

# dōTERRA a2z Chewable

## PRODUCT DESCRIPTION

dōTERRA 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, dōTERRA a2z Chewable can be taken daily. dōTERRA a2z Chewable is formulated to be used with dōTERRA Wild Orange-flavored IQ Mega® Omega-3 fish oil.

## PRIMARY BENEFITS

- Safe for children 4 years of age and older and adults who prefer a chewable to capsules
- Cognitive Blend: Choline, Phosphatidylserine, Inositol
- Great watermelon flavor
- No high fructose corn syrup, artificial colors, sweeteners, or flavors
- Contains a superfood blend that helps support overall health and wellness
- Formulated with dōTERRA's proprietary Alpha CRS®+ Blend
- A balanced blend of essential vitamins including the vitamins A, B, C, and E.
- Includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese
- Specially formulated to be used daily with IQ Mega®

## 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 dōTERRA a2z Chewable?**
- A:** Yes. Children 2–4 can safely take one 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 dōTERRA 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. dōTERRA a2z Chewable will meet the needs of most children.
- Q: Can this product be considered GMO-free and gluten-free?**
- A:** dōTERRA 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 dōTERRA 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 dōTERRA a2z Chewable better than the multivitamin gummies I can buy at the grocery store?**
- A:** dōTERRA 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, dōTERRA a2z Chewable provides less sugar than common multivitamin gummies. No artificial flavors, sweeteners, or colors.

COMPLEMENTARY PRODUCTS

- IQ Mega®

**Nutrition Information**

Servings Per Container: 30  
 Serving Size: 2 chewable tablets (4.2 g)

	Per Serving
Energy	14 Kcal
Protein	0 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrates	2 g
Sugars	1 g
Sodium	0 mg
Vitamin A (as Alpha and Beta Carotene)	5000 IU
Vitamin C (from Acerola Cherry Fruit Extract)	60 mg
Vitamin D3 (as Cholecalciferol)	400 IU
Vitamin E (as D-Alpha Tocopheryl Acetate and Mixed Tocopherols)	30 IU
Vitamin K (as Phytonadione)	40 mcg
Thiamin (as Thiamine HCl)	1.5 mg
Riboflavin	1.7 mg
Niacin (as Niacinamide)	20 mg
Vitamin B6 (as Pyridoxine HCl)	2 mg
Folate (from Lemon Peel)	200 mcg
Vitamin B12 (as Methylcobalamin)	6 mcg
Biotin	150 mcg
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg
Calcium (as Calcium Amino Acid Chelate)	75 mg
Iron (as Iron Amino Acid Chelate)	5 mg
Iodine (from Potassium Iodide)	100 mcg
Magnesium (as Magnesium Amino Acid Chelate)	38 mg
Zinc (as Zinc Amino Acid Chelate)	3 mg
Selenium (as Selenium Amino Acid Chelate)	35 mcg
Copper (as Copper Amino Acid Chelate)	0.05 mg
Manganese (as Manganese Amino Acid Chelate)	0.05 mg
Chromium (as Chromium Amino Acid Chelate)	20 mcg
Cognitive Blend	15 mg
Choline (as Choline Bitartrate)	5 mg
Phosphatidylserine (from Sunflower Phospholipids)	5 mg
Inositol	5 mg
Superfood Blend	282 mg
Pineapple (Ananas Comosus) Fruit Powder, Pomegranate (Punica Granatum) Fruit Extract, Lemon Bioflavonoids, Spirulina, Sunflower Oil, Rice Bran, Beet Greens (Beta Vulgaris) Leaf Powder, Broccoli Powder (Aerial Parts), Brown Rice, Carrot Powder (Root), Rose Hips (Rosa Canina) Fruit Powder, Spinach (Spinacia Aleracea) Leaf Powder, Cranberry (Vaccinium Macrocarpon) Fruit Powder, Mango (Mangifera Indica) Fruit Powder	
Alpha CRS®+ Blend	10.5 mg
Grape (Vitis Vinifera) Seed Extract, Tomato Fruit Extract (Provides Lycopene), Marigold Flower Extract (Provides Lutein)	

**OTHER INGREDIENTS:** Organic Cane Sugar, Anti-Caking Agent (Microcrystalline Cellulose), Stearic Acid, Natural Watermelon Flavor, Citric Acid, Malic Acid, Stevia Extract, Silica, Magnesium Stearate