



xEO Mega®

Essential Oil Omega Complex



Made with gelatin capsules

Product Description

dōTERRA's xEO Mega® Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and a proprietary blend of marine and land-sourced omega fatty acids. Omega fatty acids help support healthy joint, cardiovascular, and brain health, support healthy immune function, and have been shown to help mediate healthy inflammatory response in cells.* A single daily dose of xEO Mega provides 1000 milligrams of marine lipids with 340 mg of EPA and 240 mg of DHA and a blend of plant-sourced essential fatty acids. xEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae. The bioavailability of the xEO Mega formula is enhanced through a nanosomal lipid assimilation system and is encapsulated in gelatin liquicapsules.

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 upon 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 in their unhealthy hydrogenated or *trans fats* forms has been linked to diseases including cardiovascular disease, cancer, osteoporosis, and inflammatory and autoimmune disease. Studies also link low intake of omega-3 fatty acids to a higher prevalence of depression and other mental illnesses.

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, brain function, and helps balance cellular inflammatory 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 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. Because of growing anxiety over the levels of toxins and heavy metals present in many of the world's oceans, daily fish consumption as a source of omega-3 fatty acids is not acceptable to some consumers. In fact, many nutritional experts warn against frequent fish consumption to prevent exposure to these toxic pollutants. One daily dose of xEO Mega provides 1000 milligrams of pure, micro-filtered marine lipids with 340 mg of EPA and 240 mg of DHA omega-3 essential fatty acids.

Another convenient source of healthy essential fatty acids can be found in flaxseed 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's xEO Mega contains a proprietary plant-based essential fatty acid blend of flaxseed oil, borage seed oil, cranberry seed oil, and pomegranate seed oil (containing CLA) to help maintain the appropriate balance of essential fatty acids.

CPTG Essential Oils

xEO Mega also contains a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade essential oils that work in harmony with the essential fatty acids in xEO Mega. Clove oil and the constituent thymol in thyme oil are powerful antioxidants that work to enhance the overall efficacy of xEO Mega by adding protective powers against oxidation. The essential oil blend also supports healthy cellular inflammatory response and immune function and has digestive calming effects which make taking xEO Mega as pleasant as it is healthful. The essential oils in xEO 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, 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 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 xEO Mega is a standardized extract of microalgae cultivated in a pure water system and activated by sunlight**. In response to exposure to UV rays, the

microalgae produces astaxanthin as a defense mechanism against oxidation. Turning 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 800 IU 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 essential fatty acids in xEO Mega, vitamin D also plays an important role in modulating immune function and inflammatory response on a cellular level.

Nanosomal Lipid Assimilation System™

When fat-soluble nutrients are consumed in the foods we eat, they remain fairly unchanged in the stomach environment and must undergo an emulsification process to pass the protective aqueous barrier of the intestinal tract. xEO Mega employs a revolutionary new lipid delivery system that enhance the bioavailability of its unique blend of essential fatty acids, essential oils, and lipid-soluble vitamins through a nano-emulsification process that separates and surrounds each nutrient with a natural surfactant into small spheres called micelles. These very small micelles readily pass through the aqueous barrier of the digestive tract directly to specialized digestive cells and on to the lymphatic system for transport throughout the body. This proprietary nanosomal delivery system has been clinically-demonstrated to support increased bioavailability of specific lipid-soluble nutrients.

xEO Mega Essential Oil Omega Complex

xEO Mega is revolutionary approach to supplementing our diets with essential fatty acids and other fat soluble nutrients that help support circulatory health, brain health, healthy inflammatory response, and immune function among many other systemic benefits. This unique formula of lipid-soluble nutrients is packaged in small vegetable liquicapsule that are easier to swallow than large gelatin fish pills. xEO Mega® is formulated to be used daily with dōTERRA's Alpha CRS+® and Microplex VMz™ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

Primary Benefits

- Promotes cardiovascular health by reducing oxidative stress and mediating healthy cellular response to inflammatory markers*
- 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*

What Makes This Product Unique?

- Delivers 1000 mg of pure, concentrated, molecularly-filtered fish oil with 340 mg of EPA and 240 mg of DHA per daily serving
- Provides a wide range of essential fatty acids including EPA, DHA, GLA and CLA from marine and plant sources to help maintain a healthy balance of omega fatty acids
- Includes a clinically-substantiated microalgae carotenoid extract of pure astaxanthin
- Formulated with a proprietary blend of dōTERRA's CPTG Certified Pure Therapeutic Grade® essential oils of clove, frankincense, thyme, cumin, orange, peppermint, ginger, caraway, and German chamomile
- Includes 800 IU of natural vitamin D and 60 IU of natural vitamin E
- Presented in a clinically-substantiated nanosomal lipid assimilation system that enhances lipid bioavailability in the digestive tract
- Does not contain milk or wheat products
- Specially formulated to be used daily with xEO Mega and Microplex VMz as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

Directions for Use

Adults, take 4 to 8 liquicaps per day with food. xEO Mega is formulated to be used daily with Alpha CRS+ and Microplex VMz.

xEO Mega Essential Oil Complex

120 gelatin liquicapsules

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

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

Supplement Facts

Serving Size: Four (4) Gelatin Liquicaps
Servings per Container: 30

Amount Per Serving	% DV	
Marine Omega Blend:		
Fish oil (340 mg EPA, 240 mg DHA)	1000 mg	**
ASTAPURE® Astaxanthin (1 mg)	1 mg	**
Land Omega Blend:		
Flax seed oil	220 mg	**
Borage seed oil	100 mg	**
Cranberry seed oil	40 mg	**
Pomegranate seed oil	40 mg	**
Natural Vitamin D (Cholecalciferol)	800 IU	**
Natural Vitamin E (d-Alpha & mixed tocopherols)	60 IU	**

CPTG® Essential Oil Blend:	60 mg	**
Clove, Frankincense, Thyme, Cumin, Orange, Peppermint, Ginger, Caraway, German Chamomile		

** Daily Value not established

Other Ingredients: Fatty acid of coconut, vegetable cellulose, silica, fatty acid of palm.