dōTERRA®

Alpha CRS +®

Made with SLS-free vegetable capsules

PRODUCT DESCRIPTION

dōTERRA Alpha CRS+ is a proprietary formula that combines natural botanical extracts, such as peppermint extract, ginger root extract, and caraway seed extract.

CONCEPT

Cells are the basic building block of all life. Healthy tissues, organs, and ultimately healthy organisms depend on cellular reproduction and specialized function, energy production, and timely cell death when cells are not functioning at optimal levels. As we age, cellular function can deteriorate and we gradually begin to experience decreased energy and performance.

Additionally, cellular stressors, including oxidative stress to cellular DNA and other key cell structures, challenge cellular heath. Providing cells with essential nutrients and metabolic factors of cellular energy and protecting our cells from toxic stressors supports healthy cell function, vitality, and wellness.

DNA and Cellular Function

The human body is made up of millions of specialized cells that are in constant communication with each other through complex chemical pathways. Much of the activity in and between cells is regulated by the DNA in the nucleus of each cell. Healthy cells can reproduce, perform specialized functions, and set in motion a sequence of self-destruction when their usefulness declines, making way for new, healthy cells. If cellular DNA or other critical cell structures are damaged, this process of renewal can be compromised.

Mitochondria and Cellular Energy

Mitochondria are cellular structures in which oxygen and food nutrients are metabolized to create energy for life. Healthy mitochondria function like well-tuned engines, producing efficient power with less exhaust (metabolic waste). As we age, the number and efficiency of cellular mitochondria can decrease, resulting in decreased energy and performance. Unhealthy mitochondria also put out more toxic exhaust in the form of free-radical molecules that can damage cellular DNA, setting off a cascading oxidative chain reaction that can damage critical cell structures and disrupt healthy cell function.

Free-radical Molecules

Free-radical molecules are unstable molecules with unpaired electrons. When free-radical molecules come in contact with stable molecules, they steal electrons from them turning stable molecules into unstable free-radical molecules that, in turn, steal electrons from other stable molecules. This cascading process of free-radical damage is called oxidation. Free-radical damage to cells can come from external and internal sources. When cellular DNA and other critical cell structures are damaged by free-radical molecules, cells do not function optimally.

Antioxidants and Polyphenols

Cells are equipped to defend against oxidative damage by employing electron-rich molecules called antioxidants to neutralize free-radical molecules. Cells use antioxidants derived from the foods we eat and manufacture other antioxidants to keep oxidative stress in check. Reducing oxidative damage to cellular DNA and other important cell structures will support healthy cell function. Antioxidants are found in great variety and abundance in plants and are plentiful in colorful fruits and vegetables. Polyphenols are a particularly powerful group of antioxidants that provide protection against free-radical damage to cellular DNA have a very high capacity (Oxygen Radical Absorbance Capacity or ORAC) to neutralize free-radical molecules and have been studied for a number of longevity health benefits.

Endogenous Antioxidant Protection

The antioxidants we consume in food are called exogenous antioxidants. The body is also capable of creating other antioxidants called endogenous antioxidants. Endogenous antioxidants often have very short life cycles and are used very rapidly in metabolic processes. In addition to providing exogenous antioxidant protection against free-radical damage to cells, some plant extracts also support the endogenous production and recycling of antioxidants made in the body.

Healthy Oxidative Stress

Left unchecked, exposure to high levels of free radicals can leave the body more vulnerable to the oxidative damage of free radical molecules. Lowering oxidative stress in cells can help maintain healthy cellular function. Certain food nutrients also have been demonstrated to help the body recover from occasional high exposure to free radicals.

Alpha CRS+®

dōTERRA® Alpha CRS+ is a proprietary dietary supplement formulated with polyphenols. The polyphenol blend found in Alpha CRS+ includes concentrated extracts of baicalin from scutellaria root, resveratrol from Polygonum cuspidatum, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle.

The blend also includes a proprietary blend of boswellic acid and bromelain protease enzyme. Alpha CRS+includes coenzyme Q10, alphalipoic acid, and acetyl-L-carnitine. Alpha CRS+ also includes a botanical extract of Ginko biloba.

Coupled with dōTERRA® CPTG® essential oils and a commitment to the dōTERRA Wellness Lifestyle of eating right, exercising, resting and managing stress, reducing toxic load, informed self care, and proactive health care, Alpha CRS+ will help support you and your goals to look, feel, and live younger, longer.

PRIMARY BENEFITS

- Contains a proprietary blend exclusive to dōTERRA that includes polyphenols including baicalin from scutellaria root, resveratrol from *Polygonum cuspidatum*, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle
- Contains a standardized extract of *Boswellia serrata* for boswellic acid
- Contains a standardized extract of *Ginkgo biloba*
- Includes (coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-l-carnitine)
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk or animal products

DIRECTIONS FOR USE

Adults, take 1 capsule per day with food.

FAQS

Q: Does this product contain genetically modified material?
A: Alpha CRS+ does not contain genetically modified material.

Q: Can my children take this product?
A: dōTERRA recommends A2Z Chewable® and IQ Mega® for children rather than the Lifelong Vitality Pack. For older children or teenagers, please consult your pediatrician.

Q: Do I need to take this with food?
A: Alpha CRS+ should always be taken immediately before or right at the beginning of a full meal.

Nutrition Facts

Serving Size: 1 capsules No. of Servings per Container: 120	Amount per Serving	%RENI*
Calories	2.5 kcal	<2%
Calories from Fat	0 kcal	**
Total Fat	0 g	0%
Saturated Fat	0 g	**
Trans Fat	0 g	**
Cholesterol	0 mg	**
Sodium	0 mg	**
Total Carbohydrates	0.25 g	<2%
Dietary Fiber	0 g	0%
Sugar	0 g	**
Total Protein	0 g	0%
Scutellaria Baicalensis (Chinese Skullcap) Root Extract	125 mg	**
Boswellia Serrata Resin Extract	50 mg	**
Acetyl-L-Carnitine	25 mg	**
Silybum Marianum (Milk Thistle) Seed Extract	31.25 mg	**
Resveratrol (from Polygonum Cuspidatum Root Extract)	12.5 mg	**
DL-alpha Lipoic Acid	25 mg	**
Punica Granatum (Pomegranate) Fruit Extract	15.6 mg	**
Quercetin (from Quercetin Dihydrate)	12.5 mg	**
Coenzyme Q10	12.5 mg	**
Camellia Sinensis (Green Tea) Leaf Extract	10 mg	**
Ginkgo Biloba Leaf Extract	10 mg	**
Curcuma Longa (Turmeric) Root Extract	7.89 mg	**
Vitis Vinifera (Grape) Seed Extract	5 mg	**
Sesamum Indicum (Sesame) Seed Extract	5 mg	**
Bromelain	180,000 FCC PU(5mg)	**
Carum Carvi (Caraway) Seed Extract	2.5 mg	**
Zingiber Officinale (Ginger) Root Extract	2.5 mg	**
Mentha Piperita (Peppermint) Leaf Extract	2.5 mg	**
Pinus Radiata (Monterey Pine) Bark Extract	2.19 mg	**

*Percent RENI values are based on FNRI reference adult requirement of 19-29 years old.
**Percent RENI not established.