

# Alpha CRS+ Complex

(NPN: 80082975)

Made with SLS-free vegetable capsules

dōTERRA® | CANADA

Product Information Page



**CPTG** Certified Pure Tested Grade®

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**Lifelong Vitality Convenience Pack** | 30-Day Supply

**60202934**

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## Primary Benefits

- + Contains a proprietary antioxidant cellular longevity blend exclusive to dōTERRA that includes 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. Contains a standardized extract of Boswellia serrata for boswellic acid.
- + Supports healthy liver function when used for at least 3 weeks.
- + Source of digestive enzyme.
- + Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk, wheat, or animal products.
- + Specially formulated to be used daily for up to 12 weeks.

## Description

dōTERRA Alpha CRS+ Complex is a proprietary formula combining naturally-sourced botanical extracts that provide antioxidants to help protect cells against the oxidative damage caused by free radicals. Alpha CRS+ can help support liver function. It is packaged with xEO Mega and Microplex VMz for convenience.

## Concept

Cells are the basic building block 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. Alpha CRS+ helps to protect cells against the oxidative damage caused by free radicals.

Cellular stressors, including oxidative stress to cellular DNA and other key cell structures, challenge cellular health. Protecting our cells from toxic stressors supports healthy cell function, vitality, and wellness.

## Directions

Adults, take 4 capsules per day with food. Use as directed. Alpha CRS+ may be used with other daily supplements. Other supplements can be found in one convenient pack—Lifelong Vitality pack. Additional supplements may also be effective when added to your daily routines.

**Supplement Facts Panel follows on next page**

## Medicinal Ingredients/ Ingrédients Médicinaux

Each Capsule Contains/Chaque Capsule Contient:

<b>Cellular Longevity Blend/Mélange Pour la Longévité Cellulaire:</b>	
<i>Scutellaria baicalensis</i> (Chinese skullcap) root extract, standardized to 30% baicalin / <i>Scutellaria baicalensis</i> (La scutellaire chinoise) L'extrait de racine, uniformisé à 30% baicaline	125 mg
<i>Boswellia serrata</i> 10:1 oleogum resin extract / <i>Boswellia serrata</i> 10:1 L'extrait de résine d'oleogum	50 mg
Acetyl-L-Carnitine (N-Acetyl L-Carnitine HCL) / Acetyl-L-Carnitine (N-Acetyl L-Carnitine HCL)	25 mg
<i>Silybum marianum</i> (milk thistle) seed extract, standardized to 80% silymarin / <i>Silybum marianum</i> (chardon-Marie) l'extrait de graine, uniformisé à 80% silymarin	31.25 mg
Resveratrol (from <i>polygonum cuspidatum</i> ) / Resvératrol (de <i>polygonum cuspidatum</i> )	12.5mg
DL-alpha Lipoic acid / L'acide d'alpha lipoïque	25 mg
<i>Punica granatum</i> (pomegranate) fruit extract, standardized to 40% ellagic acid / <i>Punica granatum</i> (grenade) extraits de fruit, uniformisé à 40% l'acide ellagique	15.6 mg
Quercetin (from quercetin dihydrate) / Quercétine (de quercétine déshydraté)	12.5 mg
Coenzyme Q10 / Coenzyme Q10	12.5 mg
<i>Camellia sinensis</i> (green tea) leaf extract, standardized to 95% Polyphenols, 75% Catechins, 45% EGCG / <i>Camellia sinensis</i> (thé vert) extrait de feuille, uniformisé à 95% Polyphenols, 75% catéchines, 45% EGCG	10 mg
Ginkgo biloba leaf extract standardized to 24% flavonoid glycosides, 6% terpene lactones / Extrait de Ginko Biloba uniformisé à 24% glycosides flavonoïde, 6% lactones terpène	10 mg
Turmeric ( <i>Curcuma longa</i> ) root extract standardized to 65% curcumin / <i>Curcuma</i> ( <i>Curcuma longa</i> ) L'extrait de racine, uniformisé à 65% curcumine	7.89 mg
<i>Vitis vinifera</i> (grape) seed extract, standardized to 95% proanthocyanidins / <i>Vitis vinifera</i> (grape) extrait de graine, uniformisé à 95% proanthocyanidines	5 mg
<i>Sesamum indicum</i> (sesame) seed 200:1 extract / <i>Sesamum indicum</i> (sésame) graine 200:1 extrait	5 mg
Bromelain (from <i>ananas comosus</i> , stem) / Bromélaïne (d' <i>ananas comosus</i> , tige)	180,000 FCC PU (5 mg)
<i>Carum carvi</i> (caraway) seed 4:1 extract / <i>Carum carvi</i> (carvi) graine 4:1 extrait	2.5 mg
<i>Zingiber officinale</i> (ginger) root / <i>Zingiber officinale</i> (gingembre) racine	2.5 mg
<i>Mentha piperita</i> (peppermint) leaf / <i>Mentha piperita</i> (menthe poivrée) feuille	2.5 mg
<i>Pinus radiata</i> (Monterey pine) bark extract, standardized to 80% proanthocyanidins / <i>Pinus radiata</i> (pin de Monterey) extrait d'écorce, uniformisé à 80% proanthocyanidines	2.19 mg

## FAQs

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

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

**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.

# Multi-Vitamin/Mineral

(NPN: 80075879)

Made with SLS-free vegetable capsules

dōTERRA® | CANADA

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Lifelong Vitality Convenience Pack** | 30-Day Supply

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## Primary Benefits

- + Provides 21 vitamins and minerals for the maintenance of good health
- + Helps fight, protect against, and reduce cell damage caused by free radicals with the antioxidant vitamins A, and C
- + Supports energy metabolism and production
- + Helps to maintain eyesight, skin, hair, nails, and membranes
- + Supports healthy immune and cognitive function
- + Supports healthy digestion
- + Helps build and maintain muscles, bones, teeth, and cartilage with calcium, phosphorous, magnesium, zinc, and vitamin D
- + Repairs and builds strong connective tissues
- + Aids in wound healing
- + Helps to maintain normal blood glucose and electrolyte levels.
- + Helps to maintain normal function of the thyroid gland
- + A balanced blend of essential vitamins including the antioxidant vitamins A and C; a complex of B vitamins; presented in a patented glycoprotein matrix

- + Includes a balanced blend of minerals including calcium, magnesium, zinc, selenium, copper, manganese, and chromium.
- + Includes a whole-food botanical blend of kale, dandelion, parsley, kelp, broccoli, brussels sprout, cabbage, and spinach
- + Formulated with a digestive enzyme blend of protease, lactase, lipase, amylase, α-galactosidase, diastase, glucoamylase, and peptidase that helps digestion
- + Includes the dōTERRA tummy tamer digestive blend of Peppermint, Ginger, and Caraway
- + Made with sodium lauryl sulfate-free vegetable capsules

## Description

dōTERRA Microplex VMz Multi-Vitamin/Mineral is a nutrient formula of vitamins and minerals that are often deficient in our modern diets. The formula includes a balanced blend of antioxidant vitamins A, C, and a complex of B vitamins presented in a patented glycoprotein matrix. Microplex VMz also contains minerals including calcium, magnesium, and zinc for the maintenance of bones and the body's ability to metabolize nutrients. Microplex VMz contains the dōTERRA tummy tamer botanical blend of Peppermint, Ginger, and Caraway to aid in digestion. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules

## Concept

While it is abundantly clear that diets in many developed countries include adequate and even an overabundance of calories, a growing body of evidence shows that even as we eat more, we are obtaining less of the essential nutrients vital for optimal health. Over-processed, calorie-rich, nutrient-poor food choices threaten to make us fat even as our bodies are deprived of vitamins, minerals, and other essential nutrients. The American Medical Association acknowledges the prudence of taking nutritional supplements, admitting that while "the clinical syndromes of vitamin deficiencies are unusual in Western societies, suboptimal vitamin status is not" (Journal of the American Medical Association, June 19, 2002).

***Continued on next page***

## Medicinal Ingredients/ Ingrédients Médicinaux

Vitamin A (Retinyl palmitate) / Vitamine A (Palmitate de rétinyle)	75.5 mcg RAE (250 IU)
Beta Carotene (Blakeslea trispora) / Bêta-carotène (Blakeslea trispora)	825 mcg (1375 IU)
Mixed carotenoids (Blakeslea trispora) / Caroténoïdes mélangés (Blakeslea trispora)	81.9 mcg
Vitamin C (Calcium ascorbate, Magnesium ascorbate)	
Vitamine C (Ascorbate de calcium, Ascorbate de magnésium)	50 mg
Vitamin D (Cholecalciferol) / Vitamine D (Cholécalciférol)	5 mcg (200 IU)
Mixed tocopherol concentrate (Glycine max)	
Mélange de tocophérols concentré (Glycine max)	10.44 mg
Tocotrienols (Elaeis guineensis) / Tocotriénols (Elaeis guineensis)	190 mcg
Vitamin K1 / Vitamine K1	5 mcg
Thiamin (Thiamine mononitrate) / Thiamine (Mononitrate de thiamine)	0.75 mg
Riboflavin / Riboflavine	0.75 mg
Niacin (Niacinamide) / Niacine (Niacinamide)	5 mg
Vitamin B6 (Pyridoxine hydrochloride) / Vitamine B6 (Chlorhydrate de pyridoxine)	0.75 mg
Folate (Folic acid, citrus limon) / Foliate (Acide folique, citrus limon)	100 mcg
Vitamin B12 (Methylcobalamin) / Vitamine B12 (Méthylocobalamine)	2.5 mcg
Biotin / Biotine	75 mcg
Pantothenic acid (Calcium pantothenate) / Acide pantothénique (Pantothénate de calcium)	2.5 mg
Calcium (Calcium ascorbate, Calcium citrate malate, coral calcium)	
Calcium (Ascorbate de calcium, Citrate-malate de calcium, calcium de corail)	125 mg
Magnesium (Dimagnesium malate, magnesium ascorbate)	
Magnésium (Malate de dimagnésium, ascorbate de magnésium)	37.5 mg
Iron (Ferrous bisglycinate) / Fer (Bisglycinate ferreux)	1.5 mg
Zinc (Zinc bisglycinate) / Zinc (Bisglycinate de Zinc)	3.75 mg
Selenium (Selenium glycinate) / Sélénium (Glycinate de sélénium)	17.5 mcg
Copper (Copper (II) bisglycinate) / Cuivre (Cuivre (II) bisglycinate)	125 mcg
Manganese (Manganese (II) bisglycinate) / Manganèse (Manganèse (II) bisglycinate)	0.125 mg
Chromium (Chromium (III) nicotinate glycinate) / Chrome (Chrome (III) nicotinate glycinate)	12.5 mcg
Enzyme blend / Mélange d'enzymes	
Fungal Protease (Aspergillus flavus var. oryzae)	
Protéase fongique (Aspergillus flavus var. oryzae)	1771.9 FCC HUT
Lactase (Aspergillus flavus var. oryzae) / Lactase (Aspergillus flavus var. oryzae)	34 FCC ALU
Lipase (Triacylglycerol lipase, Rhizopus oryzae)	
Lipase (Triacylglycerol lipase, Rhizopus oryzae)	37.6 FCC LU
Alpha-amylase (Aspergillus flavus var. oryzae)	
Alpha-amylase (Aspergillus flavus var. oryzae)	112.8 FCC DU
Alpha-galactosidase (Aspergillus niger) / Alpha-galactosidase (Aspergillus niger)	7.5 FCC GaU
Diatase (Aspergillus oryzae) / Diatase (Aspergillus oryzae)	9.4 FCC DP
Glucoamylase (Aspergillus niger) / Glucoamylase (Aspergillus niger)	0.2 FCC AGU
Peptidase (Protease, Aspergillus flavus var. oryzae)	
Peptidase (Protéase, Aspergillus flavus var. oryzae)	30.1 FCC HUT
Peppermint (Mentha x piperita leaf) 4:1 extract	
Menthe Poivrée (Mentha x piperita feuille) 4:1 extrait	2.5 mg
Caraway (Carum carvi seed) 4:1 extract / Cumin (Carum carvi graine) 4:1 extrait	2.5 mg
Ginger (Zingiber officinale rhizome) 4:1 extract	
Gingembre (Zingiber officinale rhizome) 4:1 extrait	2.5 mg
Kale (Brassica oleracea var. viridis leaf) / Chou frisée (Brassica oleracea var. viridis feuille)	5.63 mg
Dandelion (Taraxacum officinale leaf) / Pissenlit (Taraxacum officinale feuille)	3.38 mg
Parsley (Petroselinum crispum herb top) / Persil (Petroselinum crispum herbe à fleur)	3.38 mg
Spinach (Spinacia oleracea leaf) / Épinard (Spinacia oleracea feuille)	1.38 mg
Broccoli (Brassica oleracea var. italica herb top) / Brocoli (Brassica oleracea var. italica herbe à fleur)	1.38 mg
Cabbage (Brassica oleracea var. capitata herb top)	
Chou (Brassica oleracea var. capitata herbe à fleur)	1.38 mg
Brussels sprouts (Brassica oleracea var. gemmifera bud)	
Chou de Bruxelles (Brassica oleracea var. gemmifera bourgeon)	1.38 mg
Kelp (Laminaria digitata) / Varech (Laminaria digitata)	2.13 mg

Microplex VMz is a comprehensive array of vitamins and minerals presented in a nutrient complex that is intended to aid in normal growth and development of red blood cells and normal electrolyte balance, while promoting overall wellness. Microplex VMz provides a balanced blend of vitamins A, B, and C, and 800 IU of vitamin D per day. It also contains important minerals to help in energy metabolism, and calcium, magnesium, and zinc for the maintenance of bones.

## Directions

Adults, take 4 vegetable capsules per day with food. Use as directed.

## FAQs

**Q: What does Microplex VMz stand for?**

A: Microplex is a combination of “micronutrient” and “complex.” VM stands for vitamins and minerals. The “z” reflects improvements that have been made to the product since it was first launched.

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

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



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## Primary Benefits

- + Promotes cardiovascular health
- + Protects against lipid oxidation and supports healthy function of the brain
- + Promotes the development and maintenance of bones and teeth
- + Helps the absorption of calcium and phosphorous
- + Source of omega-3 fatty acids for maintaining good overall health
- + Delivers 900 mg of pure, concentrated, molecularly filtered fish oil with more than 300 mg of EPA and DHA each per daily serving
- + Provides omega-3 fatty acids including EPA, DHA, from marine sources to help maintain good health
- + Includes the antioxidant carotenoid, astaxanthin
- + Formulated with a proprietary blend of dōTERRA CPTG Certified Pure Tested Grade® essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile
- + Includes 800 IU of natural vitamin D per daily serving
- + Does not contain milk or wheat products

## Description

dōTERRA xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Tested Grade® essential oils and a proprietary blend of marine-sourced omega fatty acids. Omega fatty acids help support cardiovascular health, cognitive health, brain function, and support an overall healthy body. Additionally, xEO Mega helps in the absorption and use of calcium and phosphorous and the development and maintenance of bones and teeth. This blend also helps protect your body from oxidative damage caused by free radicals. Each daily serving of xEO Mega provides 900 milligrams of marine lipids (providing more than 300 mg of EPA and DHA each) and a blend of 250 mg of plant-sourced oils. xEO Mega also includes 20 micrograms of natural vitamin D, 48 milligrams of mixed tocopherol concentrate, and 1 mg of astaxanthin, an antioxidant carotenoid harvested from microalgae, in each daily serving.

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 brain function. 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.

***Continued on next page***

## Medicinal Ingredients Ingrédients médicinaux

Each Capsule Contains / Chaque capsule contient:

<b>Fish oil</b> (Engraulidae, Scombridae, Clupeidae; standardized to 40% EPA, 30% DHA) / <b>L'Huile de poisson</b> (Engraulidae, Scombridae, Clupeidae; normalisé à 40% EPA, 30% DHA)	180 mg
<b>Fish oil</b> (Engraulidae, Scombridae, Clupeidae; standardized to 13.6% EPA, 47% DHA) / <b>Huile de poisson</b> (Engraulidae, Scombridae, Clupeidae; normalisé à 13.6% EPA, 47% DHA)	45 mg
<b>Echium oil</b> ( <i>Echium plantagineum</i> seed) / <b>Huile d'Echium</b> (graine d' <i>Echium plantagineum</i> )	50 mg
<b>Mixed tocopherol concentrate</b> (Glycine max) / <b>Mélange concentré de tocophérols</b> (Glycine max)	12 mg
<b>Lycopene</b> ( <i>Solanum lycopersicum</i> fruit) / <b>Lycopène</b> (fruit de <i>Solanum lycopersicum</i> )	0.25 mg
<b>Lutein</b> ( <i>Tagetes erecta</i> Flower) / <b>Lutéine</b> (fleur de <i>Tagetes erecta</i> )	0.75 mg
<b>Zeaxanthin</b> ( <i>Tagetes erecta</i> Flower) / <b>Zéaxanthine</b> (fleur de <i>Tagetes erecta</i> )	0.25 mg
<b>Mixed Carotenoids</b> ( <i>Blakeslea trispora</i> ) / <b>Caroténoïdes mélangés</b> ( <i>Blakeslea trispora</i> )	353 mcg
<b>Astaxanthin</b> ( <i>Haematococcus pluvialis</i> ) / <b>Astaxanthine</b> ( <i>Haematococcus pluvialis</i> )	0.25 mg
<b>Pomegranate Seed Oil</b> ( <i>Punica granatum</i> ) / <b>Huile de graine de grenade</b> ( <i>Punica granatum</i> )	12.5 mg
<b>Vitamin D</b> (Cholecalciferol) / <b>Vitamine D</b> (Cholécalciférol)	5 mcg
<b>Thyme Essential Oil</b> ( <i>Thymus vulgaris</i> herb top flowering) / <b>Huile essentielle de thym</b> ( <i>Thymus vulgaris</i> sommité fleuries d'herbes)	4 mg

There is an enormous body of scientific evidence supporting the health benefits of increasing the intake of omega-3 fatty acids. Studies have shown that increasing omega-3 fatty acid consumption has a positive effect on cardiovascular health and cognitive and brain function.

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. One daily serving of xEO Mega® provides 900 milligrams of pure, micro-filtered marine lipids with more than 300 mg of EPA, and 300 mg of DHA. Added to this is 200 mg of plant-based, Echium seed oil, along with 50 mg of pomegranate seed oil.

## Directions

Adults, take 4 softgels per day with food. Use as directed. Store in a dark, cool, dry environment to avoid the oxidation of carotenoids that can occur with too much light exposure.

## Storage

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

## 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: 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-based omega?**

A: Marine based oils deliver a concentrated source of important omega-3 fatty acids. With xEO Mega®, you get the benefits of oils from both land and sea.