

xEO Mega®

Essential Oil Omega Complex

PRODUCT DESCRIPTION

dōTERRA xEO Mega Essential Oil Omega Complex is a unique formula of CPTG essential oils and a proprietary blend of marine- and land-sourced omega fatty acids. One serving of xEO Mega provides 900 milligrams of marine lipids (providing 300 mg of EPA, 300 mg of DHA, and 70 mg of other omega 3s), and a blend of 250 mg of plant-sourced fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of astaxanthin harvested from microalgae. xEO Mega is encapsulated in a vegetarian-friendly softgel.

PRIMARY BENEFITS

- Delivers 900 mg of pure, concentrated, molecularly filtered fish oil with 300 mg of EPA and 300 mg of DHA per daily serving, and 70 mg of other omega-3s
- Provides a wide range of omega-3 fatty acids including EPA, DHA, ALA, and SDA from marine and plant sources
- Includes the antioxidant carotenoid, astaxanthin
- Formulated with a proprietary blend of dōTERRA CPTG essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile
- Includes 800 IU of natural vitamin D and 60 IU of natural vitamin E
- Does not contain milk or wheat products
- Specially formulated to be used daily with Microplex VMz and Alpha CRS+ as a comprehensive dietary supplement foundation

STORAGE:

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

DIRECTIONS FOR USE

Adults, take 4 softgels per day with food. xEO Mega is formulated to be used daily with Microplex VMz and Alpha CRS+.

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?



CPTG®

A: xEO Mega should always be taken immediately before or right at the beginning of a full meal.

Q: Is there a vegetarian version of xEO Mega (no fish)?

A: vEO Mega® is available for those who do not wish to consume any animal-sourced ingredients.

Q: Can my kids take xEO Mega instead of the IQ Mega®?

A: xEO Mega is safe for children and the dose can be cut in half. However, IQ Mega provides a higher dose of omega-3 fatty acids, which are critically important for the development years. For any questions please consult your child's pediatrician.

Q: If I take the IQ Mega, do I need to take xEO Mega too?

A: No, one or the other should be sufficient.

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 and land omega blends?

A: Each provides reliable and consistent sources of omega-3 fatty acids. The body can convert ALA and SDA (land based) into EPA and DHA; however, this conversion is variable among different individuals. With xEO Mega® you get the benefits of both land and sea.

COMPLEMENTARY PRODUCTS

- Microplex VMz®
- Deep Blue Polyphenol Complex®
- Mito2Max®
- PB Assist®+

Nutrition Information

Servings per Container: 30
Serving Size: Four (4) Softgels (2.4 g)

	Per Serving
Energy	2 Kcal
Protein	0 g
Total Fat 0.2 g	
Saturated Fat	0 g
Trans Fat	0 g
Mono Fat	0 g
Cholesterol	5 mg
Carbohydrates	0.1 g
Fiber	0 g
Sugars	0 g
Sodium	0 mg
Vitamin A (as Alpha and Beta Carotene)	2000 IU
Vitamin D3 (as Natural Cholecalciferol)	800 IU
Vitamin E (as d-α & Natural Mixed Tocopherols)	60 IU
Marine Oil and Plant Oil	1100 mg
EPA (Eicosapentaenoic Acid from Fish Oil)	300 mg
DHA (Docosahexanoic Acid from Fish Oil)	300 mg
Other Omega 3's (from Fish Oil)	70 mg
ALA (Alpha Linolenic Acid from <i>Echium plantagineum</i> Seed Oil)	50 mg
SDA (Stearidonic Acid from <i>Echium plantagineum</i> Seed Oil)	20 mg
GLA (Gamma Linolenic Acid from <i>Echium plantagineum</i> Seed Oil)	16 mg
Pomegranate Seed Oil	50 mg
Astaxanthin (from Green Algae)	1 mg
Lutein (from Marigold Flower)	3 mg
Zeaxanthin (from Marigold Flower)	1 mg
Lycopene (from Tomato Fruit)	1 mg
CPTG® Essential Oil Blend:	120 mg
Clove Bud, Frankincense Resin, Thyme Leaf, Cumin Seed, Wild Orange Peel, Peppermint Plant, Ginger Root, Caraway Seed, German Chamomile Flower	

Other Ingredients: Non-GMO Food Starch, Glycerin, Purified Water, Maltitol, Carrageenan

Contains Fish: (Sardine, Anchovy, Mackerel)