

# Deep Blue

## Polyphenol Complex®

### Dietary Supplement

#### PRODUCT DESCRIPTION

The brand name Deep Blue® is synonymous with soothing support. The CPTG Certified Pure Therapeutic Grade® essential oil blend as well as the rub have provided comfort to many and are trusted among their users. It only makes sense that an ingestible supplement would complement the topical benefits of the Deep Blue product line. Deep Blue Polyphenol Complex delivers polyphenol extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grape seed, and is designed to provide soothing support to aching muscles and to other occasional discomfort. Take as needed when discomfort presents itself, or take it every day for long-lasting benefits.

#### CONCEPT

Deep Blue Polyphenol Complex provides a unique blend of extracts of Indian frankincense (*Boswellia serrata*), along with turmeric and ginger. Indian frankincense has long been used for its soothing properties, and its use in the traditional Ayurvedic practices of India is well established.

This supplement delivers a unique and standardized *Boswellia serrata* extract (not an essential oil) that has been clinically studied to promote healthy mobility and function, and can provide soothing support throughout the entire body.

Like frankincense, turmeric has been used for centuries in Ayurvedic practice and is also part of the popular spice Indian curry. The science behind turmeric's soothing role in overworked muscles and joints is now recognized by experts throughout the world. Ginger root has also been used for centuries throughout Asia for health benefits and as a popular spice. Ginger was among the first spices brought to the New World and has long been recommended for its natural soothing benefits.

#### POLYPHENOLS

Polyphenols are natural, powerful, water-soluble antioxidants and Deep Blue Polyphenol Complex delivers the unique polyphenol benefits from what are considered some of the most healthy beverages—green tea, red wine, and grape and pomegranate juice. Red wine (resveratrol) and green tea (catechins) have, for centuries, been recognized as central to the healthy Mediterranean and Asian diets, respectively. Today, they are the subject of the most exciting anti-aging and wellness research. Resveratrol is believed to be a key component in the healthy Mediterranean diet and it is thought to be responsible for the “French Paradox,” where the French enjoy far better heart health than would be expected from a less than ideal diet and lifestyle. Green tea's wide variety of health benefits have been established for hundreds of years, but again, only recently have scientists



identified its catechins, specifically EGCG (Epigallocatechin Gallate), as the molecules responsible for these benefits. The green tea extract used in this product concentrates the goodness of green tea to provide targeted levels of catechins. Grape seed is known for its exceptional levels of protective polyphenols, particularly OPCs (Oligomeric Proanthocyanidins), which are powerful antioxidants.

Pomegranate is another key ingredient in this product and is often referred to as the “sacred fruit.” Punicalagin has been identified as a key beneficial molecule behind pomegranate’s benefits, yet its levels are rarely declared on pomegranate juice or supplements. Deep Blue Polyphenol Complex® delivers a unique pomegranate fruit extract, standardized to deliver a specific level of punicalagin, which helps ensure the benefits of this powerful fruit. These polyphenols help neutralize a broad range of damaging free-radicals, thereby supporting the health of a wide variety of tissues, organs, and systems throughout the body.

Deep Blue Polyphenol Complex is designed to offer unparalleled natural support. Furthermore, its formula enables you to enjoy all these exceptionally powerful, natural molecules without consuming any alcohol, caffeine, sugar, or other potentially harmful stimulants.

## PRIMARY BENEFITS

- Patent-pending, fast-acting frankincense extract shown to help support muscle and joint comfort and function
- Includes proprietary, standardized extracts of ginger, curcumin, resveratrol, and other polyphenols to soothe occasional aches and discomfort
- Can be used in tandem with Deep Blue® Rub or Deep Blue Soothing Blend
- Contains the dōTERRA® tummy tamer blend of Peppermint, Ginger, and Caraway Seed

## DIRECTIONS FOR USE

Take 2 capsules with food per day; 1 capsule in the morning and one in the evening.

## FAQS

### **Q: Is Deep Blue Polyphenol Complex safe to take every day?**

**A:** Deep Blue Polyphenol Complex is safe to use every day. Deep Blue Polyphenol Complex delivers botanical polyphenols that have long been consumed throughout the world, are key components of some of the healthiest of diets, and are well studied for their safety.

### **Q: Can I take more than the recommended amount?**

**A:** We recommend that you follow the suggested use, which was selected based on an extensive review of the scientific literature showing efficacy at the dose provided. However, there should be no problem taking more than the recommended amount of Deep Blue Polyphenol Complex based on its safety.

### **Q: Can I take Deep Blue Polyphenol Complex with Alpha CRS® +?**

**A:** Yes, although a few of the active ingredients overlap.

### **Q: Is it GMO and gluten-free?**

**A:** Yes. All Deep Blue Polyphenol Complex ingredients are derived from non-GMO plants. Likewise, all Deep Blue Polyphenol Complex ingredients are gluten-free.

### **Q: Is Deep Blue Polyphenol Complex® considered organic and vegetarian?**

**A:** Deep Blue Polyphenol Complex is vegetarian. It is very important to us that our ingredients come from quality sources, and this doesn’t always mean “Certified Organic.” Many ingredients cannot be sourced from organic farms. All of our ingredients are thoroughly tested for contaminants, pesticides, and heavy metals to meet our own high quality standards and specifications.

### **Q: Does this product contain the Deep Blue® Soothing Essential Oil Blend?**

**A:** No

## COMPLEMENTARY PRODUCTS

- dōTERRA Lifelong Vitality Pack
- Microplex VMz®
- DigestZen TerraZyme®
- GX Assist®

**KEY STUDIES**

Chandran, Binu, and Ajay Goel. "A Randomized, Pilot Study to Assess the Efficacy and Safety of Curcumin in Patients with Active Rheumatoid Arthritis." *Phytotherapy research*: PTR 26.11 (2012): 1719-1725.

Kizhakkedath, Reji. "Clinical Evaluation of a Formulation Containing Curcuma Longa and Boswellia Serrata Extracts in the Management of Knee Osteoarthritis." *Molecular Medicine Reports* 8.5 (2013): 1542-1548.

Pandey, Kanti Bhooshan, and Syed Ibrahim Rizvi. "Plant Polyphenols as Dietary Antioxidants in Human Health and Disease." *Oxidative Medicine and Cellular Longevity* 2.5 (2009): 270-278.

Paramdeep, Gill. "Efficacy and Tolerability of Ginger (*Zingiber Officinale*) in Patients of Osteoarthritis of Knee." *Indian Journal of Physiology and Pharmacology* 57.2 (2013): 177-183.

Scalbert, Augustin, Ian T. Johnson, and Mike Saltmarsh. "Polyphenols: Antioxidants and beyond." *The American Journal of Clinical Nutrition* 81.1 (2005): 215S-217S.

Sengupta, Krishanu et al. "Comparative Efficacy and Tolerability of 5-Loxin and Aflapin® Against Osteoarthritis of the Knee: A Double Blind, Randomized, Placebo Controlled Clinical Study." *International Journal of Medical Sciences* 7.6 (2010): 366-377.

Shen, Chwan-Li et al. "Dietary Polyphenols and Mechanisms of Osteoarthritis." *The Journal of Nutritional Biochemistry* 23.11 (2012): 1367-1377.

Sreekumar, Sreeja et al. "Pomegranate Fruit as a Rich Source of Biologically Active Compounds." *BioMed Research International* 2014 (2014): 686921.

Vishal, Amar A., Artatrana Mishra, and Siba P Raychaudhuri. "A Double Blind, Randomized, Placebo Controlled Clinical Study Evaluates the Early Efficacy of Aflapin® in Subjects with Osteoarthritis of Knee." *International Journal of Medical Sciences* 8.7 (2011): 615-622.

**Supplement Facts**

Serving Size: Two (2) Capsules  
Servings per Container: 30

Amount Per Serving		% DV
<b>Deep Blue Polyphenol Blend:</b>		
Frankincense ( <i>Boswellia serrata</i> ) Gum Resin Extract AprèsFlex®†	100 mg	**
Curcuminoids Complex (from Turmeric ( <i>Curcuma longa</i> ) Root) BCM95®	250 mg	**
Ginger ( <i>Zingiber officinale</i> ) Root Extract	300 mg	**
Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract (75% Catechins) (caffeine-free)	100 mg	**
Pomegranate ( <i>Punica granatum</i> ) Fruit Extract (30% Punicalagin) POMELLA®††	50 mg	**
Grape ( <i>Vitis vinifera</i> ) Seed Extract (95% Polyphenols)	50 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> Root)	25 mg	**
<b>Tummy Tamer Extract Blend:</b>		
Ginger ( <i>Zingiber officinale</i> ) Root Extract, Peppermint ( <i>Mentha piperita</i> ) Leaf Extract, Caraway ( <i>Carum carvi</i> ) Seed Extract	30 mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Vegetable Hypromellose, Magnesium Stearate, Microcrystalline Cellulose, Calcium Silicate, Vegetable Fatty Acid, Silica

**Directions for use:** Take 2 capsules with food per day; 1 capsule in the morning and 1 capsule in the evening.

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

Store in a cool, dry place.

Manufactured in the U.S.A. exclusively for dōTERRA Intl, LLC, 389 S 1300 W Pleasant Grove, UT 84062 1-800-411-8151

† AprèsFlex® is a trademark of Laila Nutra LLC., US Patent #8551496  
††POMELLA® Extract is covered under US Patent #7638640