

Supplement Facts

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

	Amount Per Serving	% Daily Value
Vitamin A (as Alpha and Beta Carotene)		
Natural Vitamin D (as Ergocalciferol)	417 IU	8%
Natural Vitamin E (as d-α & Mixed Tocopherols)	800 IU	200%
	60 IU	200%
Vegetarian Omega Blend:		
Flax seed oil (450 mg ALA)	900 mg	**
Algae oil (100 mg DHA)	288 mg	**
Inca Inchi 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	**
Carotenoid Blend:		
ASTAPURE [®] † Astaxanthin	1 mg	**
Lutein	3 mg	**
Zeaxanthin	1 mg	**
Lycopene	1 mg	**
CPTG[®] Essential Oil Blend:		
Clove bud, Frankincense resin, Thyme leaf, Cumin seed, Wild Orange peel, Peppermint leaf, Ginger root, Caraway seed, German Chamomile flower.	120 mg	**

** Daily Value not established.

Other Ingredients: Vegetable hypromellose, Silica.

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. Does not contain milk or wheat products.

Store in a dark, cool, dry place.

Manufactured in the U.S.A. exclusively for dōTERRA Intl, LLC,
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†Registered trademark of Algatechnologies, Ltd.

* 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.



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dōTERRA[®]

EO
MEGA[®]

ESSENTIAL OIL
OMEGA COMPLEX
dietary supplement

120 { Liquicaps, 30-DAY SUPPLY