

a2z™
Chewable

PRODUCT DESCRIPTION

dōTERRA a2z™ Chewable is a proprietary formula of ingredients developed with children and adults who have difficulty swallowing capsules in mind. Combining a blend of B vitamins with a blend of vitamins A, C, and E as well as botanical extracts, a2z Chewable supports healthy cell development and longevity when taken daily.* a2z Chewable is formulated to be used with dōTERRA Wild Orange-flavored IQ Mega™ Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity as well as antioxidant protection.

CONCEPT

Cellular stress, including oxidative stress to cellular DNA and other key cell structures can result in increased frequency of degenerative conditions associated with cellular dysfunction. Cellular stress is predominately from free-radicals. These are unstable molecules with one or more unpaired electrons that attach to other healthy molecules. This can damage them, often times beyond repair. Cells are equipped to defend against free radical damage by employing electron-rich molecules called antioxidants such as vitamins A, C, and E and other antioxidants (such as those in the superfood and alpha CRS+ blends), to neutralize free-radical molecules). In addition to providing exogenous antioxidant protection against free-radical damage, the polyphenols in dōTERRA a2z Chewable also support the endogenous production and recycling of antioxidants made by the body. a2z Chewable also supports healthy cell proliferation and lifespan by providing antioxidant protection to cellular DNA.

In addition to antioxidants, a2z Chewable includes a cellular energy blend of B vitamins, which are important metabolic factors of cellular energy. A growing body of evidence shows no matter how much we eat, we are obtaining less of the essential nutrients vital for optimal health than we have in the past. a2z Chewable provides a balanced, high-quality supplement formulated to provide the essential micronutrients known to support optimal vitality and wellness that may be insufficient in your or your child's diet. dōTERRA a2z Chewable is ideal for children as well as adults that prefer chewable tablets. The chewable tastes great and is perfect for those looking to increase their consumption of essential nutrients and antioxidants that support healthy cell development and longevity.*



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KEY STUDIES

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. British Journal of Nutrition. 2007;98:S29-S35.

Wintergerst ES, Maggini S, Hornig DH. Contribution of selected vitamins and trace elements to immune function. Ann Nutr Met. 2007;51:301-323.

Bonjour JP, Gueguen L, Palacios C, et al. Minerals and vitamins in bone health: The potential value of dietary enhancement. Bri J Nutr. 2009;101:1581-1596.

Hayes CE, Nashold FE, Spach KM & Pedersen LB. The immunological functions of the vitamin D endocrine system. Cell Molec Biol. 2003;49:277 –300.

Hammond BR. Possible role for dietary lutein and zeaxanthin in visual development. Nutr Rev. 2008;66(12):695-702.

PRIMARY BENEFITS

- Safe for children 4 years of age and older and adults who prefer a chewable to capsules
- Easy to chew
- Great strawberry flavor
- No high fructose corn syrup, artificial colors, sweeteners, or flavors
- Contains a superfood blend that helps support overall health and wellness
- Formulated with dōTERRA's proprietary Alpha CRS+ Blend
- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins
- Includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese
- Specially formulated to be used daily with IQ Mega 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.

DIRECTIONS FOR USE

Children 4 years of age and older: Take 2 tablets daily with meals. Adults may take up to 3 tablets daily.

CAUTIONS

Pregnant or lactating 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 gluten, dairy, wheat, soy, or nut products. For children under 4, consult a physician before using this product.

WARNINGS

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

WARNINGS

Q: The label says 4 years and older. Can a child younger than 4 take a2z Chewable?
A: Yes. Children under 4 can safely take one chewable per day.

Q: At what age should a child switch from a2z Chewable to Lifelong Vitality?
A: The Lifelong Vitality Pack was formulated to be taken by adults. However, an older child able to swallow capsules could safely take a half dose of the LLV Pack. a2z Chewable will meet the needs of most children.

Q: Should I be concerned about my child getting too much iron?
A: The recommended daily intake for children 4–9 years old is 10 mg. The 5 mg found in two a2z chewable tablets is safe for children to take. Depending on iron intake from the diet, this amount will help insure the child gets what is needed. The additional 5 mg will not contribute any negative effects due to iron. The upper limit for iron is 40 mg/day for children and the body has a mechanism to turn off iron absorption once the body's stores are full. The product has a child safety cap and should be kept out of reach of children so a child will not consume too many tablets at once.

Q: Is a2z Chewable GMO and gluten free?
A: Yes, a2z Chewable are GMO and gluten free.

Q: Is a2z Chewable better than the multivitamin gummies I can buy at the grocery store?
A: a2z Chewable provides 100 percent of the daily value for 10 vitamins as well as 8 minerals, plus a superfood blend and Alpha CRS+ blend. Most multivitamin gummies only contain a few vitamins and very little minerals if any. Additionally, a2z Chewable provides less sugar than common multivitamin gummies.

COMPLIMENTARY PRODUCTS

- IQ Mega
- Lifelong Vitality Pack or Vegan Lifelong Vitality Pack

Supplement Facts		
Serving Size 2 tablets Serving per Container 30		
Amount Per 2 Tablets	% Daily Value for ages 4 & up	
Calories	10	
Total Carbohydrate	2 g	1%*
Sugars	2 g	**
Vitamin A (as alpha and beta carotene)	5000 IU	100%
Vitamin C (from acerola cherry fruit extract)	60 mg	100%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate and mixed tocopherols)	30 IU	100%
Thiamin (as thiamine HCl)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folic Acid	200 mcg	50%
Vitamin B12 (as methylcobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as calcium amino acid chelate)	20 mg	2%
Iron (as iron amino acid chelate)	5 mg	28%
Iodine (from potassium iodide)	100 mcg	67%
Magnesium (as magnesium amino acid chelate)	10 mg	3%
Zinc (as zinc amino acid chelate)	3 mg	20%
Copper (as copper amino acid chelate)	0.05 mg	3%
Manganese (as manganese amino acid chelate)	0.05 mg	3%
Potassium (as potassium glycinate)	1 mg	<1%
Superfood Blend	280 mg	**
Pineapple (fruit), pomegranate extract (fruit) (standardized for ellagic acid), lemon bioflavonoids, spirulina, sunflower oil (seed), rice bran (seed), beet greens (leaf), broccoli (aerial parts), brown rice (seed), carrot (root), mango (fruit), cranberry (fruit), rose hips (seed), spinach (leaf), acerola cherry extract (fruit).		
Alpha CRS+ Blend	20.5 mg	**
Tomato extract (fruit) (provides lycopene), turmeric extract (root) (standardized for curcumin), Boswellia serrata extract (gum resin), grape seed extract (standardized for proanthocyanidins), mangold flower extract (provides lutein).		
Choline (as choline bitartrate)	10 mg	**
Inositol	10 mcg	**
*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value not established.		
OTHER INGREDIENTS: Fructose, Stearic Acid, Natural Strawberry Flavor, Citric Acid, Beet Root (for color), Molasses, Honey, Maple Sugar, Silicon Dioxide, Magnesium Stearate.		