

xEO Mega®

Essential Oil Omega Complex

PRODUCT DESCRIPTION

dōTERRA xEO Mega Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Tested Grade™ essential oils and a proprietary blend of marine- and plant-sourced omega fatty acids. Omega fatty acids help support joint, cardiovascular, and brain health, and support healthy immune function.* One serving of xEO Mega provides 900 milligrams of marine lipids (providing 300 mg of EPA, 300 mg of DHA, and 60 mg of other omega 3s), and a blend of 250 mg of plant-sourced fatty acids. xEO Mega also includes 20 mcg of natural vitamin D, 40 mg of natural vitamin E, and 1 mg of astaxanthin, a powerful antioxidant carotenoid* harvested from microalgae. xEO Mega is encapsulated in a vegetarian-friendly softgel.

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.* They are an essential part of cell membranes. While some fatty acids can be produced inside the body, “essential” fatty acids cannot be produced by our bodies; therefore, we rely on the food we eat to supply these important nutrients.

The most common of the essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests that for optimal health, humans should consume a one-to-one ratio of omega-6 to omega-3 essential fatty acids. Unfortunately, due to the abundance of omega-6 fatty acids in vegetable oils and our increasing consumption of fried and fatty foods, a typical Western diet includes omega-6 fatty acids in a ratio as high as 20 to 1! While our diets must include some omega-6 fatty acids as essential nutrients for life, the disproportionate consumption of omega-6 fatty acids and other 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 evidence 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 promotes healthy immune function.* Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health and mobility, and on skin health.*

Restoring the balance between omega-3 and 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 and increasing your intake of foods that are



1

CPTG Certified Pure Tested Grade™

*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.

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 canola oil and the oils of some nuts and seeds. One serving of xEO Mega® provides 900 milligrams of pure, micro-filtered marine lipids with 300 mg of EPA, 300 mg of DHA, and 65 mg of other omega-3s. Added to this is 200 mg of plant-based, omega-3 rich, Ahiflower seed oil, along with 50 mg of pomegranate seed oil.

CPTG Certified Pure Tested Grade™ Essential Oils

xEO Mega also contains a proprietary blend of dōTERRA CPTG Certified Pure Tested Grade essential oils that work in harmony with the omega-3 fatty acids in xEO Mega. Clove oil and Thyme oil have antioxidant properties that protect xEO Mega from oxidation and rancidity.* The essential oil blend also supports healthy immune function and has digestive calming effects,* which makes taking xEO Mega as pleasant as it is healthful. The essential oils in xEO Mega also function as a natural preservative system that protects the omega-3 fatty acids and lipid-soluble vitamins from oxidizing and going rancid.

Marine-Sourced Oils

dōTERRA® uses marine omega-3 oils that are among the best quality in the world. Both fish oils are tested for over 250 contaminants, and both fish oils are certified sustainable by the prestigious Friend of the Sea organization in Europe.

ALA and SDA

xEO Mega delivers a unique source of plant-based oils derived from the Ahiflower (*Buglossoides arvensis*). Our cold-pressed Ahiflower seed oil provides a concentrated source of both ALA and SDA, which the body can convert more easily to EPA. Both ALA and SDA promote cardiovascular health.* ALA and SDA are produced by many plants, but because of the low amount of vegetables consumed in the standard American diet, they are often not consumed in adequate amounts. Our Ahiflower seed oil also delivers GLA, which may help support the health of joints, lungs, and the nervous system.*

Astaxanthin and Vitamin E

Omega-3 fatty acids are important for circulatory and brain health.* The brain is made up of essential lipids that, as with the free lipids

traveling in the circulatory system, are prone to degradation through free-radical oxidation. xEO Mega includes the powerful antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and throughout the circulatory system.* Astaxanthin provides powerful antioxidant and circulatory benefits, supports eye health, improves muscle strength and endurance, aids the liver and digestive system, supports skin health, and promotes healthy immune function.*

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

Vitamin D

xEO 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. 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 omega-3 fatty acids in xEO Mega®, vitamin D also plays an important role in promoting healthy immune function and a healthy response to oxidative stress.*

xEO Mega Essential Oil Omega Complex

xEO Mega is a revolutionary approach to supplementing our diets with omega-3 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, vegetarian-friendly softgels. xEO Mega is formulated to be used daily with Microplex VMz® and Alpha CRS+® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.*

*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.

PRIMARY BENEFITS

- Promotes heart and circulatory health*
- Supports healthy joint function and comfort*
- Provides immune-boosting nutrients*
- Protects against lipid oxidation and supports healthy function of the brain, eyes* and nervous system*
- Promotes healthy skin*
- Delivers 900 mg of pure, concentrated, molecularly filtered fish oil with 300 mg of EPA and 300 mg of DHA per daily serving, and 65 mg of other omega-3s
- Provides a wide range of omega-3 fatty acids including EPA, DHA, ALA, and SDA from marine and plant sources to help maintain a healthy balance of these vital nutrients*
- Includes the powerful antioxidant carotenoid, astaxanthin*
- 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 Microplex VMz and Alpha CRS+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

STORAGE

Sunlight and other light sources can oxidize carotenoids if not stored in a dark, cool, dry environment.

*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.

DIRECTIONS FOR USE

Adults, take 4 softgels per day with food. xEO Mega is formulated to be used daily with Microplex VMz and Alpha CRS+.

FAQ

Q: Does xEO Mega need to be refrigerated?

A: xEO Mega is designed to be stable at room temperature throughout its shelf life. However, refrigeration is recommended to extend shelf life or to maximize the potency of the fragile omega-3 fatty acids.

Q: Does xEO Mega need to be taken with food?

A: xEO Mega should always be taken immediately before or right at the beginning of a full meal.

Q: Is there a vegetarian version of xEO Mega (no fish)?

A: vEO Mega® is available for those who do not wish to consume any animal-sourced ingredients.

Q: Can my kids take xEO Mega instead of the IQ Mega®?

A: xEO Mega is safe for children and the dose can be cut in half. However, IQ Mega provides a higher dose of omega-3 fatty acids, which are critically important for the development years. For any questions please consult your child's pediatrician.

Q: If I take the IQ Mega, do I need to take xEO Mega too?

A: No, one or the other should be sufficient.

Q: What fish is utilized in the marine omega blend and what is the country of origin?

A: Though the fishing ground may vary, the marine omega blend comes primarily from anchovy, sardine, and mackerel from the waters off the coast of Norway.

Q: Why do I need the marine and land omega blends?

A: Each provides reliable and consistent sources of omega-3 fatty acids. The body can convert ALA and SDA (plant based) into EPA and DHA; however, this conversion is variable among different individuals. EPA and DHA are extremely important to every cell in our body, and marine based oils deliver a concentrated source of these important omega-3 fatty acids.* With xEO Mega® you get the benefits of both land and sea, with its multi-targeted approach to improving the internal balance of these vital nutrients.*

COMPLEMENTARY PRODUCTS

- Microplex VMz®
- Deep Blue Polyphenol Complex®
- Mito2Max®
- PB Assist+®

KEY STUDIES

Ambati, Ranga Rao et al. "Astaxanthin: Sources, Extraction, Stability, Biological Activities and Its Commercial Applications—a Review." *Marine Drugs* 12.1 (2014): 128–152.

Calder, Philip C. "N-3 Fatty Acids, Inflammation and Immunity: New Mechanisms to Explain Old Actions." *The Proceedings of the Nutrition Society* 72.3 (2013): 326–336. NCBI PubMed. Web.

Chang, Chia-Yu, Der-Shin Ke, and Jen-Yin Chen. "Essential Fatty Acids and Human Brain." *Acta Neurologica Taiwanica* 18.4 (2009): 231–241.

Connor, W. E. "Importance of N-3 Fatty Acids in Health and Disease." *The American Journal of Clinical Nutrition* 71.1 Suppl (2000): 171S–5S.

Lichtenstein, Alice H. et al. "Diet and Lifestyle Recommendations Revision 2006 A Scientific Statement From the American Heart Association Nutrition Committee." *Circulation* 114.1 (2006): 82–96.

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

Horrobin, D. F. "Loss of Delta-6-Desaturase Activity as a Key Factor in Aging." *Medical Hypotheses* 7.9 (1981): 1211–1220.

Higuera-Ciapara, I., L. Félix-Valenzuela, and F. M. Goycoolea. "As taxanthin: A Review of Its Chemistry and Applications." *Critical Reviews in Food Science and Nutrition* 46.2 (2006): 185–196.

Huang YM, Yan SF, Ma L, et al. "Serum and macular responses to multiple xanthoph supplements in patients with early age-related macular degeneration." *Nutrition*. 2013;29:387-392.

Kuhnt, Katrin et al. "Dietary Echium Oil Increases Long-Chain n–3 PUFAs, Including Docosapentaenoic Acid, in Blood Fractions and Alters Biochemical Markers for Cardiovascular Disease Independently of Age, Sex, and Metabolic Syndrome." *The Journal of Nutrition* 144.4 (2014): 447–460.

Minihane AM. "Fish oil omega-3 fatty acids and cardio-metabolic health, alone or with statins." *European Journal of Clinical Nutrition*. 2013;67:536-540.

Stough, Con et al. "The Effects of 90-Day Supplementation with the Omega-3 Essential Fatty Acid Docosahexaenoic Acid (DHA) on Cognitive Function and Visual Acuity in a Healthy Aging Population." *Neurobiology of Aging* 33.4 (2012): 824.e1–3.

Supplement Facts

Serving Size Four (4) Softgels
Servings per Container 30

| | Amount Per Serving | % Daily Value* |
|---|--------------------|----------------|
| Calories | 15 | |
| Total Fat | 1.5 g | 2%* |
| Cholesterol | 2 mg | 1%* |
| 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%* |
| Marine Oil and Plant Oil Blend | | |
| 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 | ** |
| Pomegranate Seed Oil | 50 mg | ** |
| Lutein (from Marigold Flower) | 3 mg | ** |
| Astaxanthin (from Green Algae <i>Haematococcus pluvialis</i> oleoresin) | 1 mg | ** |
| Zeaxanthin (from Marigold Flower) | 1 mg | ** |
| Lycopene (from Tomato Fruit Extract) | 1 mg | ** |
| CPTG® Essential Oil Blend: | 120 mg | ** |
| 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.

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)

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

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, dry place.

†Ahiflower® is a registered trademark of Natures Crops International

*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.

**xEO MEGA® ESSENTIAL
OIL OMEGA COMPLEX**

120 SOFTGELS

Part number: 60219195

*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.