



**EO Mega+®** | Essential Oil Omega Complex  
90 Softgels

## Primary Benefits

- + Supportive but inconclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease
- + Helps maintain a healthy lipid profile already in a normal range
- + May support a healthy nervous system and cognitive function because of DHA, an omega-3 fatty acid in EO Mega+ critical for brain health
- + Supports a healthy respiratory system
- + Promotes healthy vascular endothelial function
- + Helps balance omega-3 and omega-6 fatty acids in the blood
- + Helps maintain visual acuity throughout life
- + May help you feel fuller between meals
- + May promote a healthy gastrointestinal system when limonene, a component of dōTERRA EO Mega+ Softgel is taken internally according to preclinical research

## Description

EO Mega+ Essential Oil Omega Complex is a premium blend of omega fatty acids derived from wild-caught fish off the coast of Norway, providing clean, pure, and traceable fish oil. It also contains CPTG® Wild Orange essential oil to enhance the user experience and contribute various health benefits because of its limonene content. Each serving delivers 900 mg of essential fatty acids, including 800 mg of omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), which are known for their exceptional health benefits. Essential fatty acids are crucial nutrients for maintaining overall health and vitality; they play a vital role in heart health; cell growth; brain development; skin, eye, and metabolic health; muscle activity; immune function; and joint health. Because the body can't produce these essential nutrients on its own, it must be obtained through diet. That's where EO Mega+ comes in, filling this nutritional gap by providing a convenient source of essential fatty acids to support optimal bodily functions.

## Directions

Take 3 softgels per day with food.

## Cautions

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Don't use if safety seal is broken or missing. Store in a dark, cool, dry place.

Contains fish (cod, cusk, haddock, herring, ling, mackerel, pollock, deepwater redfish, whiting, and blue whiting).

## Ingredients

Fish oil, Wild Orange essential oil, water, tapioca starch, glycerin, maltitol syrup, mixed tocopherols

Supplement Facts

Serving Size 3 Softgels  
Servings per Container 30 Servings

	Amount per Serving	%Daily Value*
Calories	20	
Total Fat	2 g	3%
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	1 g	**
Cholesterol	5 mg	2%
Fish Oil	2000 mg	**
Total Omega-3s	900 mg	**
EPA (Eicosapentaenoic Acid)	200 mg	**
DHA (Docosahexaenoic Acid)	600 mg	**
Other Omega-3s	100 mg	**
Wild Orange Essential Oil	300 mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other Ingredients:** Water, Tapioca starch, Glycerin, Maltitol syrup, Mixed tocopherols

**Contains:** Fish (Cod, Cusk, Haddock, Herring, Ling, Mackerel, Pollock, Deepwater Redfish, Whiting, Blue Whiting)