



EO Mega™

Essential Oil Omega Complex



Product Description

dōTERRA's EO Mega™ Essential Oil Omega Complex is a unique formula of 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 function and brain health, and have been shown to help mediate inflammatory reaction in cells.* A single daily dose of EO Mega provides 1 gram of fish oils, 1 gram of plant-sourced oils, and 60 mg of a Certified Pure Therapeutic Grade™ essential oil blend. Only clean and pure sources of concentrated fish oils are used and EO Mega is enteric coated to prevent fishy tummy repeat.

Concept

Essential Fatty Acids (EFAs) are nutrients required for many key functions of the human body including cell growth, brain development, muscle activity, immune function, joint health, and others. While some fatty acids can be produced inside the body, omega-3 and omega-6 fatty acids cannot be produced by our bodies and we rely upon the food we eat to supply us with essential fatty acids.

The most common of the essential fatty acids are omega-6 and omega-3 fatty acids. Modern science indicates that for optimal health, humans should consume a one-to-one ratio of omega-6 to omega-3 essential fatty acids. 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 ration 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 your cells' inflammatory response. Increased omega-3 fatty acid consumption 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.

Another convenient source of 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 EO Mega contains a proprietary plant-based essential fatty acid blend of flaxseed oil, cranberry seed oil, evening primrose oil (containing GLA), and pomegranate seed oil (containing CLA) to help maintain the appropriate balance of essential fatty acids.

EO Mega also contains a proprietary blend of dōTERRA Certified Pure Therapeutic Grade™ essential oils that work in harmony with the essential fatty acids in EO Mega. Clove oil and the constituent thymol in thyme oil are powerful antioxidants and work to enhance the overall efficacy of EO Mega by adding antioxidant and protective properties to DHA. Other essential oils provide digestive and cleansing effects which, in addition to EO Mega's enteric coating, make taking EO Mega as pleasant as it is healthful.

Just two EO Mega softgels provides 1000 mg of Marine Omega Blend (180 mg EPA and 120 mg DHA), 1000 mg of our Land Omega Blend, and 60 mg of our CPTG™ Essential Oil Blend, for a total omega fatty acid and essential oil blend of over 2 grams per daily dose.

Primary Benefits

- Supports a healthy inflammatory response in cells*
- Promotes cardiovascular health*
- Promotes joint health*
- Promotes healthy skin*
- Supports normal brain function*

What Makes This Product Unique?

- Delivers a total of 2000 mg of essential fatty acids per day
- Provides a wide range of EFAs including EPA, DHA, GLA and CLA to help maintain a healthy balance of omega fatty acids
- Includes dōTERRA's Tummy Taming™ Blend and is enteric coated to prevent stomach upset and fishy tummy repeat

- Includes CPTG™ essential oils to enhance the effectiveness of essential fatty acids
- Concentrated fish oils used in EO Mega are certified pure and free of heavy metals
- Pleasant aroma from essential oil blend

Who Should Use this Product?

EO Mega is a key component of the dōTERRA Lifelong Wellness program. For enhanced benefit, EO Mega should be used daily with Alpha CRS™ and Microplex VM™ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.* EO Mega can also be used by any adult desiring the benefits of dietary essential fatty acids.

Frequently Asked Questions

What are EPA, DHA and ALA?

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are omega-3 essential fatty acids. They are classified as essential because the human body must obtain them from food. They are the building blocks of body tissues and can be used by the body to create other essential fatty acids. ALA, or alpha-linolenic acid is considered an essential fatty acid because it can be used by the body to synthesize EPA and/or DHA.

Is the fish oil in EO Mega safer than eating fish?

The oils used in EO Mega have been tested to assure the absence of mercury, PCBs, and other contaminants sometimes found in fish. Farmed fish (salmon) may also actually provide an omega-6 fatty acid (arachidonic acid) that is known to be a key component in promoting body's inflammatory response. The omega-3 fatty acids DHA and EPA provided in EO Mega assist in balancing this response.

Directions for Use

Adults, take 2 to 4 softgels per day with food. EO Mega is formulated to be used daily with Alpha CRS and Microplex VM.

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

Supplement Facts		
Serving Size: Two (2) Softgels		
Servings per Container: 30		
	Amount Per Serving	% Daily Value
Marine Omega Blend:	1000 mg	**
Fish oil concentrate (180 mg EPA, 120 mg DHA)		
Land Omega Blend:	1000 mg	**
Flaxseed oil, Pomegranate Seed oil, Evening Primrose oil, Cranberry Seed oil		
CPTG™ Essential Oil Blend:	60 mg	**
Clove Bud, Frankincense Gum/Resin, Thyme Leaf, Cumin Seed, Orange Rind, Peppermint Leaf and Flower Tops, Ginger Root, Caraway Seed, German Chamomile Flower Tops		
** Daily Value not established.		

Other Ingredients: Gelatin, purified water, glycerin.