

# vEO Mega®

## Essential Oil Omega Complex

Made with SLS-free vegetable capsules

### PRODUCT DESCRIPTION

dōTERRA vEO Mega® Essential Oil Omega Complex is a unique formula of CPTG Certified Pure Therapeutic Grade® essential oils and a proprietary blend of plant and algae-sourced omega fatty acids. Omega fatty acids help support healthy joint, cardiovascular, and brain health, support healthy immune function, and have been shown to help mediate a healthy inflammatory response in cells.\* A single daily dose of vEO Mega provides 1,200 milligrams of botanical omegas with 350 mg of ALA from flax seed oil and Incha Inchi oil, 20 mg of GLA from borage oil, 100 mg of DHA from algae, and a varied blend of other plant-sourced essential fatty acids. vEO Mega also includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, and 1 mg of pure astaxanthin, a powerful antioxidant carotenoid harvested from microalgae. The bioavailability of the vEO Mega formula is enhanced through a nanosomal lipid assimilation system and is encapsulated in plant-based softgels.

### CONCEPT

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

The most common of the essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests for optimal health, humans should consume a one-to-one ratio of omega-6 to omega-3 essential fatty acids in the foods they eat. 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 ratio 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 diseases. 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 cellular inflammatory response.



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**CONCEPT (CONTINUED)**

Increased consumption of omega-3 fatty acids 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. One daily dose of vEO Mega provides more than 380 mg of ALA and 100 mg of DHA omega-3 essential fatty acids.

Another convenient source of healthy essential fatty acids can be found in flaxseed oil and Inca Inchi 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 vEO Mega contains a proprietary plant-based essential fatty acid blend of flaxseed oil, Inca Inchi oil, borage seed oil, cranberry seed oil, pumpkin seed oil, grape seed oil and pomegranate seed oil (containing CLA) to help maintain the appropriate balance of essential fatty acids.

**CPTG Certified Pure Therapeutic Grade Essential Oils**

vEO Mega also contains a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade essential oils that work in harmony with the essential fatty acids in vEO Mega. Clove oil and the constituent thymol in thyme oil are powerful antioxidants that work to enhance the overall efficacy of vEO Mega by adding protective powers against oxidation. The essential oil blend also supports healthy cellular inflammatory response and immune function and has digestive calming effects which make taking vEO Mega as pleasant as it is healthful. The essential oils in vEO Mega also function as a natural preservative system that protects essential fatty acids and lipid-soluble vitamins from oxidizing and going rancid.

**Astaxanthin and Vitamin E**

Omega-3 fatty acids are important for circulatory and brain health. The brain is made up of essential lipids and, as with the free lipids traveling in the circulatory system, are prone to degradation through free-radical oxidation. vEO Mega includes the powerful antioxidant carotenoid astaxanthin that helps protect against lipid oxidation in the brain and throughout the circulatory system. Astaxanthin has been clinically-substantiated to provide powerful antioxidant and circulatory benefits, support eye health, improve muscle strength and endurance, aid the liver and digestive system, support skin health, and modulate healthy immune function.\*

The astaxanthin used in vEO Mega is a standardized extract of microalgae cultivated in a pure water system and activated by sunlight:\*\* In response to exposure to UV rays, the microalgae produces astaxanthin as a defense mechanism against oxidation. Turning light green to a deep crimson red, the astaxanthin is then extracted from the microalgae, micro-filtered, and standardized for potency. The astaxanthin is coupled with natural vitamin E to provide additional circulatory and systemic benefits as powerful antioxidant additions to the antioxidant essential oils in vEO Mega.

**Vitamin D**

vEO Mega also includes 800 IU of natural vitamin D. Vitamin D is a fat-soluble vitamin present in a limited number of foods such as fish, beef liver, cheese, egg yolks, and fortified dairy products. It can also be synthesized in the body when triggered by exposure to sunlight. Vitamin D plays an essential role in bone health and growth. As with the essential fatty acids in vEO Mega, vitamin D also plays an important role in modulating immune function and inflammatory response on a cellular level.

**Nanosomal Lipid Assimilation System™**

When fat-soluble nutrients are consumed in the foods we eat, they remain fairly unchanged in the stomach environment and must undergo an emulsification process to pass the protective aqueous barrier of the intestinal tract.

vEO Mega employs a revolutionary new lipid delivery system that enhances the bioavailability of its unique blend of essential fatty acids, essential oils, and lipid-soluble vitamins through a nano-emulsification process that separates and surrounds each nutrient with a natural surfactant into small spheres called micelles. These very small micelles readily pass through the aqueous barrier of the digestive tract directly to specialized digestive cells and on to the lymphatic system for transport throughout the body. This proprietary nanosomal delivery system has been clinically-demonstrated to support increased bioavailability of specific lipid-soluble nutrients.

### **vEO Mega Essential Oil Omega Complex**

vEO Mega is revolutionary approach to supplementing our diets with essential fatty acids and other fat soluble nutrients that help support circulatory health, brain health, healthy inflammatory response, and immune function among many other systemic benefits. This unique formula of lipid-soluble nutrients is packaged in small vegetable softgels that are easier to swallow than large gelatin fish pills. vEO Mega® is formulated to be used daily with dōTERRA Alpha CRS+® and Microplex VMz™ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.

### **PRIMARY BENEFITS**

- Promotes cardiovascular health by reducing oxidative stress and mediating healthy cellular response to inflammatory markers\*
- Supports healthy joint function and comfort\*
- Provides important modulating nutrients for healthy immune function\*
- Protects against lipid oxidation and supports healthy function of the brain\*
- Promotes healthy skin\*
- Delivers 1,200 milligrams of botanical omegas with 350 mg of ALA from flax seed oil and Incha Inchi oil, 20 mg of GLA from borage oil and 100 mg of DHA from algae per daily serving
- Provides a wide range of essential fatty acids including EPA, DHA, GLA, and CLA from plant sources to help maintain a healthy balance of omega fatty acids

- Includes a clinically-substantiated microalgae carotenoid extract of pure astaxanthin and other carotenoids
- Formulated with a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils of Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway and German Chamomile
- Includes 800 IU of natural vitamin D and 60 IU of natural vitamin E
- Presented in a clinically-substantiated nanosomal lipid assimilation system that enhances lipid bioavailability in the digestive tract
- Does not contain milk or wheat products
- Specially formulated to be used daily with Alpha CRS+ and Microplex VMz 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.

\*\*Sunlight and other light sources can oxidize the astaxanthin if not stored in a dark, cool, dry environment.

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### **DIRECTIONS FOR USE**

Adults, take 4 softgels per day with food. vEO Mega is formulated to be used daily with Alpha CRS+ and Microplex VMz. All three products can be found in one convenient pack—Lifelong Vitality pack or Vegan Lifelong Vitality pack. Save \$69 by buying them in the pack.

### **vEO Mega Essential Oil Complex**

120 vegetable capsules

Item number: 34260001

Consultant price: \$49.50 (49.50 PV)

Preferred customer: \$52.80

Retail customer: \$66.00

## FAQs

Q: From a formula standpoint, what is the biggest difference between vEO Mega and the xEO Mega?

A: The biggest difference is that xEO Mega contains fish oil, while vEO Mega replaces the fish oil with a blend of flax seed oil, algae oil, Inca Inchi oil, pumpkin seed oil, and grape seed oil. This blend provides a wide variety of sources of plant omega-3 fatty acids.

Q: Is vEO Mega free from gluten and GMOs?

A: Yes. vEO Mega is gluten free and GMO free.

Q: Is vEO Mega truly 100 percent vegan?

A: Yes; vEO Mega contains no animal or dairy derived ingredients.

Q: Are plant-sourced omegas just as good as marine-sourced ones? Can I get the same benefits?

A: xEO Mega contains EPA, DHA, and other omega 3 fatty acids; vEO Mega contains ALA DHA and other omega 3 fatty acids. The body can convert ALA to EPA or DHA.

## COMPLIMENTARY PRODUCTS

- Microplex VMz
- Alpha CRS+
- TerraZyme

## KEY STUDIES

Bernstein AM, Ding EL, Willett WC, Rimm EB. A meta-analysis shows that docosahexaenoic acid from algal oil reduces serum triglycerides and increases HDL-cholesterol and LDL-cholesterol in person without coronary heart disease. *The Journal of Nutrition*. 2012;142:99-104.

Kidd P. Astaxanthin, cell membrane nutrient with diverse clinical benefits and anti-aging potential. *Alternative Medicine Review*. 2011;16(4):355-364.

Pan A, Chen M, Chowdhury R, et al.  $\alpha$ -Linolenic acid and risk of cardiovascular disease: a systematic review and meta-analysis. *The American Journal of Clinical Nutrition*. 2012;96:1262-1273.

Rodriguez-Leyva D, Bassett CMC, McCullough R, Pierce GN. The cardiovascular effects of flaxseed and its omega-3 fatty acid, alpha-linolenic acid. *Can J Cardiol*. 2010;26(9):489-496.

Alexander DE. Macular pigment optical density and eye health. *Kemin Technical Literature*. 2010.

## Supplement Facts

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

	Amount Per Serving	%Daily Value
<b>Vegetarian Omega Blend:</b>		
Flax seed oil (275 mg ALA)	500 mg	**
Algae oil (100 mg DHA)	288 mg	**
Incha 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	**
Natural Vitamin D (Cholecalciferol)	800 IU	200%
Natural Vitamin E (d-alpha & mixed tocopherols)	60 IU	200%
<b>Carotenoid Blend:</b>		
ASTAPURE® Astaxanthin	1 mg	**
Lutein	3 mg	**
Zeaxanthin	1 mg	**
Lycopene	1 mg	**
Alpha and Beta Carotene	417 IU	8%
<b>CPTG® Essential Oil Blend:</b>	120 mg	**
Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, German Chamomile.		

\*\* Daily Value not established.

Other Ingredients: Polysorbate 80, non-GMO food starch, glycerin, purified water, maltitol, carrageenan.

Directions for use: Adults, take 4 capsules per day, with food.

Note: Keep out of reach of children. 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 milk or wheat products.

Store in a dark, cool, dry place. Manufactured in the U.S.A. exclusively for dōTERRA Intl, LLC, Orem, UT 84057