# ICE BLUE POLYPHENOL COMPLEX™

60 Vegetarian Capsules, 30 day supply

# TRADITIONALLY USED TO:

- · relieve mild rheumatic aches and pains.
- relieve inflammation.
- · Maintain & support general health and wellbeing.

#### PRODUCT DESCRIPTION

dōTERRA Ice Blue Polyphenol
Complex™ is a proprietary formula
containing extracts of Frankincense
and Turmeric which are loaded
with polyphenols that are used as
an internal solution for soreness
or discomfort. Traditionally used
in Ayurvedic medicine to relieve
inflammation and support general
health and wellbeing. The unique
blend of polyphenol extracts in Ice
Blue Polyphenol Complex™ provides
the soothing comfort needed to
support a life of activity and vitality.

## **DIRECTIONS FOR USE**

Take 2 capsules with food per day; 1 capsule in the morning and 1 capsule in the evening or as directed by your healthcare professional.

Do not use if tamper evidence seal is missing, torn, or broken. Store below 25°C.

If symptoms persist consult your healthcare practitioner. Not to be used in children under two years of age without medical advice. Not to be taken without medical advice. If you are pregnant, or considering becoming pregnant, do not take without consulting a health professional.



### **INGREDIENTS**

#### **Active Ingredient:**

Zingiber officinale root Extract dry concentrate 90 mg

Equivalent: Zingiber officinale (Dry) 1.8 g

Mentha X piperita leaf Extract dry concentrate 5 mg

Equivalent: Mentha X piperita (Dry) 20 mg

Reynoutria japonica root Extract dry concentrate Stand. 25 mg

Equivalent: Reynoutria japonica (Dry) 2.5 g

Equivalent: Resveratrol 12.5 mg

Malus Pumila fruit Extract dry concentrate Stand 50 mg

Equivalent: Malus Pumila fruit fresh min 25.000 ma

Equivalent: Polyphenois 37.5mg

Boswellia serrata gum oleoresin Extract dry concentrate Stand. 50 mg

Equivalent: Boswellia serrata (Dry) 300 mg

Equivalent: Boswellic acid 32.5 mg

Vitis vinifera seed Extract dry concentrate Stand.

Equivalent: Vitis vinifera (Dry) 5.04 g

Equivalent: Catechins 15.96 mg

Carum carvi seed Extract dry concentrate 5 mg

Equivalent: Carum carvi (Dry) 20 mg

Curcuma longa rhizome Extract dry concentrate Stand. 192.31 mg

Equivalent: Curcuma longa (Dry) 3.85 g

Equivalent: Curcuminoids 125 mg

Punica granatum seed Extract dry concentrate

Equivalent: Punica granatum (Dry) 2.5 g

**Inactive Ingredients:** Maltodextrin, Colloidal anhydrous silica, Magnesium stearate, Glucose monohydrate, Microcrystalline cellulose.

Capsule Ingredients: Hypromellose, Gellan gum, Potassium acetate, Disodium edetate, Purified water.

