

xEO MEGA®

Essential Oil Omega Complex

PRIMARY BENEFITS

- Contains fish oils to support brain health and cognitive function
- With Fish oils to support heart health
- Delivers 900 mg of pure, concentrated, molecularly filtered fish oil with 320 mg of EPA and 308 mg of DHA per daily serving, and 44 mg of other omega-3s.
- Contains Omega-3 fatty acids, essential for normal growth and development
- Supports healthy immune system function
- Contains beta-carotene, which supports the health and function of the eyes
- Provides a wide range of omega-3 fatty acids including EPA, DHA and GLA, from marine and plant sources to help maintain a healthy balance of these vital nutrients

PRODUCT DESCRIPTION

dōTERRA's 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. Fish oils help support the health and function of the brain, cardiovascular & nervous systems.

A daily serve of xEO Mega® provides 1 gram of marine lipids (providing 320 mg of EPA, 308 mg of DHA and 44 mg of other omega 3s(gamma linolenic Acid)), and a blend of 250 mg of plant-sourced fatty acids. And also includes

800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of astaxanthin.

Essential Fatty Acids (EFAs) are nutrients required for many functions in the human body. While some fatty acids can be produced inside the body, "essential" fatty acids cannot be produced by our bodies; therefore, we rely on the food we eat to supply these important nutrients. xEO Mega® contains a natural source of omega 3 fatty acids, which are important as the body cannot produce them and can only be obtained from the diet.

The essential oils in this product also function as a natural preservative system that protects the omega-3 fatty acids and lipid-soluble vitamins from oxidizing and going rancid

We uses the best quality marine omega-3 oils in the world. Both fish oils are tested for over 250 contaminants, and both fish oils are certified sustainable by the prestigious Friend of the Sea organization in Europe.



Certified Pure Tested Grade

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ASTAXANTHIN AND VITAMIN E

xEO Mega® includes the carotenoid astaxanthin and Vitamin E, supporting the health and function of the cardiovascular and immune systems.

Vitamin E is a fat-soluble antioxidant helping to protect the polyunsaturated fatty acids in cell membranes from free radical damage and may therefore assist in protecting the body from the effects of free radical damage.

VITAMIN D

Vitamin D is a fat-soluble vitamin present in foods such as fish, beef liver, cheese, egg yolks and fortified dairy products. Sunlight can help activate cholecalciferol generation (a Vitamin D precursor), which is converted to active Vitamin D within the body.

Vitamin D is important for bone health, supporting the development and maintenance of strong, healthy bones. Vitamin D also supports the health and function of the immune and nervous systems and is important for cardiovascular health. Mainly produced in our skin by a reaction that requires sunlight, people who limit their exposure to sunlight may have an increased need for Vitamin D supplementation.

xEO Mega® is a revolutionary approach to supplementing our diets with omega-3 fatty acids and other fat-soluble nutrients that help support the health and function of the

cardiovascular nervous and immune systems and eyes. Containing DHA, which is one of the most abundant fatty acids in the brain, which is required for normal/healthy brain function. Also contains antioxidant nutrients and Vitamin D, which helps calcium absorption and a diet deficient in calcium can lead to osteoporosis in later life.

Formulated to be used daily with dōTERRA Alpha CRS+™ and Microplex VMz® as a comprehensive dietary supplement foundation.

DIRECTIONS FOR USE

Adults, take 2 capsules twice daily with meals or as directed by your healthcare professional.

Vitamin supplements should not replace a balanced diet.

Contains seafood (fish products).
Store below 25°C.

xEO Mega® is formulated to be used with Microplex VMz® and dōTERRA Alpha CRS+™. All three products can be found in our convenient Lifelong Vitality Pack®.

INGREDIENTS

| | |
|---|---------|
| Each capsule contains: | |
| Concentrated Fish Omega-3 triglycerides | 261mg |
| Equiv. Eicosapentaenoic Acid (EPA) | 80mg |
| Equiv. Docosahexaenoic Acid (DHA) | 77mg |
| <i>Borago officinalis</i> (Borage) Seed Oil Fixed | 50mg |
| Equiv. Gamma-Linolenic Acid | 11mg |
| CPTG® Essential Oil Blend: | |
| <i>Syzygium Aromaticum</i> Herb Top | |
| Flowering Essential Oil | 5.7mg |
| Olibanum Oil | 4.6mg |
| Thyme Oil | 4mg |
| Cumin Oil | 3.4mg |
| Orange Oil | 3.4mg |
| Peppermint Oil | 3.4mg |
| Ginger Oil | 2.9mg |
| Caraway Oil | 2.3mg |
| Chamomile Oil German | 286µg |
| Betacarotene | 1mg |
| Colecalciferol (Vit. D 200IU) | 5µg |
| d-alpha-Tocopherol (Vit. E 15IU) | 10.1mg |
| Lycopene | 250µg |
| Lutein | 750µg |
| Zeaxanthin | 250µg |
| <i>Punica granatum</i> (Pomegranate) Dry | |
| Fruit Extract | 264µg |
| Derived from minimum Fresh Fruit | 12.54mg |
| Standardised to contain Punicalagins | 53µg |
| Astaxanthin Esters extracted from | |
| <i>Haematococcus pluvialis</i> | 2.5mg |
| Equiv. Astaxanthin | 250µg |

ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST SEE YOUR DOCTOR/ HEALTHCARE PROFESSIONAL



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