

# vEO Mega®

## Essential Oil Omega Complex

### PRODUCT DESCRIPTION

dōTERRA vEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Tested Grade™ essential oils and a proprietary blend of plant- and algae-sourced omega fatty acids. Omega fatty acids help support joint, cardiovascular, and brain health, as well as healthy immune function.\* A single daily dose of vEO Mega provides 1,200 milligrams of botanical omegas with 450 mg of ALA from flaxseed oil and 105 mg Inca Inchi oil, 20 mg of GLA from borage oil, 100 mg of DHA from algae oil, and a varied blend of other plant-sourced essential fatty acids. vEO Mega also includes 20 mcg of natural vitamin D, 40 mg of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae.\*

### CONCEPT

Essential Fatty Acids (EFAs) are nutrients required for many key functions in the human body including cell growth, brain development, muscle activity, immune function, joint health, and many others.\* While some fatty acids can be produced inside the body, “essential” fatty acids cannot be produced by our bodies and we rely on the food we eat to supply us with these important nutrients.

The most common of the essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests for optimal health, humans should consume a one-to-one ratio of omega-6 to omega-3 essential fatty acids in the foods they eat. Unfortunately, due to the abundance of omega-6 fatty acids in vegetable oils and our increasing consumption of fried and fatty foods, the Western diet includes omega-6 fatty acids in a ratio as high as 15 to one. While our diets must include some omega-6 fatty acids as essential nutrients for life, the disproportionate consumption of omega-6 fatty acids, along with unhealthy hydrogenated or trans fats, has been linked to poor health. Studies also link low intake of omega-3 fatty acids to reduced mood and cognitive function.

Conversely, there is an enormous body of scientific information supporting the health benefits of increasing the dietary intake of omega-3 fatty acids. Studies have shown that increasing omega-3 fatty acid consumption has a positive effect on cardiovascular health and brain function, and helps promote a healthy immune response.\*

Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health and mobility, and skin health.\*

Restoring the balance of omega-3 to omega-6 fatty acids is an important step in keeping your body healthy. This can be done by decreasing your intake of unhealthy foods high in omega-6 fatty acids



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CPTG Certified Pure Tested Grade™

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**CONCEPT (CONTINUED)**

and increasing your intake of foods that are rich in omega-3 fatty acids. Fish is an excellent source of dietary omega-3 fatty acids, but omega-3s can also be found in olive oil and the oils of some nuts and seeds. One daily serving of vEO Mega® provides more than 550 mg of ALA, and 100 mg of DHA omega-3 essential fatty acids.

Another convenient source of healthy essential fatty acids can be found in flaxseed oil and Inca Inchi oil. Flaxseed oil provides an omega-3 fatty acid known as alpha-linolenic acid (ALA). While DHA and EPA are readily available to the body when consumed from fish, ALA can also be synthesized to DHA and EPA in the human body. dōTERRA vEO Mega contains a proprietary plant-based essential fatty acid blend of flaxseed oil, Inca Inchi oil, borage seed oil, cranberry seed oil, pumpkin seed oil, grape seed oil, and pomegranate seed oil to help maintain the appropriate balance of essential fatty acids.\*

**CPTG Certified Pure Tested Grade™ Essential Oils**

vEO Mega also contains a proprietary blend of dōTERRA CPTG Certified Pure Tested Grade essential oils that work in harmony with the essential fatty acids in vEO Mega. Clove oil and the constituent thymol in Thyme oil are powerful antioxidants that work to enhance the overall efficacy of vEO Mega by protecting against oxidation.\* The essential oil blend also supports a healthy immune function and has digestive calming effects, which make taking vEO Mega as pleasant as it is healthful.\* The essential oils in vEO Mega also function as a natural preservative system that protects essential fatty acids and lipid-soluble vitamins from oxidizing and going rancid.

**Astaxanthin and Vitamin E**

Omega-3 fatty acids are important for circulatory and brain health.\* The brain is made up of essential lipids and, as with the free lipids traveling in the circulatory system, these lipids are prone to degradation through free-radical oxidation. vEO Mega includes the powerful antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and

throughout the circulatory system.\* Astaxanthin has been clinically-substantiated to provide powerful antioxidant and circulatory benefits, support eye health, improve muscle strength and endurance, aid the liver and digestive system, support skin health, and modulate healthy immune function.\*

The astaxanthin used in vEO Mega is a standardized extract of microalgae cultivated in a pure water system and activated by light.† In response to light exposure, the microalgae produces astaxanthin as a defense mechanism against oxidation. The microalgae turns from light green to a deep crimson red. The astaxanthin is then extracted, micro-filtered, and standardized for potency. The astaxanthin is coupled with natural vitamin E and several other carotenoids to provide additional circulatory and systemic benefits as powerful antioxidant additions to the antioxidant essential oils in vEO Mega.\*

**Vitamin D**

vEO Mega also includes 20 mcg of natural vitamin D. Vitamin D is a fat-soluble vitamin present in a limited number of foods such as fish, beef liver, cheese, egg yolks, and fortified dairy products. The vitamin D in the vEO Mega is sourced from plants. It can also be synthesized in the body when triggered by exposure to sunlight. Vitamin D plays an essential role in bone health and growth.\* As with the essential fatty acids in vEO Mega, vitamin D also plays an important role in promoting healthy immune function.\*

**vEO Mega Essential Oil Omega Complex**

vEO Mega is a revolutionary approach to supplementing our diets with essential fatty acids and other fat soluble nutrients that help support circulatory health, brain health, and optimal immune function among many other systemic benefits.\*

This unique formula of lipid-soluble nutrients is packaged in small vegetable liquicaps that are easier to swallow than large gelatin fish pills. vEO Mega is formulated to be used daily with dōTERRA Alpha CRS®+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.\*

## PRIMARY BENEFITS

- Promotes heart and circulatory health\*
- Supports healthy joint function and comfort\*
- Provides important modulating nutrients for healthy immune function\*
- Protects against lipid oxidation and supports healthy function of the brain\*
- Promotes healthy skin\*
- Delivers 1,200 milligrams of botanical omegas with 550 mg of ALA from flax seed oil and Incha Inchi oil, 20 mg of GLA from borage oil and 100 mg of DHA from algae per daily serving
- Provides a wide range of essential fatty acids including ALA, DHA, and GLA, from plant sources to help maintain a healthy balance of omega fatty acids\*
- Includes a microalgae carotenoid extract of pure astaxanthin and other carotenoids
- Formulated with a proprietary blend of dōTERRA CPTG Certified Pure Tested Grade™ essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile
- Includes 20 mcg of natural vitamin D and 40 mg of natural vitamin E
- Does not contain milk or wheat products
- Specially formulated to be used daily with Alpha CRS®+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness\*

## DIRECTIONS FOR USE

Adults, take 4 liquicaps per day with food. vEO Mega is formulated to be used daily with Alpha CRS+.

## FAQS

### **Q: What is the biggest difference between vEO Mega® and xEO Mega®?**

**A:** The biggest difference is that xEO Mega contains fish oil, while vEO Mega replaces the fish oil with a blend of flax seed oil, algae oil, Inca Inchi oil, pumpkin seed oil, and grape seed oil. This blend

provides a wide variety of sources of plant omega-3 fatty acids.

### **Q: Can this product be considered GMO-free and gluten-free?**

**A:** vEO Mega is free of genetically modified material and is gluten free.

### **Q: Are plant-sourced omegas just as good as marine-sourced ones? Can I get the same benefits?**

**A:** xEO Mega contains EPA, DHA, and other omega 3 fatty acids; vEO Mega contains ALA, DHA and other omega 3 fatty acids. The body can convert ALA to EPA or DHA.

## COMPLEMENTARY PRODUCTS

- Alpha CRS+
- DigestZen TerraZyme®

## KEY STUDIES

Bernstein AM, Ding EL, Willett WC, Rimm EB. A meta-analysis shows that docosahexaenoic acid from algal oil reduces serum triglycerides and increases HDL-cholesterol and LDL-cholesterol in person without coronary heart disease. *The Journal of Nutrition*. 2012;142:99-104.

Kidd P. Astaxanthin, cell membrane nutrient with diverse clinical benefits and anti-aging potential. *Alternative Medicine Review*. 2011;16(4):355-364.

Pan A, Chen M, Chowdhury R, et al. α-Linolenic acid and risk of cardiovascular disease: a systematic review and meta-analysis. *The American Journal of Clinical Nutrition*. 2012;96:1262-1273.

Rodriguez-Leyva D, Bassett CMC, McCullough R, Pierce GN. The cardiovascular effects of flaxseed and its omega-3 fatty acid, alpha-linolenic acid. *Can J Cardiol*. 2010;26(9):489-496.

Alexander DE. Macular pigment optical density and eye health. *Kemin Technical Literature*. 2010.

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## Supplement Facts

Serving Size Four (4) Liquicaps  
Servings per Container 30

	Amount Per Serving	% Daily Value*
<b>Calories</b>	20	
<b>Total Fat</b>	1.5 g	1%
Vitamin A (as Beta Carotene)	20 mcg RAE	2%
Vitamin D (as Ergocalciferol)	20 mcg	100%
Vitamin E (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>CPTC® 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.

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

**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, dry place.

Manufactured exclusively for dōTERRA Intl, LLC,  
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### VEO MEGA® ESSENTIAL OIL OMEGA COMPLEX

120 VEGETABLE CAPSULES

Part Number: 34480001

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