

## EO Mega™+

**1. What is EO Mega™+?**

EO Mega™+ is a premium omega-3 supplement available in softgel and sachet format. It contains omega fatty acids sourced from wild-caught fish off the coast of Norway and is enriched with CPTG™ Certified Pure Tested Grade essential oils.

**2. What species of fish are present in the formula?**

Atlantic Herring, Atlantic Mackerel, Blue Whiting, Blue Ling, Deepwater Redfish, Atlantic Cod, European Hake, Haddock, Pollock, Cusk, Ling, European Whiting.

**3. What are the primary benefits of EO Mega™+?**

- EPA and DHA contribute to the normal function of the heart.
- DHA contributes to the maintenance of normal brain function.
- DHA contributes to the maintenance of normal vision.
- Rich in monounsaturated fats like oleic acid, along with antioxidants and polyphenols, offering various potential benefits for overall well-being.
- Free from GMOs, dairy, soy, and gluten.

**4. What is the difference between EO Mega™+ Softgels and EO Mega™+ Sachets?**

- **Softgels:** Each serving of EO Mega™+ Softgels provides 2,000 mg of fish oil, containing 900 mg of essential omega-3 fatty acids, including 800 mg of EPA and DHA.
- **Sachets:** Each serving of EO Mega™+ Sachets offers over 5,000 mg of fish oil, containing 1,000+ mg of essential omega-3 fatty acids, including EPA and DHA. Additionally, the sachets are formulated with extra virgin olive oil sourced through Cō-Impact Sourcing™ partners in Greece. Sachets also prevent oxidation, preserving the efficacy and quality of the product.

**5. What essential oils are included in EO Mega™+?**

- **Softgels:** Contain Wild Orange essential oil, naturally rich in limonene, for a pleasant taste and additional wellness benefits.
- **Sachets:** Formulated with Lemon essential oil, abundant in limonene.
- **Limonene** is a natural chemical compound found in high amounts in Wild Orange and Lemon essential oil.

**6. How do I take EO Mega™+?**

- **Softgels:** Take 3 softgels daily with food.
- **Sachets:** Consume one sachet by squeezing the contents directly into the mouth, onto a spoon, or into water. Do not freeze or heat.

## EO Mega™+

**7. Who should take EO Mega™+?**

EO Mega™+ is suitable for adults looking to support heart, brain, and overall health.

Keep out of reach of children. Do not exceed recommended daily dose. Food supplements must not replace a varied and balanced diet and healthy lifestyle. Pregnant or nursing women and people with known medical conditions should consult a physician before using.

**8. What are the key ingredients in EO Mega™+ products?**

- **Omega-3 Fatty Acids:** Sourced from wild-caught fish, including EPA and DHA.
- **Co-Impact Sourced™ extra virgin olive oil from Greece:** A powerful antioxidant and stabiliser.
- **Essential Oils:** Lemon or Wild Orange oil enhances the flavour and provides additional health benefits.

**9. What are the approved health claims for EO Mega™+ products?**

- DHA contributes to the maintenance of normal vision.
- DHA contributes to the maintenance of normal brain function.
- EPA and DHA contribute to the normal function of the heart.

**10. Is EO Mega™+ suitable for vegans?**

No, EO Mega™+ is derived from fish oil and is not vegan-friendly.

**11. Do the EO Mega™+ products contain any allergens?**

EO Mega™ and EO Mega™ Softgels are free from gluten, dairy, soy, and GMOs.

**12. Can I take EO Mega™+ with other supplements?**

Yes, EO Mega™+ can be taken alongside other supplements like VMG+™ and dōTERRA PB Restore™ for a complete wellness solution.

EO Mega™+ is one of **dōTERRA's foundational supplements**, meaning it's designed to be a **core part of your everyday wellness routine**. It provides essential omega-3 fatty acids, which support **heart, brain, vision, and overall wellness — forming** a strong base for your nutritional needs.

When we take care of our **nutrition and digestion first**, our bodies become better equipped to **absorb and utilise** any additional supplements we choose to include in our daily routine. This means EO Mega™+ helps create a **synergistic effect**, enhancing the effectiveness of other products you may take, from vitamins to targeted solutions like probiotics or herbal blends.

**13. How does EO Mega™+ compare to traditional fish oil supplements?**

EO Mega™+ is enhanced with essential oils (with extra virgin olive oil in the sachets) for superior stability, bioavailability, and flavour compared to standard fish oil supplements. Omega-3s in EO Mega™+ are in triglyceride form, which is preferred for their superior absorption, bioavailability, and stability. This makes them a more effective and natural option for supplementation.

## EO Mega™+

**14. Why does the EO Mega™+ packaging contain only 15 sachets?**

EO Mega™+ sachets contain more than double the amount of omega-3s compared to the softgels. This means each sachet delivers a higher concentration of essential fatty acids (EPA & DHA), reducing the number of servings needed for optimal benefits.

By providing a more potent and bioavailable formula, we ensure you receive the highest quality omega support in a convenient and effective way.

Depending on your diet, you may want to vary how often you take EO Mega™+. For example, Mediterranean diets – consisting largely of nuts, seeds, olive oil, and fish protein sources – are naturally rich in fibre and healthy fats and omega-3 fatty acids. Diets higher in omegas could consider varying how often they use the supplement to spread out intake.

**15. What is the TOTOX value?**

The Total Oxidation Value (TOTOX) is a measure of the overall oxidation of fats and oils, calculated using the formula  $TOTOX = (2 \times \text{Peroxide Value}) + \text{Anisidine Value}$ . This measurement is used to indicate the freshness and quality of oils.

- **Quality Indicator:** A lower TOTOX value generally indicates a fresher, higher-quality oil with less oxidation.
- **Rancidity Assessment:** A high TOTOX value suggests that the oil has undergone significant oxidation and may be approaching or already exhibiting rancidity.

TOTOX results for the raw fish oil in EO Mega™+ Sachets is below 10 and for the raw fish oil contained in our EO Mega™+ Softgel is below 11.