

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	1134 mg	**
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: Clove Bud, Frankincense Resin, Thyme Aerial Parts, Cumin Seed, Wild Orange Peel, Peppermint Plant, Ginger Root, Caraway Seed, German Chamomile Flower/Leaf/Stem	120 mg	**

*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 Int'l, 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



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*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®

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MEGA®

ESSENTIAL OIL
OMEGA COMPLEX
dietary supplement

120 } Softgels, 30-DAY SUPPLY