Alpha CRS+ also includes a cellular energy blend of important metabolic factors of cellular energy, including coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine. Alpha CRS+ also includes a botanical extract of Ginko biloba to help support mental clarity and energy. Combining potent levels of polyphenol antioxidants with metabolic factors of cellular energy production not only supports healthy proliferation of mitochondria in cells, it also supports efficient energy production and management of free-radical by-products of energy metabolism.

Alpha CRS®+ is formulated to be used daily with xEO Mega® or vEO Mega® and Microplex MVp® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness. Coupled with dōTERRA CPTG® essential oils and a commitment to the dōTERRA Wellness Lifestyle of eating right, exercising, resting and managing stress, reducing toxic load, informed self care, and proactive health care, Alpha CRS+ will help support you and your goals to look, feel, and live younger.

PRIMARY BENEFITS

- Supports healthy cell function by reducing oxidative stress to DNA and other critical cell structures
- Supports healthy response to oxidative stress in cells
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production
- Supports healthy cellular immune function
- Supports mental clarity and brain function
- Contains a proprietary antioxidant cellular longevity blend exclusive to dōTERRA that includes potent amounts of powerful polyphenols including baicalin from scutellaria root, resveratrol from Polygonum cuspidatum, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle to help support healthy cell function
- Contains a standardized extract of Boswellia serrata for boswellic acid that supports healthy cell function
- Contains a standardized extract of Ginkgo biloba that supports mental clarity and function
- Includes potent levels of metabolic factors of cellular energy (coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine)
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk, wheat, or animal products
- Includes tummy tamer botanical extract blend to prevent stomach upset
- Specially formulated to be used daily with xEO Mega or vEO Mega and Microplex MVp as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness

DIRECTIONS FOR USE

Adults, take 4 capsules per day with food. Alpha CRS+ is formulated to be used daily with xEO Mega and Microplex MVp. All three products can be found in one convenient pack—Lifelong Vitality pack.

FAQS

Q: Can this product be considered GMO-free and gluten-free?

A: Alpha CRS+ is free of genetically modified material and does not contain gluten.

Q: Can my children take this product?

A: dōTERRA recommends A2Z Chewable and IQ Mega for children rather than the Lifelong Vitality Pack. For older children or teenagers that can swallow capsules, a half dose is probably OK, though there is limited research of these ingredients.

Q: Of all the LLV products, why is this one the most expensive?

A: Alpha CRS+ is usually recommended to be taken as part of LLV, at a significant discount. If you were to purchase it individually, there are several reasons for the higher cost. Alpha CRS+ contains a wide variety of high quality complex extracts from plants from all over the world, with scientifically validated benefits. Each one requires significant expertise to harvest, prepare, and study for your benefit.

Q: What does Alpha CRS+ mean?

A: Alpha means first or foremost, CRS stands for Cellular Renewal System, and the + sign reflects improvements that have been made to the product since it was first launched.

Q: Do I need to take this with food?

A: Alpha CRS+ should always be taken immediately before or right at the beginning of a full meal.

Q: Is this product halal certified?

A: Yes, this is certified through IFANCA.

COMPLEMENTARY PRODUCTS

- Microplex MVP®
- xEO Mega® or vEO Mega®
- DDR Prime® Softgels
- DDR Prime Essential Oil Cellular Complex

KEY STUDIES

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- Rodríguez-Hernández A, Cordero MD, Salviati L, Artuch R, Pineda M, Briones P, Gómez Izquierdo L, Cotán D, Navas P, Sánchez-Alcázar JA. Coenzyme Q deficiency
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Supplement Facts

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

	Amount Per Serving	% Daily Value
Cellular Longevity Blend:	1165 mg	**
Boswellia Serrata Gum Resin extract (200 mg) Scutellaria Root extract (150 mg Baicalin) Milk Thistle Seed extract (100 mg Silymarin) Polygonum Cuspidatum Root extract (50 mg Resveratrol) Green Tea Leaf extract (40 mg) Pomegranate Fruit extract (25 mg Ellagic Acid) Pineapple extract (50 GDU Bromelain protease enzyme) Turmeric Root extract (30 mg Curcuminoids Complex) Grape Seed extract (20 mg Proanthocyanidins) Sesame Seed extract (20 mg) Pine Bark extract (7 mg)		
Cellular Energy Blend:	400 mg	**
N-Acetyl-L-Carnitine HCL (100 mg) Alpha Lipoic Acid (100 mg) Coenzyme Q10 (50 mg) Quercetin (50 mg) Ginkgo Biloba Leaf extract (40 mg)		
dōTERRA Tummy Tamer Blend:	30 mg	**
Peppermint Leaf, Ginger Root, Caraway Seed extract		

** Daily Value not established.

Other Ingredients: vegetable hypromellose, microcrystalline cellulose, calcium silicate, calcium stearate.

