



CPTG Certified Pure Tested Grade[®]

Application: 

xEO Mega[®] | 120 Capsules

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Primary Benefits

- + xEO Mega contains omega-3 fatty acids and other essential nutrients to support cardiovascular health, brain function, and bone development. *

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 damaged 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. (NPN: 80074456)

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.

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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 capsules per day with food. For use beyond 12 weeks, consult a health care practitioner.

Storage: Store in airtight container, protected from light. Keep out of reach of children

Cautions

Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have peptic ulcers, a bleeding disorder, anaemia, gallstones, hiatus hernia or gastroesophageal reflux, or are taking blood thinners. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family. Hypersensitivity (e.g. allergy) to peppermint oil has been known to occur, in which case, discontinue use.

Medicinal Ingredients

Fish oil (Engraulidae, Scombridae, Clupeidae; standardized to 40% EPA, 30% DHA), Fish oil (Engraulidae, Scombridae, Clupeidae; standardized to 13.6% EPA, 47% DHA), Echium oil (Echium plantagineum seed), Mixed tocopherol concentrate (Glycine max), Lycopene (Solanum lycopersicum fruit), Lutein (Tagetes erecta Flower), Zeaxanthin (Tagetes erecta Flower), Mixed Carotenoids (Blakeslea trispora), Astaxanthin (Haematococcus pluvialis), Pomegranate Seed Oil (Punica granatum), Vitamin D (Cholecalciferol), Thyme Essential Oil (Thymus vulgaris herb top flowering)

Non-Medicinal Ingredients

Clove Essential Oil, Frankincense Essential Oil, Cumin Essential Oil, Orange Essential Oil, Peppermint Essential Oil, Ginger Essential Oil, Caraway Essential Oil, German Chamomile Essential Oil, Corn Starch, Carrageenan, Glycerin, Maltitol Syrup, Water, Lemon flavour, Soybean Oil, Safflower Oil, Olive Oil, Sunflower Oil, Corn Oil