

# IQ Mega®

## Omega-3 Fish Oil

with CPTG® Wild Orange essential oil

### PRODUCT DESCRIPTION

dōTERRA IQ Mega takes the fishy taste out of fish oil and puts the fresh orange flavor of dōTERRA Wild Orange CPTG® essential oil in this great tasting and easy-to-swallow omega-3 supplement providing 1,550 mg of concentrated, omega-3 fatty acids per serving. IQ Mega contains the essential nutrients DHA and EPA. IQ Mega is formulated to be used daily by children and adults with dōTERRA a2z Chewable® tablets.

### PRIMARY BENEFITS

- Delivers 1,550 mg of pure, concentrated, molecularly-filtered, and completely deodorized marine lipids including 900 mg of DHA and 400 mg of EPA per daily serving
- Formulated with dōTERRA CPTG Wild Orange essential oil
- Specifically formulated to use daily with dōTERRA a2z Chewable® tablets as a comprehensive dietary supplement foundation

### DIRECTIONS FOR USE

Take 1 teaspoon daily. Store away from direct heat and light. After opening, refrigerate and consume within 100 days. Product may change appearance when refrigerated. Keep bottle tightly closed to preserve freshness.

### CAUTIONS

Keep out of reach of children. Pregnant or women who are nursing and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing.

Refrigerate after opening.

### FAQS

**Q: Does IQ Mega need to be refrigerated?**

**A:** Because IQ Mega contains essential fatty acids that can oxidize and lose their potency, we recommend it be refrigerated. Frequent opening and closing of the bottle exposes oxygen to the oil and can begin to oxidize the antioxidants added to protect the oil. Refrigeration slows down the oxidation to maintain potency throughout the shelf life.



**Q: Is IQ Mega® specifically formulated for children?**

**A:** IQ Mega was formulated to be used daily by both children and adults. For children, consult physician.

**Q: Where are the fish sourced from?**

**A:** Our fish oils come from a renewable source of Cod, Saithe, and Haddock harvested from the Northeast Atlantic Ocean. They are the best fish oil concentrates that can be purchased in the industry. They are pure marine lipids that have been molecularly filtered, tested, and certified to exceed requirements for heavy metals, and other harmful contaminants.

**Q: Why do you use Cod, Saithe, and Haddock?**

**A:** Cod, Saithe, and Haddock were chosen for the high content of omega-3 fatty acids they provide and because they are a renewable source. Each serving provides 900 mg DHA and 400 mg EPA. Our fish oils are obtained from a MSC certified source of sustainable and eco-friendly fisheries.

**Q: Will I have the same nutritional value if I cook with IQ Mega® as opposed to taking it straight?**

**A:** We don't recommend cooking with IQ Mega as the essential fatty acids can oxidize easily. Instead, consume IQ Mega directly, add it to a smoothie, or stir into food after cooking for optimum nutritional value.

### COMPLEMENTARY PRODUCTS

- dōTERRA a2z Chewable® tablets
- dōTERRA Lifelong Vitality Pack™
- Microplex MVp®

### Nutrition Information

Servings Per Container: 30

Serving Size: 1 tsp (5 mL)

	Per Serving
Energy	40 kcal
Protein	0 g
Total fat	4.5 g
-Saturated Fat	0.5 g
-Trans Fat	0 g
Carbohydrates	0 g
-Sugars	0 g
Sodium	0 mg
Total omega-3 fatty acids	1550 mg
-DHA (docosahexaenoic acid)	900 mg
-EPA (eicosapentaenoic acid)	400 mg

**Ingredients:** Fish Oil, Wild Orange (Citrus Sinensis) Peel Oil, (Antioxidant) Rosemary Extract, Tocopherols, Sunflower Oil, Sunflower Lecithin, Ascorbyl Palmitate