

## dōTERRA Nutrition a2z Chewable® Chewable Tablets

### PRODUCT DESCRIPTION

a2z Chewable is a proprietary formula of ingredients developed with children and adults who have difficulty swallowing capsules in mind. Combining a blend of B vitamins with a blend of Vitamins A, C, and E, as well as botanical extracts, a2z Chewable supports healthy cell development and longevity when taken daily.† dōTERRA a2z Chewable is formulated to be used with Wild Orange-flavored IQ Mega® Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity and cognitive function as well as antioxidant protection.†

### CONCEPT

Cellular stress is predominately from free radicals that attach to other healthy molecules and can cause damage. Cells are equipped to defend against free radical damage by employing electron-rich molecules called antioxidants like Vitamins A, C, and E and others (such as those in the superfood and Alpha CRS®+ blends) to neutralize free radical molecules.† In addition to providing exogenous antioxidant protection against free radical damage, the polyphenols in a2z Chewable also support endogenous production and recycling of antioxidants made by the body.† a2z Chewable also supports healthy cell function by providing antioxidant protection to cellular DNA.†

In addition to antioxidants, a2z Chewable includes a cellular energy blend of B Vitamins, which are important metabolic factors of cellular energy.† A growing body of evidence shows no matter how much we eat, we are obtaining less of the essential nutrients vital for optimal health than we have in the past. a2z Chewable provides a balanced, high-quality supplement formulated to provide the essential micronutrients known to support optimal vitality and wellness that may be insufficient in your or your child's diet.† a2z Chewable is ideal for children as well as adults that prefer chewable tablets. The chewable tastes great and is perfect for those looking to increase their consumption of essential nutrients and antioxidants that support healthy cell development and longevity.†



**CPTG** Certified Pure Tested Grade®

1

†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.

## PRIMARY BENEFITS

- Provides an easy-to-chew, great tasting, watermelon flavored tablet, safe for children over 4 years of age
- Provides choline, phosphatidylserine, and inositol to help support cognitive function†
- Uses NO high fructose corn syrup, artificial colors, sweeteners, or flavors
- Contains a superfood blend that helps support overall health and wellness
- Formulated with the proprietary Alpha CRS®+ Blend
- Provides a balanced blend of essential vitamins including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins†
- Includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese
- Specially formulated to be used daily with IQ Mega® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness†

## DIRECTIONS FOR USE

Children 4 years of age and older: Take 2 tablets daily with meals. Adults may take up to 3 tablets daily.

## CAUTIONS

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. Does not contain gluten, dairy, wheat, soy, eggs, or nut products. For children under 4, consult a physician before using this product.

## WARNINGS

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

## FAQS

**Q: The label says 4 years and older. Can a child younger than 4 take a2z Chewable®?**

**A:** Yes. Children 2–4 can safely take 1 Chewable per day. Consult your child’s healthcare provider if you have any questions or concerns.

**Q: At what age should a child switch from a2z Chewable to dōTERRA LifeLong Vitality Pack®?**

**A:** The dōTERRA LifeLong Vitality Pack was formulated for those 12 and older, or at least 100 lbs. a2z Chewable will meet the needs of most children.

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

**A:** a2z Chewable is free of genetically modified material and does not contain gluten.

**Q: Should I be concerned about my child getting too much iron?**

**A:** The recommended daily intake for children 4–9 years old is 10 mg. The 5 mg found in two a2z Chewable tablets is safe for children to take. Depending on iron intake from the diet, this amount will help ensure the child gets what is needed. The additional 5 mg will not contribute any negative effects due to iron. The upper limit for iron is 40 mg/day for children and the body has a mechanism to turn off iron absorption once the body’s stores are full. The product has a child safety cap and should be kept out of reach of children so a child will not consume too many tablets at once.

**Q: Is a2z Chewable better than the multivitamin gummies I can buy at the grocery store?**

**A:** a2z Chewable provides 100 percent of the daily value for 10 vitamins, while delivering minerals plus a superfood blend and Alpha CRS+ blend. Most multivitamin gummies only contain a few vitamins and very little minerals, if any. Additionally, a2z Chewable provides less sugar than common multivitamin gummies. No artificial flavors, sweeteners, or colors.

COMPLEMENTARY PRODUCTS

- IQ Mega®

KEY STUDIES

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. *British Journal of Nutrition*. 2007;98:S29-S35.

Wintergerst ES, Maggini S, Hornig DH. Contribution of selected vitamins and trace elements to immune function. *Ann Nutr Met*. 2007;51:301-323.

Bonjour JP, Gueguen L, Palacios C, et al. Minerals and vitamins in bone health: The potential value of dietary enhancement. *Bri J Nutr*. 2009;101:1581-1596.

Hayes CE, Nashold FE, Spach KM & Pedersen LB. The immunological functions of the vitamin D endocrine system. *Cell Molec Biol*. 2003;49:277 -300.

Hammond BR. Possible role for dietary lutein and zeaxanthin in visual development. *Nutr Rev*. 2008;66(12):695-702.

# Supplement Facts

Serving Size 2 Chewable Tablets  
Serving Per Container 30

	Amount Per Serving	% Daily Value for ages 4 & up
Calories	15	
Total Carbohydrate	2 g	1%*
Total Sugars	1 g	**
Includes 1g of added sugars		
Protein	1g	**
Vitamin A (as Alpha and Beta Carotene)	1478 mcg	164%
Vitamin C (from Acerola Cherry Fruit Concentrate & Ascorbic Acid)	60 mg	67%
Vitamin D <sub>3</sub> (as Cholecalciferol)	10 mcg	50%
Vitamin E (as Mixed Tocopherols, d-Alpha Tocopheryl Acetate & d-Alpha Tocopherol)	21 mg	140%
Vitamin K (as Phytonadione)	40 mcg	33%
Thiamin (as Thiamine HCl)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacin (as Niacinamide)	20 mg NE	125%
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	2 mg	118%
Folate (from Lemon Peel)	333 mcg DFE	83%
Vitamin B <sub>12</sub> (as Methylcobalamin)	6 mcg	250%
Biotin	150 mcg	500%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Amino Acid Chelate)	75 mg	6%
Iron (as Iron Amino Acid Chelate)	5 mg	28%
Iodine (from Potassium Iodide)	100 mcg	67%
Magnesium (as Magnesium Amino Acid Chelate)	38 mg	9%
Zinc (as Zinc Amino Acid Chelate)	3 mg	27%
Selenium (as Selenium Amino Acid Chelate)	35 mcg	64%
Copper (as Copper Amino Acid Chelate)	0.05 mg	6%
Manganese (as Manganese Amino Acid Chelate)	0.05 mg	2%
Chromium (as Chromium Amino Acid Chelate)	20 mcg	57%
<b>Cognitive Blend</b>	15 mg	**
Choline (as Choline Bitartrate)	5 mg	1%
Phosphatidylserine (from Sunflower Phospholipids)	5 mg	**
Inositol	5 mg	**
<b>Superfood Blend</b>	277 mg	**
Pineapple ( <i>Ananas comosus</i> ) Fruit Powder, Pomegranate ( <i>Punica granatum</i> ) Husk Extract, Lemon Bioflavonoids, Spirulina ( <i>Arthrospira platensis</i> ) Powder, Sunflower Seed Oil Powder, Rice Bran, Beet ( <i>Beta vulgaris</i> ) Leaf Powder, Broccoli ( <i>Brassica oleracea italica</i> ) Plant Powder, Brown Rice Flour, Carrot Powder, Rose Hips ( <i>Rosa spp.</i> ) Fruit Powder, Spinach ( <i>Spinacia oleracea</i> ) Leaf Powder, Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Powder, Mango ( <i>Mangifera indica</i> ) Fruit Powder		
<b>Alpha CRS®+ Blend</b>	4.8 mg	**
Grape ( <i>Vitis vinifera</i> ) Seed Extract, Tomato Fruit Extract (Provides Lycopene), Marigold ( <i>Tagetes erecta</i> ) Flower Extract (Provides Lutein)		

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**OTHER INGREDIENTS:** Organic cane sugar, Citric acid, Microcrystalline cellulose, Stearic acid, Maltodextrin, Malic acid, Fatty acids, Silicon dioxide, Modified food starch, Stevia extract, Acacia gum, Gelatin, Dicalcium phosphate, Palm oil, Natural watermelon flavor, Sunflower lecithin, Magnesium stearate.

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3

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Chewable Tablets  
60-Count  
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