

dōTERRA® | **LIFELONG VITALITY PROGRAM**

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*look, feel, and live younger, longer*



Made with **CP<sup>TM</sup> TG** Certified Pure Tested Grade® Essential Oils

dōTERRA®





# LOOK, FEEL, AND LIVE YOUNGER, LONGER

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of vitality and wellness convenient and affordable. The three core products of the dōTERRA Lifelong Vitality Program—Alpha CRS+®, xEO Mega®, and Microplex VMz®—are formulated to provide you with targeted levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.\*

Our lifelong health and vitality depend on many factors including diet, physical activity, weight management, rest, stress management, exposure to toxins, and genetic predisposition for disease or wellness. While some of these variables are beyond our complete control, breakthrough scientific research is revealing many ways we can influence—and even control—significant factors of aging and wellness. A long life full of vitality and healthy aging begins with providing your cells with essential nutrients and metabolic factors to help them perform optimally.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





## PROTECT YOUR CELLS WITH POLYPHENOLS

Free radicals are unstable molecules that can damage and even destroy healthy, functioning cells and speed the aging process by compromising cellular DNA and other critical cell structures, including energy-producing mitochondria. Free radicals are a toxic byproduct of breathing and the metabolism of food. They also come from other sources, such as pollution, smoking, sun exposure, and exposure to radiation. All these free-radical sources can push oxidative stress beyond what the body can safely handle. Cellular free-radical damage is believed to play a major role in aging.

Antioxidants are stable molecules that can neutralize free radicals. Some antioxidants are found in the foods we eat, particularly in fruits and vegetables, and some antioxidants are manufactured by the body. Most medical experts recommend that we increase our consumption of foods containing antioxidants. Polyphenols are a particularly powerful group of antioxidants that provide protection against free-radical damage to cellular DNA and mitochondria. They have a very high capacity to neutralize free radicals and have been studied for a number of longevity health benefits. Reducing oxidative stress to cellular DNA and other important cell structures supports healthy cell proliferation, function, and lifespan.



**THE dōTERRA LIFELONG VITALITY PACK® provides a concentrated source of powerful antioxidants.\***

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# ALPHA CRS+®

## CELLULAR VITALITY COMPLEX

**Alpha CRS+ Cellular Vitality Complex contains powerful polyphenols that protect cells from free radicals that can damage cellular DNA, mitochondria, and other critical cell structures.\***

Proanthocyanidins  
from grape seed



Resveratrol from  
*Polygonum cuspidatum*



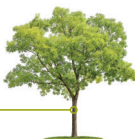
Baicalin from  
scutellaria root



Ellagic acid from  
pomegranate fruit extract



Quercetin from the  
Japanese pagoda tree



Curcumin from  
turmeric root



Boswellic acids from  
*Boswellia serrata*



**POLYPHENOLS:** A class of molecules that provide numerous longevity benefits including powerful activity against oxidative stress as well as protection from free-radical damage for critical cell structures, DNA, and mitochondria.

**FREE RADICALS:** Unstable molecules that can start a damaging chain reaction of cellular oxidation contributing to unhealthy aging.

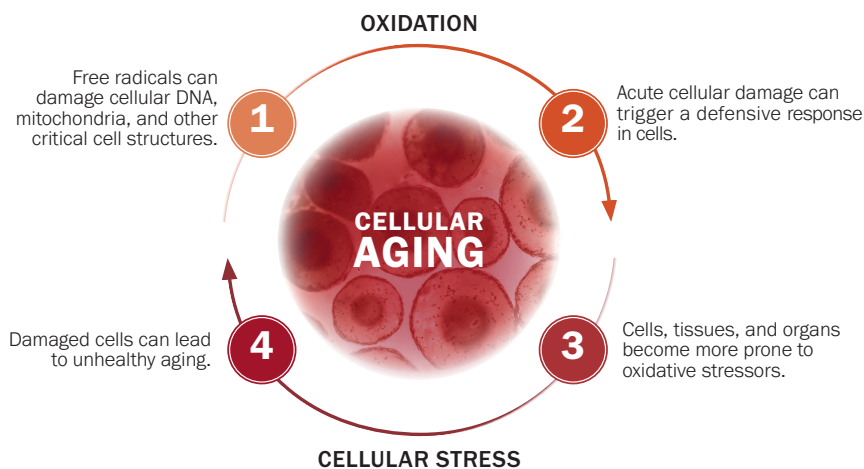
**DNA:** Deoxyribonucleic acid in cells that contains the genetic instructions for cell proliferation, specialized function, and lifespan. It is through the DNA that the instructions for life are stored and passed to new cells that make up tissues, organs, systems, and organisms. Disruption of normal DNA function can result in sub-optimal health.

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## REDUCES OXIDATIVE STRESS

Our bodies are made up of millions of cells that rely on complex chemical communication pathways to perform their many specialized and synchronized functions. When cells are under stress, especially oxidative stress, they respond defensively to reduce the stressor. This is an important and normal function of the body's immune system, which helps protect against threats to cellular health. Free-radical damage to critical cell structures can trigger a defensive response that, if left unchecked, can lead to a chronic state of defensive readiness and can have long-term health consequences.

The dōTERRA Lifelong Vitality Pack® helps to supplement a diet with dietary antioxidants that support lowering oxidative stress, neutralize damaging free radicals, interfere with the generation of free radicals, and regenerate antioxidants in the body.\* The program also supplies essential fatty acids that the human body is not able to produce, while promoting optimum well-being of multiple organ systems.\* The program was formulated with a blend of CPTG® essential oils that demonstrate activity against oxidative stress in cells.\*



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## INCREASE YOUR ENERGY AT THE CELLULAR LEVEL

All energy for life is produced in tiny cellular structures called mitochondria in which food molecules and oxygen are combined to produce chemical energy in the form of ATP (adenosine triphosphate). As we age, the number of mitochondria per cell and their output efficiency can decline, resulting in decreased vitality and energy. Compromised mitochondria can also release more toxic exhaust in the form of free-radical molecules, which can further damage mitochondria, DNA, and other critical cell structures. Less efficient production of energy in cells can result in a decrease of physical performance and mental energy.

Increasing our dietary consumption of foods rich in antioxidants, particularly polyphenols, can help protect mitochondria and other cell structures from free-radical byproducts of energy production in cells. Additionally, supplementing our diets with nutritional co-factors of energy production in mitochondria can support healthy production of cellular energy.\*

**The dōTERRA Lifelong Vitality Pack® includes these antioxidant and energy cofactors.\***

- **Acetyl-L-Carnitine:** Helps shuttle fatty acids into mitochondria for energy production
- **Alpha Lipoic Acid:** Supports the production of ATP and acts as a powerful antioxidant in mitochondria
- **Coenzyme Q10:** Important coenzyme for energy production; supports heart health
- **Quercetin:** Provides powerful polyphenol antioxidant protection in mitochondria and other cell structures
- **Resveratrol:** Polyphenol found in red wine; supports healthy mitochondrial biogenesis
- **Vitamins and Minerals:** Essential cofactors of energy production in cells
- **Essential Fatty Acids:** Required for cell growth; supports healthy cellular function



**MITOCHONDRIA:** Sometimes described as micro power plants in cells, mitochondria produce the energy chemical adenosine triphosphate (ATP) that powers all cellular activity for life. Cellular mitochondria also play critical roles in other cell functions, including intracellular signaling, cellular differentiation, growth, and apoptosis. Mitochondrial energy functions can decrease with age or increased exposure to oxidative stressors.

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# xEO MEGA®

## ESSENTIAL OIL OMEGA COMPLEX

In addition to the potent Cellular Longevity Blend contained in Alpha CRS<sup>®</sup>, the dōTERRA Lifelong Vitality Pack<sup>®</sup> includes your choice of xEO Mega<sup>®</sup> or vEO Mega<sup>®</sup>, providing ultra-pure essential fatty acids and other fat soluble nutrients that help support heart and circulatory health, brain health, and optimal immune function among many other systemic benefits.\*

xEO Mega provides a proprietary blend of marine and plant-sourced essential fatty acids. Omega-3 fatty acids help support healthy joints, the cardiovascular system, brain health, and immune function.\*

xEO Mega includes the powerful antioxidant carotenoid astaxanthin, which helps protect against lipid oxidation in the brain and throughout the circulatory system.\* xEO Mega is encapsulated in vegetarian softgels.

xEO Mega includes a proprietary blend of dōTERRA CPTG<sup>®</sup> essential oils that also function as antioxidants, support a healthy oxidative stress response in cells, and provide other powerful health benefits.\* These oils also function as a natural preservative system, protecting the essential fatty acids in xEO Mega from oxidation and rancidity.



### **xEO Mega Marine and Plant Omega Blend (1100 mg):**

Pure, micro-filtered fish oil providing 300 mg EPA, 300 mg DHA

### **xEO Mega and vEO Mega Essential Oil Blend:**

Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile

**CPTG** Certified Pure Tested Grade<sup>®</sup>



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## vEO MEGA®

### ESSENTIAL OIL OMEGA COMPLEX

Committing to a diet that is completely vegetarian is a lifestyle that is gaining popularity and is extremely important to many people. Alpha CRS+ and Microplex VMz are already vegetarian friendly, but xEO Mega needed a slight modification in order to be labeled vegetarian-friendly.

vEO Mega still provides a unique blend of essential fatty acids that are so important to our diet but delivers them from plant and algae-based sources. A single daily dose of vEO Mega provides 1,200 mg of botanical omegas with 555 mg of ALA from flax seed oil and incha inchi oil, 100 mg of DHA from algae, 20 mg of GLA from borage oil, and a varied blend of other plant-sourced essential fatty acids.

vEO Mega still includes 20 mcg of natural vitamin D, 40 mg of natural vitamin E, 1 mg of pure astaxanthin, over 5 mg of other carotenoids, and a proprietary blend of CPTG® essential oils—just like xEO Mega.

#### **vEO Mega Plant Omega Blend (1668 mg):**

Flaxseed oil, Algae oil, Inca Inchi Seed oil, Borage Seed oil, Cranberry Seed oil, Pomegranate Seed oil, Pumpkin Seed oil, Grape Seed oil

#### **xEO and vEO Mega Antioxidant Blend:**

Pure astaxanthin from microalgae and natural vitamin E, lutein, zeaxanthin, lycopene, and alpha and beta carotene.



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# MICROPLEX VMz®

## MICRONUTRIENT COMPLEX

The dōTERRA Lifelong Vitality Pack® includes your choice of Microplex VMz or Vegan Microplex VMz, a balanced formula of essential vitamins and bioavailable minerals carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.\*

Vitamins and minerals are essential cofactors of growth, energy production, and cellular immune function. They are classified as “essential” because they cannot be produced in the body in sufficient quantities to sustain life and healthy functioning of body systems. Essential vitamins and minerals must be obtained from food, yet our modern diets are often deficient in adequate amounts of the variety of vitamins and minerals necessary for optimal health and wellness. There are more and more health concerns with the lack of nutrients in the foods we eat because we are so reliant on processed and convenience foods.

Microplex VMz has been carefully formulated to be taken with xEO Mega® in order to provide the amounts of vitamins, minerals, and omega fatty acids that we need to add to a well-balanced diet for optimum health.\*

# VEGAN MICROPLEX

## MICRONUTRIENT COMPLEX

Vegan Microplex VMz provides the same benefits as Microplex VMz, but is sourced from vegan-friendly sources.



### Balanced blend of vitamins:

Includes antioxidant vitamins A, C, and E; an energy complex of B vitamins; and natural vitamin D<sub>3</sub>.

### Whole-Food and Enzyme Blends:

Contains a blend of whole food ingredients to boost everyday nutrient intake: kale, dandelion, broccoli, cabbage, spinach, etc.

Eight different enzymes were added to aid in digestion and help with the absorption of nutrients: Protease, Lactase, Lipase, Amylase, alpha-Galactosidase, Diastase, Glucoamylase, Peptidase.\*



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## SUPPORT YOUR IMMUNE FUNCTION

A healthy immune system begins with a healthy diet containing optimal levels of antioxidants, vitamins, minerals, and essential fatty acids. Poor nutrition, stress, inadequate rest, and exposure to other environmental stressors can all lead to weakened defenses and other factors that can compromise health.

The dōTERRA Lifelong Vitality Pack® is formulated to provide nutritional support for healthy immune function.\* Alpha CRS+® provides powerful antioxidant and immune support through a potent blend of polyphenols and the carotenoids lutein and lycopene.\* xEO Mega® and vEO Mega® are formulated with immune supporting essential fatty acids, astaxanthin, and a proprietary blend of essential oils including Clove Bud, Frankincense, and Thyme.\* Microplex VMz® is a balanced formula of essential vitamins and chelated minerals that include immune-supporting nutrients; Vitamins A, C, E, and B6; and the mineral Zinc.\*



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### **NATURALLY SAFE, PURELY EFFECTIVE, GUARANTEED**

The supplements in the dōTERRA Lifelong Vitality Pack® are formulated with GRAS-listed (Generally Recognized As Safe) ingredients tested for purity in GMP (Good Manufacturing Practices) facilities to ensure safe products with consistent potency and performance per manufacturing lot. dōTERRA guarantees each product will meet or exceed customer satisfaction for quality and performance or they will refund the full purchase amount of the product. dōTERRA Lifelong Vitality Pack represent a unique dietary supplement foundation of powerful ingredients present in targeted levels and offered at a compelling price point representing unparalleled value for consumers.



## WHAT PEOPLE ARE SAYING ABOUT dōTERRA LIFELONG VITALITY PACK® SUPPLEMENTS†



I experienced a very noticeable boost in my energy\* and no longer felt that “dark cloud” of lethargy hanging over me. It was such a noticeable difference that my husband said to me, “Will you please order a box of that stuff for me next month?”

**Karina Sammons**

*dōTERRA Wellness Advocate*



I have noticed a significant increase in my energy\* since starting the dōTERRA Lifelong Vitality supplement program. I also sleep much better. Unlike other supplements I have used that have upset my stomach and left me wondering if they are doing anything for me, I used dōTERRA supplements from day one with no stomach upset and noticeable results. dōTERRA supports my goal of getting better as I age—not the other way around.

**Peggy Smith**

*dōTERRA Wellness Advocate*



After using dōTERRA Lifelong Vitality Pack® supplements for about six weeks, I started noticing a difference. If I miss even one or two days of the supplements, I can tell a difference. They are wonderful!

**Marti Christensen**

*dōTERRA Wellness Advocate*

†Product testimonials are authentic, real-life experiences of actual dōTERRA Lifelong Vitality Pack® customers and may not be typical for all users. Individual experiences may vary. Provided photos are not of actual customers.

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A few of the things I noticed early in the process: my nails were stronger, my hair softer and shinier, and I felt radiant and well.\* People make comments to me all the time. I have had the pleasure of sharing this with friends who were so impressed that they had to give it a try.

**Renee Banchiere**  
*dōTERRA Wellness Advocate*



Using dōTERRA Lifelong Vitality Pack has increased my energy and given me the stamina to meet my daily challenges. I feel that it has contributed significantly to supporting my immune system.\*

**Cynthia Crosby**  
*dōTERRA Wellness Advocate*



I coupled the dōTERRA Lifelong Vitality supplements with the dōTERRA philosophy of healthy lifestyle choices in an effort to lose weight. After changing my lifestyle and using the products, I've lost 10 pounds. With my increased energy I find it easy to manage my appetite and keep the weight off.\*

**Peter Bagwell**  
*dōTERRA Wellness Advocate*

## INGREDIENT HIGHLIGHTS:



### ALPHA CRS<sup>®</sup>

#### CELLULAR VITALITY COMPLEX

**Powerful polyphenol cellular longevity blend.\*** Baicalin from scutellaria root, resveratrol from *Polygonum cuspidatum*, pomegranate fruit extract, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle

**35370001**

#### **Potent levels of metabolic factors of cellular energy.\***

Coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine



### xEO MEGA<sup>®</sup>

#### ESSENTIAL OIL OMEGA COMPLEX

##### **Antioxidant protection:\***

Astaxanthin and natural vitamin E, lutein, zeaxanthin, lycopene, and alpha and beta carotene

##### **CPTG<sup>®</sup> essential oil blend:**

Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, and German Chamomile

**xEO MEGA:**

**60219195**

### vEO MEGA<sup>®</sup>

#### ESSENTIAL OIL OMEGA COMPLEX

##### **Marine\* and plant omega blend:**

Concentrated, pure fish and Ahiflower seed oils providing EPA, DHA, ALA, SDA, and GLA fatty acids

##### **Land omega blend (vEO Mega):**

Flaxseed, Borage, Cranberry, and Pomegranate seed oils

**vEO MEGA:**

**34480001**

\*only xEO Mega



### MICROPLEX VMz<sup>®</sup>

#### FOOD NUTRIENT COMPLEX

##### **Balanced blend of essential vitamins:**

Antioxidant vitamins A, C, and E; an energy complex of B vitamins; and natural vitamin D presented for enhanced bioavailability

**MICROPLEX VMz:**

**60213169**

### Vegan Microplex VMz<sup>®</sup>

#### FOOD NUTRIENT COMPLEX

##### **Balanced blend of essential minerals:**

Calcium, Iron, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium

##### **dōTERRA tummy tamer botanical blend**

Peppermint Leaf, Ginger Root, and Caraway Seed extracts

**VEGAN MICROPLEX VMz:**

**60213210**



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## THE dōTERRA® LIFELONG VITALITY PROGRAM

A comprehensive dietary supplement foundation for a lifetime of vitality and wellness, Alpha CRS+®, xEO Mega®, and Microplex VMz® provide antioxidants, vitamins, minerals, essential fatty acids, co-factors of cellular energy production, and a proprietary blend of CPTG Certified Pure Tested Grade® essential oils—your first step toward a lifetime of looking, feeling, and living younger, longer.\*

### dōTERRA LIFELONG VITALITY PACK®

Alpha CRS+, xEO Mega, and Microplex VMz are a comprehensive dietary supplement program of essential nutrients and energy factors for lifelong vitality and wellness.\* Formulated to be taken together in a daily regimen, these three revolutionary products supply a proprietary array of cutting-edge ingredients.



**60217066** | 30-day supply



**60213529** | 30-day supply

### LIFELONG VITALITY BENEFITS†

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Does not contain genetically modified material, dairy-free



**60213860** | 30-day supply

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## CPTG Certified Pure Tested Grade® Quality Control

A key component to the dōTERRA® Lifelong Vitality Program is the inclusion of dōTERRA CPTG essential oils. These essential oils complement the formulations of the dōTERRA Lifelong Vitality Pack® products while also contributing their own healthful benefits.

Essential oils are aromatic compounds found naturally in plants. In nature, these compounds help protect the plant. With modern trends moving more toward natural and holistic approaches to self care and wellness, essential oils are proving to be a viable and efficacious addition to any health-care program. Essential oils are easily implemented. They can be diffused aromatically, applied topically, and even—as in the case of the dōTERRA Lifelong Vitality Pack® products—taken internally to aid in digestion and to support vitality and well being.\*

Not only is it important to ensure proper use of essential oils, it is also vital that oils not be adulterated or diluted. Many other oils on the market contain fillers or artificial ingredients to either lower the price or increase the volume yielded by the source. All dōTERRA essential oils undergo the CPTG quality control protocol. This protocol consists of a series of tests for any contaminants, such as heavy metals or other chemical residues, resulting in an essential oil that is guaranteed to be just as nature intended. The essential oils in xEO Mega® and vEO Mega® are CPTG and have been carefully formulated to provide daily support of longevity and wellness.



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## FOLLOWING THE dōTERRA® WELLNESS LIFESTYLE AND USING dōTERRA ESSENTIAL OILS AND WELLNESS PRODUCTS WILL HELP YOU LOOK, FEEL, AND LIVE YOUNGER, LONGER.

dōTERRA CPTG® essential oils and other wellness products are specifically formulated to support a wellness philosophy of eating right, exercising, resting and managing stress, and reducing toxic load. dōTERRA also teaches an informed health-care model of self-care alternatives and proactive participation with a medical care provider who will both inform and be open to information.

Our mission as a company is to empower people to live healthier, more productive lives and to share the blessing of lifetime wellness with others. If you are dissatisfied with your current health-care options, we invite you to join our dōTERRA wellness revolution and take control of your personal health and the health of loved ones in your care.

### LIFESTYLE

1. EAT RIGHT
2. EXERCISE
3. REST & MANAGE STRESS
4. REDUCE TOXIC LOAD

### HEALTH CARE

5. INFORMED SELF CARE
6. PROACTIVE MEDICAL CARE



# ALPHA CRS+®

## CELLULAR VITALITY COMPLEX

dietary supplement

Serving Size: Four (4) Capsules  
Servings per Container: 30



**Directions for use:** Adults, take 4 capsules per day with food.

**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.

**Other Ingredients:** Vegetable hypromellose, Calcium stearate, Maltodextrin, Microcrystalline cellulose, Calcium silicate. **Contains Sesame Seed.**

Manufactured exclusively for dōTERRA Int'l, LLC, 389 S 1300 W Pleasant Grove, UT 84062 | www.doterra.com. For Customer Support, call 800 411-8151

## Supplement Facts

Serving Size Four (4) Capsules  
Servings per Container 30

	Amount Per Serving	% Daily Value*
<b>Cellular Longevity Blend:</b>	<b>1074 mg</b>	<b>**</b>
Scutellaria Root Extract (150 mg Baicalin)		
Boswellia Serrata Gum Resin Extract (20 mg AKBA)		
Milk Thistle Seed Extract (100 mg Silymarin)		
Polygonum Cuspidatum Root Extract (50 mg Resveratrol)		
Pomegranate Fruit Extract (25 mg Ellagic Acid)		
Apple Fruit Extract (30 mg Polyphenols)		
Turmeric Root Extract (30 mg Curcuminoids)		
Grape Seed Extract (20 mg Proanthocyanidins)		
Pineapple Stem Extract (50 GDU Bromelain Enzyme)		
Sesame Seed Extract (14 mg Lignans)		
Pine Bark Extract (7 mg Proanthocyanidins)		

<b>Cellular Energy Blend:</b>	<b>400 mg</b>	<b>**</b>
Acetyl L-Carnitine HCl (150 mg)		
Alpha Lipoic Acid (100 mg)		
Coenzyme Q10 (50 mg)		
Quercetin Dihydrate (60 mg)		
Ginkgo Biloba Leaf Extract (40 mg)		

<b>dōTERRA™ Tamer Blend:</b>	<b>30 mg</b>	<b>**</b>
Ginger Root Extract, Caraway Seed Extract, Peppermint Leaf Extract		

\*\*Daily Value not established.

# xEO MEGA®

## ESSENTIAL OIL OMEGA COMPLEX

dietary supplement

Serving Size: Four (4) Softgels  
Servings per Container: 30



**Directions for use:** Take 4 softgels per day with food.

**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 dark, cool, place.

AhiFlower® is a registered trademark of Natures Crops International

**Other Ingredients:** Modified food starch, Glycerin, Maltitol syrup, Carrageenan, Water, Sunflower oil, Safflower seed oil, Olive oil, Rosemary extract, Ascorbyl palmitate, Sunflower lecithin, Lemon peel essential oil.

**Contains Fish** (Sardine, Anchovy, Mackerel)

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## Supplement Facts

Serving Size Four (4) Softgels  
Servings per Container 30

	Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>15</b>	
<b>Total Fat</b>	<b>1.5 g</b>	<b>2%*</b>
<b>Cholesterol</b>	<b>2 mg</b>	<b>1%*</b>
Vitamin A (as Beta Carotene)	600 mcg	67%*
Vitamin D (as Cholecalciferol)	20 mcg	100%*
Vitamin E (as d-α & Mixed Tocopherols)	40 mg	267%*

<b>Marine Oil and Plant Oil Blend</b>	<b>1134 mg</b>	<b>**</b>
EPA (Eicosapentaenoic Acid from Fish Oil)	300 mg	**
DHA (Docosahexaenoic Acid from Fish Oil)	300 mg	**
Other Omega 3's (from Fish Oil)	65 mg	**
†AhiFlower® ( <i>Buglossoides arvensis</i> ) Seed Oil	200 mg	**
Alpha Linolenic Acid( ALA)	79 mg	**
Stearidonic Acid from (SDA)	31 mg	**
Gamma Linolenic Acid from (GLA)	8 mg	**
<b>Pomegranate Seed Oil</b>	<b>50 mg</b>	<b>**</b>
<b>Lutein</b> (from Marigold Flower)	<b>3 mg</b>	<b>**</b>
<b>Astaxanthin</b> (from Green Algae <i>Haematococcus pluvialis</i> oleoresin)	<b>1 mg</b>	<b>**</b>
<b>Zeaxanthin</b> (from Marigold Flower)	<b>1 mg</b>	<b>**</b>
<b>Lycopene</b> (from Tomato Fruit Extract)	<b>1 mg</b>	<b>**</b>
<b>CPTG® Essential Oil Blend:</b>	<b>120 mg</b>	<b>**</b>
Clove Bud, Frankincense Resin, Thyme Aerial Parts, Cumin Seed, Wild Orange Peel, Peppermint Plant, Ginger Root, Caraway Seed, German Chamomile Flower/Leaf/Stem		

\*Percent Daily Values are based on a 2000 calorie diet.

\*\*Daily Value not established.

# MICRO PLEX VMz®

## FOOD NUTRIENT COMPLEX

dietary supplement

Serving Size: Four (4) Capsules  
Servings per Container: 30



**Directions for use:** Adults, take 4 capsules per day with food. (Made with HPMC vegetable capsules.)

**Note:** 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.

**Other Ingredients:** Hypr omelliose, Modified food starch, Maltodextrin, Stearic acid, Soy flour, Silicon dioxide, Yeast (*Saccharomyces cerevisiae*), Gum acacia, Glycine, Citric acid, Microcrystalline cellulose, Pea starch, Alginate, DL-Methionine, Hesperidin, Lactobacillus acidophilus, Gelatin.

**Contains Soy and Wheat**

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## Supplement Facts

Serving Size Four (4) Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
<b>Calories</b>	5	
<b>Vitamin A</b> (as Retinyl Palmitate and 86% as $\beta$ Carotene)	2080 mcg	231%
<b>Vitamin C</b> (from Calcium Ascorbate and Magnesium Ascorbate)	200 mg	222%
<b>Vitamin D</b> (as Cholecalciferol)	20 mcg	100%
<b>Vitamin E</b> (as d-alpha Tocopherol, Natural Mixed Tocopherols and Tocotrienols)	34 mg	227%
<b>Vitamin K</b> (as Phyttonadione from Glycoprotein Matrix)	20 mcg	17%
<b>Thiamin</b> (as Thiamin HCl from Glycoprotein Matrix)	3 mg	250%
<b>Riboflavin</b> (from Glycoprotein Matrix)	3 mg	231%
<b>Niacin</b> (as Niacinamide from Glycoprotein Matrix)	20 mg NE	125%
<b>Vitamin B<sub>6</sub></b> (as Pyridoxine HCl from Glycoprotein Matrix)	3 mg	176%
<b>Folate</b> (from Calcium L-5-methyltetrahydrofolate)	680 mcg DFE	170%
<b>Vitamin B<sub>12</sub></b> (as Cyanocobalamin from Glycoprotein Matrix)	10 mcg	417%
<b>Biotin</b> (from Glycoprotein Matrix)	30 mcg	100%
<b>Pantothenic Acid</b> (as d-Calcium Pantothenate from Glycoprotein Matrix)	10 mg	200%
<b>Calcium</b> (from Natural Coral, Dicalcium Malate and Calcium Ascorbate)	500 mg	38%
<b>Iron</b> (as Ferrous Bis-Glycinate Chelate)	6 mg	33%
<b>Iodine</b> (from Potassium Iodide)	25 mcg	17%
<b>Magnesium</b> (as Dimagnesium Malate and Magnesium Ascorbate)	150 mg	36%
<b>Zinc</b> (as Zinc Bis-Glycinate Chelate)	15 mg	136%
<b>Selenium</b> (as Selenium Glycinate Complex)	70 mcg	127%
<b>Copper</b> (as Copper Bis-Glycinate Chelate)	0.5 mg	56%
<b>Manganese</b> (as Manganese Bis-Glycinate Chelate)	0.5 mg	22%
<b>Chromium</b> (as Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
<b>Proprietary Whole-Food Blend:</b>	<b>71 mg</b>	<b>**</b>
Kale ( <i>Brassica oleracea acephala</i> ) Leaf Powder, Dandelion ( <i>Taraxacum officinale</i> ) Leaf Powder, Parsley ( <i>Petroselinum crispum</i> ) Leaf Powder, Broccoli ( <i>Brassica oleracea italica</i> ) Aerial Parts Powder, Brussels Sprouts ( <i>Brassica oleracea gemmifera</i> ) Immature Inflorescences Powder, Spinach ( <i>Spinacia oleracea</i> ) Leaf Powder, Cabbage ( <i>Brassica oleracea capitata</i> ) Leaf Powder		
<b>Active Enzyme Blend:</b>	<b>10 mg</b>	<b>**</b>
Protease, Lactase, Lipase, Amylase, $\alpha$ -Galactosidase, Diastase, Glucoamylase, Peptidase		
<b>dōTERRA Tummy Tamer Blend:</b>	<b>30 mg</b>	<b>**</b>
Caraway Seed Extract, Ginger Root Extract, Peppermint Leaf Extract		
<b>** Daily Value not established.</b>		



# vEO MEGA®

**ESSENTIAL OIL  
OMEGA COMPLEX**  
dietary supplement

Serving Size: Four (4) Liquecaps  
Servings per Container: 30



**Directions for use:** Adults, take 4 capsules per day with food.

**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 dark, cool place.

**Other Ingredients:** Vegetable hypromellose, Silica, Soybean oil, Sunflower oil, Safflower oil.

**Contains:** Soy

Manufactured exclusively for dōTERRA Int'l, LLC,  
389 S 1300 W Pleasant Grove, UT 84062, U.S.A. 1 800-411-8151

## Supplement Facts

Serving Size Four (4) Liquecaps  
Servings per Container 30

	Amount Per Serving	% Daily Value*
<b>Calories</b>	20	
<b>Total Fat</b>	1.5 g	1%
<b>Vitamin A</b> (as Beta Carotene)	125 mcg RAE	14%
<b>Vitamin D</b> (as Ergocalciferol)	20 mcg	100%
<b>Vitamin E</b> (as d & Mixed Tocopherols)	40 mg	267%
<b>Vegetarian Omega Blend</b>		
Flax seed oil (450 mg ALA)	900 mg	**
Algae oil (100 mg DHA)	288 mg	**
Inca Inchi ( <i>Plukenetia volubilis</i> ) seed oil (105 mg ALA)	220 mg	**
Borage seed oil	100 mg	**
Cranberry seed oil	40 mg	**
Pomegranate seed oil	40 mg	**
Pumpkin seed oil	40 mg	**
Grape seed oil	40 mg	**
<b>Carotenoid Blend</b>		
Lutein (from Marigold Flower)	3 mg	**
Astaxanthin (from Green Algae)	1 mg	**
Zeaxanthin (from Marigold Flower)	1 mg	**
Lycopene (from Tomato Fruit)	1 mg	**
<b>CPTG® Essential Oil Blend:</b>	120 mg	**
Clove bud, Frankincense resin, Thyme leaf, Cumin seed, Wild Orange peel, Peppermint leaf, Ginger root, Caraway seed, German Chamomile flower.		

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

# VEGAN MICRO PLEX VMz®

**FOOD NUTRIENT  
COMPLEX**  
dietary supplement

Serving Size: Four (4) Capsules  
Servings per Container: 30



**Directions for use:** Adults, take 4 capsules per day with food. (Made with HPMC vegetable capsules.)

**Note:** 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.

**Other Ingredients:** Hypromellose, Modified food starch, Maltodextrin, Stearic acid, Silicon dioxide, Soy flour, Gum Acacia, Yeast (*Saccharomyces cerevisiae*), Glycine, Citric acid, Microcrystalline cellulose, Pea starch, Alginate, DL-Methionine, Hesperidin, *Lactobacillus acidophilus*.

**Contains Soy and Wheat**

Manufactured exclusively for dōTERRA Int'l, LLC, 389 S 1300 W Pleasant Grove, UT 84062, U.S.A. www.doterra.com For Customer Support, call 800 411-8151

## Supplement Facts

Serving Size Four (4) Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
<b>Calories</b>	5	
<b>Vitamin A</b> (as Retinyl Palmitate and 86% as $\beta$ Carotene)	2100 mcg	233%
<b>Vitamin C</b> (from Calcium Ascorbate and Magnesium Ascorbate)	200 mg	222%
<b>Vitamin D</b> (as Ergocalciferol)	20 mcg	100%
<b>Vitamin E</b> (as $\alpha$ -alpha Tocopherol, Natural Mixed Tocopherols and Tocotrienols)	34 mg	227%
<b>Vitamin K</b> (as Phylloquinone from Glycoprotein Matrix)	20 mcg	17%
<b>Thiamin</b> (as Thiamin HCl from Glycoprotein Matrix)	3 mg	250%
<b>Riboflavin</b> (from Glycoprotein Matrix)	3 mg	231%
<b>Niacin</b> (as Niacinamide from Glycoprotein Matrix)	20 mg NE	125%
<b>Vitamin B<sub>6</sub></b> (as Pyridoxine HCl from Glycoprotein Matrix)	3 mg	176%
<b>Folate</b> (from Calcium L-5-methyltetrahydrofolate)	680 mcg DFE	170%
<b>Vitamin B<sub>12</sub></b> (as Methylcobalamin)	10 mcg	417%
<b>Biotin</b> (from Glycoprotein Matrix)	30 mcg	100%
<b>Pantothenic Acid</b> (as $\alpha$ -Calcium pantothenate from Glycoprotein Matrix)	10 mg	200%
<b>Calcium</b> (from Natural Coral, Dicalcium Malate, and Calcium Ascorbate)	500 mg	38%
<b>Iron</b> (as Ferrous Bis-Glycinate Chelate)	6 mg	33%
<b>Iodine</b> (from Potassium Iodide)	25 mcg	17%
<b>Magnesium</b> (from Magnesium Malate and Magnesium Ascorbate)	150 mg	36%
<b>Zinc</b> (as Zinc Bis-Glycinate Chelate)	15 mg	136%
<b>Selenium</b> (as Selenium Glycinate Complex)	70 mcg	127%
<b>Copper</b> (as Copper Bis-Glycinate Chelate)	0.5 mg	56%
<b>Manganese</b> (as Manganese Bis-Glycinate Chelate)	0.5 mg	22%
<b>Chromium</b> (as Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
<b>Proprietary Whole-Food Blend:</b>	71 mg	**
Kale ( <i>Brassica oleracea acephala</i> ) Leaf Powder, Dandelion ( <i>Taraxacum officinale</i> ) Leaf Powder, Parsley ( <i>Petroselinum crispum</i> ) Leaf Powder, Broccoli ( <i>Brassica oleracea italica</i> ) Aerial Parts Powder, Brussels Sprout ( <i>Brassica oleracea gemmifera</i> ) Immature Inflorescence Powder, Spinach ( <i>Spinacia oleracea</i> ) Leaf Powder, Cabbage ( <i>Brassica oleracea capitata</i> ) Leaf Powder		
<b>Active Enzyme Blend:</b>	10 mg	**
Protease, Lactase, Lipase, Amylase, $\alpha$ -Galactosidase, Diastase, Glucoamylase, Peptidase		
<b>dōTERRA Tummy Tamer Blend:</b>	30 mg	**
Caraway Seed Extract, Ginger Root Extract, Peppermint Leaf Extract		

\*\* Daily Value not established.

## SUPPORTING SCIENTIFIC REFERENCES

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