

Supplement Facts

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

	Amount Per Serving	% Daily Value*
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2%
Cholesterol	5 mg	2%
Vitamin A (as Alpha and Beta Carotene)	2000 IU	40%
Vitamin D3 (as Natural Cholecalciferol)	800 IU	200%
Vitamin E (as d-α & Natural Mixed Tocopherols)	60 IU	200%
Marine Oil and Plant Oil	1100 mg	**
EPA (Eicosapentaenoic Acid from Fish Oil)	300 mg	**
DHA (Docosahexaenoic Acid from Fish Oil)	300 mg	**
Other Omega 3's (from Fish Oil)	70 mg	**
ALA (Alpha Linolenic Acid from <i>Echium plantagineum</i> Seed Oil)	50 mg	**
SDA (Stearidonic Acid from <i>Echium plantagineum</i> Seed Oil)	20 mg	**
GLA (Gamma Linolenic Acid from <i>Echium plantagineum</i> Seed Oil)	16 mg	**
Pomegranate Seed Oil	50 mg	**
ASTAPURE®† Astaxanthin (from Green Algae)	1 mg	**
Lutein (from Marigold Flower)	3 mg	**
Zeaxanthin (from Marigold Flower)	1 mg	**
Lycopene (from Tomato Fruit)	1 mg	**
CPTG® Essential Oil Blend:	120 mg	**
Clove Bud, Frankincense Resin, Thyme Leaf, Cumin Seed, Wild Orange Peel, Peppermint Plant, Ginger Root, Caraway Seed, German Chamomile Flower		

*Percent Daily Values are based on a 2000 calorie diet
**Daily Value not established

Other Ingredients: Non-GMO Food Starch, Glycerin, Purified Water, Maltitol, Carrageenan

Contains Fish: (Sardine, Anchovy, Mackerel)

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

†Registered trademark of Algatechnologies, Ltd.



v1

35360001

* 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.

dōTERRA®

xEO
MEGA®

ESSENTIAL OIL
OMEGA COMPLEX

dietary supplement

120} softgels, 30-DAY SUPPLY