

dōTERRA LIFELONG VITALITY PACK



Cellular
Longevity Blend

Cellular
Energy Blend



Essential
Fatty Acids

CPTG
Essential Oils



Essential
Vitamins

Essential
Minerals

LIFELONG VITALITY PROGRAM

dōTERRA®

Alpha CRS+®

Cellular Vitality Complex

Made with SLS-free vegetable capsules

PRODUCT DESCRIPTION

dōTERRA Alpha CRS+® Cellular Vitality Complex is a proprietary formula combining potent levels of natural botanical extracts that support healthy cell proliferation and lifespan with important metabolic factors of cellular energy to help you live younger, longer.* Alpha CRS+ is formulated to be used daily with xEO Mega® or vEO Mega® and Microplex VMz® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.*

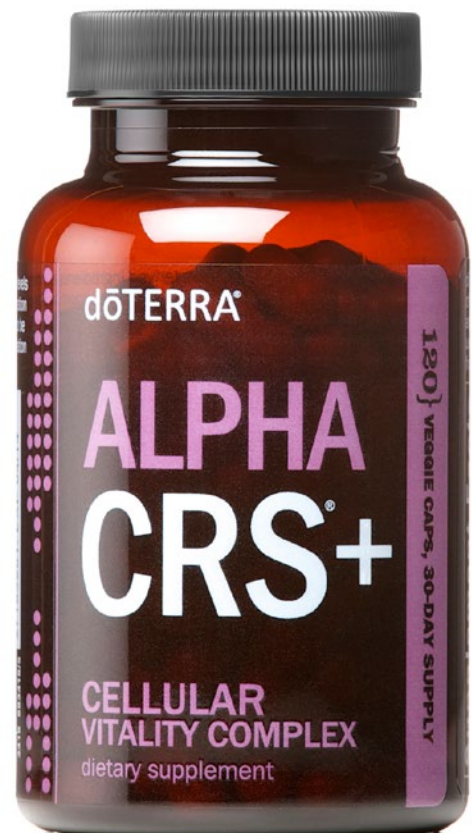
CONCEPT

Cells are the basic building blocks of all life. Healthy tissues, organs, and, ultimately, healthy organisms depend on cellular reproduction and specialized function, energy production, and timely cell death when cells are not functioning at optimal levels. As we age, cellular function can deteriorate and we gradually begin to experience decreased energy and performance.

Additionally, cellular stressors, including oxidative stress to cellular DNA and other key cell structures and resulting inflammatory responses, can result in increased frequency of degenerative conditions associated with cellular dysfunction. Providing cells with essential nutrients and metabolic factors of cellular energy and protecting our cells from toxic stressors that lead to chronic cellular inflammation supports healthy cell function, vitality, and wellness.

DNA and Cellular Function

The human body is made up of millions of specialized cells that are in constant communication with each other through complex chemical pathways. All activity in and between cells is regulated by the DNA in the nucleus of each cell. Healthy cells reproduce, perform specialized functions, and set in motion a sequence of self-destruction when their usefulness declines, making way for new, healthy cells. If cellular DNA or other critical cell structures are damaged, this process of renewal can be compromised resulting in a deteriorating condition of the organism.



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CONCEPT (CONTINUED)**Mitochondria and Cellular Energy**

DNA also regulates the proliferation of mitochondria in cells. Mitochondria are cellular structures in which oxygen and food nutrients are metabolized to create energy for life. Healthy mitochondria function like well-tuned engines, producing efficient power with less exhaust (metabolic waste). As we age, the number and efficiency of cellular mitochondria can decrease, resulting in decreased energy and performance. Unhealthy mitochondria also put out more toxic exhaust in the form of free-radical molecules that can damage cellular DNA, setting off a cascading oxidative chain reaction that can damage critical cell structures and disrupt healthy cell function.

Free-radical Molecules

Free-radical molecules are unstable molecules with one or more unpaired electrons. When free-radical molecules come in contact with stable molecules, they steal electrons from them turning stable molecules into unstable free-radical molecules that, in turn, steal electrons from other stable molecules. This cascading process of free-radical damage is called oxidation. Free-radical damage to cells can come from external and internal sources, but the primary free-radical or oxidative stress to cellular DNA comes from cellular metabolism of energy. When cellular DNA and other critical cell structures are damaged by free-radical molecules, a number of degenerative conditions can ensue. Oxidative stress is known to be a contributing factor in the genesis of chronic inflammation, cardiovascular disease, some forms of cancer, and the visible signs of aging.

Antioxidants and Polyphenols

Cells are equipped to defend against oxidative damage by employing electron-rich molecules called antioxidants to neutralize free-radical molecules. Cells use antioxidants derived from the foods we eat and manufacture other antioxidants to keep oxidative stress in check. Reducing oxidative damage to cellular DNA and other important cell structures will support healthy cell proliferation, function, and lifespan.* Antioxidants are found in great variety

and abundance in plants and are plentiful in colorful fruits and vegetables. Polyphenols are a particularly powerful group of antioxidants that provide protection against free-radical damage to cellular DNA. They have a very high capacity (Oxygen Radical Absorbance Capacity or ORAC) to neutralize free-radical molecules and have been studied for a number of longevity health benefits.

Endogenous Antioxidant Protection

The antioxidants we consume in food are called exogenous antioxidants. The body is also capable of creating other antioxidants called endogenous antioxidants. Endogenous antioxidants often have very short life cycles and are used very rapidly in metabolic processes. In addition to providing exogenous antioxidant protection against free-radical damage to cells, polyphenols also support the endogenous production and recycling of antioxidants made in the body.

Cellular Inflammation

Left unchecked, exposure to high levels of free radicals can result in chronic states of cellular inflammation. Increased inflammation can leave the body more vulnerable to the oxidative damage of free radical molecules. Cellular inflammation is a healthy and normal response to stressors on cells. Without healthy cellular inflammatory activity in cells, the body would be left vulnerable to attack. But too much inflammation over long periods of time can lead to degenerative conditions of aging including auto-immune dysfunctions, chronic pain, cardiovascular disease, and brain disorders. Lowering oxidative stress in cells can help mediate healthy cellular inflammatory response. Certain food nutrients also have been demonstrated to help the body respond in a healthy way to inflammatory factors.

Alpha CRS+ Cellular Vitality Complex

dōTERRA Alpha CRS+ Cellular Vitality Complex is a proprietary dietary supplement formulated with potent levels of powerful polyphenols that support healthy cell proliferation and lifespan by providing antioxidant protection to cellular DNA

and other critical cell structures. The cellular longevity polyphenol blend found in Alpha CRS+ includes concentrated extracts of baicalin from scutellaria root, resveratrol from *Polygonum cuspidatum*, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle to support the body's internal production of endogenous antioxidants such as glutathione. The blend also includes the important antioxidant carotenoids lutein and lycopene and a proprietary blend of boswellic acid and bromelain protease enzyme that have been scientifically demonstrated to mediate a healthy inflammatory response in cells.*

And because vitality means feeling younger not just living longer, Alpha CRS+ also includes a cellular energy blend of important metabolic factors of cellular energy, including coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine. Alpha CRS+ also includes a botanical extract of *Ginkgo biloba* to help support mental clarity and energy. Combining potent levels of polyphenol antioxidants with metabolic factors of cellular energy production not only supports healthy proliferation of mitochondria in cells, it also supports efficient energy production and management of free-radical by-products of energy metabolism.*

Alpha CRS+ is formulated to be used daily with xEO Mega or vEO Mega and Microplex VMz as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness. Coupled with dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils and a commitment to the dōTERRA Wellness Lifestyle™ of eating right, exercising, resting and managing stress, reducing toxic load, informed self care, and proactive health care, Alpha CRS+ will help you look, feel, and live younger, longer.*

PRIMARY BENEFITS

- Supports healthy cell proliferation and lifespan by reducing oxidative stress to DNA and other critical cell structures*
- Supports healthy inflammatory response to oxidative stress in cells*
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production*
- Supports healthy cellular immune function*

- Supports mental clarity and brain function*
- Contains a proprietary antioxidant cellular longevity blend exclusive to dōTERRA that includes potent doses of powerful polyphenols including baicalin from scutellaria root, resveratrol from *Polygonum cuspidatum*, ellagic acid from pomegranate, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle to help support healthy cell proliferation and lifespan*
- Contains a standardized extract of *Boswellia serrata* for boswellic acid that supports healthy inflammatory response in cells*
- Contains a standardized extract of *Ginkgo biloba* that supports mental clarity and function*
- Includes potent levels of metabolic factors of cellular energy (coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine)*
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk, wheat, or animal products
- Includes Tummy Tamer™ botanical extract blend to prevent stomach upset*
- Specially formulated to be used daily with xEO Mega or vEO Mega 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.

DIRECTIONS FOR USE

Adults, take 4 capsules per day with food. Alpha CRS+ is formulated to be used daily with xEO Mega 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.

Alpha CRS+ Cellular Vitality Complex 120 vegetable capsules

Item number: 34180001

Consultant price: \$69.50 (69.50 PV)

Preferred customer: \$74.16

Retail customer: \$92.67

FAQs

- Q: Can this product be considered GMO-free and gluten-free?
- A: Alpha CRS+ is free of genetically modified material and does not contain gluten.
- Q: Can my children take this product?
- A: doTERRA recommends A2Z Chewable and IQ Mega for children rather than the Lifelong Vitality Pack. For older children or teenagers that can swallow capsules, a half dose is probably ok, though there is limited research of these ingredient.
- Q: How is this product different from DDR Prime?
- A: Alpha CRS+ contains a proprietary blend of extracts that contribute to the four main benefits of LLV, a decrease in occasional pain, increased energy, building the immune system, and improved mental clarity. DDR Prime is a proprietary essential oil blend that targets cellular health, including the nervous system, cellular immunity, cellular communication, and cell health. The overall benefits you feel may be similar, though the effects occur through different mechanisms in the body. One product may be more effective than the other depending on individual needs.
- Q: Of all the LLV products, why is this one the most expensive?
- A: Alpha CRS+ is usually recommended to be taken as part of LLV, at a significant discount. If you were to purchase it individually, there are several reasons for the higher cost. Alpha CRS+ contains a wide variety of high quality complex extracts from plants, from all over the world, with scientifically validated benefits. Each one requires significant expertise to harvest, prepare and study for your benefit.
- Q: What does Alpha CRS+ mean?
- A: Alpha means first or foremost, CRS stands for Cellular Renewal System, and the + sign reflects improvements that have been made to the product since it was first launched.
- Q: Do I need to take this with food?
- A: Alpha CRS+ should always be taken immediately before or right at the beginning of a full meal.

COMPLIMENTARY PRODUCTS

- xEO Mega or vEO Mega
- DDR Prime
- DDR Prime Essential Oil Cellular Complex

KEY STUDIES

Park SK, Kim K, Page GP, Allison DB, Weindruch R, Prolla TA. Gene Expression Profiling of Aging in Multiple Mouse Strains: Identification of Aging Biomarkers and Impact of Dietary Antioxidants. *Aging Cell*. 2009 8(4):484-495.

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Csiszar A, Labinskyy N, Pinto JT, Ballabh P, Zhang H, Losonczy G, Pearson K, de Cabo R, Pacher P, Zhang C, Ungvari Z. Resveratrol induces mitochondrial biogenesis in endothelial cells. *Am J Physiol Heart Circ Physiol*. 2009 Jul;297(1):H13-20.

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Rodríguez-Hernández A, Cordero MD, Salviati L, Artuch R, Pineda M, Briones P, Gómez Izquierdo L, Cotán D, Navas P, Sánchez-Alcázar JA. Coenzyme Q deficiency

Yadav, V.R., Prasad S., Sung, B., Gelovani, J. G., Guha, S., Krishnan, S. and Aggarwal, B.B. Boswellic acid inhibits growth and metastasis of human colorectal cancer in orthotopic mouse model by downregulating inflammatory, proliferative, invasive and angiogenic biomarkers. *Int. J. Cancer*: 2012 130: 2176–2184.

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Kidd PM. Bioavailability and activity of phytosome complexes from botanical polyphenols: The silymarin, curcumin, green tea, and grape seed extracts. *Alternative Medicine Review.* 2009;14(3):226-246

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Srinivas NR. Baicalin, an emerging multi-therapeutic agent: pharmacodynamics, pharmacokinetics, and considerations from drug development perspectives. *Xenobiotica.* 2010;40(5):357-367.

Supplement Facts

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

	Amount Per Serving	Per% Daily Value
Cellular Longevity Blend:	1165 mg	**
Boswellia Serrata Gum Resin extract (200 mg)		
Scutellaria Root extract (150 mg Baicalin)		
Milk Thistle Seed extract (100 mg Silymarin)		
Polygonum Cuspidatum Root extract (50 mg Resveratrol)		
Green Tea Leaf extract (40 mg)		
Pomegranate Fruit extract (25 mg Ellagic Acid)		
Pineapple extract (50 GDU Bromelain protease enzyme)		
Turmeric Root extract (30 mg Curcumin)		
Grape Seed extract (20 mg Proanthocyanidins)		
Sesame Seed extract (20 mg)		
Pine Bark extract (7 mg)		
Cellular Energy Blend:	400 mg	**
Acetyl-L-Carnitine (100 mg)		
Alpha-Lipoic Acid (100 mg)		
Coenzyme Q10 (50 mg)		
Quercetin (50 mg)		
Ginkgo Biloba Leaf extract (40 mg)		
dōTERRA Tummy Tamer™ Blend:	30 mg	**
Peppermint Leaf, Ginger Root, Caraway Seed		

** Daily Value not established.

Other Ingredients: Vegetable hypromellose, vegetable cellulose, calcium silicate, calcium stearate.

xEO Mega®

Essential Oil Omega Complex

Now in a softgel

PRODUCT DESCRIPTION

dōTERRA xEO Mega® Essential Oil Omega Complex is a unique formula of CPTG 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, cardiovascular, and brain health; help support healthy immune function; and have been shown to help mediate a healthy inflammatory response in cells.* A single daily dose of xEO Mega provides 1,000 milligrams of marine lipids with 340 mg of EPA and 240 mg of DHA and a blend of plant-sourced essential fatty acids. xEO 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 xEO Mega formula is enhanced through a nanosomal lipid assimilation system and is encapsulated in a vegetarian-friendly softgel.

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; therefore, 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 that 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, a typical 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 fat 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 evidence 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 and brain function, and helps balance cellular inflammatory response.



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 and 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. One daily dose of xEO Mega provides 1,000 milligrams of pure, micro-filtered marine lipids with 340 mg of EPA and 240 mg of DHA omega-3 essential fatty acids.

Another convenient source of healthy 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 xEO Mega contains a proprietary plant-based essential fatty acid blend of flaxseed oil, borage seed oil, cranberry 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

xEO 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 xEO Mega. Clove oil and the constituent thymol in Thyme oil are powerful antioxidants that work to enhance the overall efficacy of xEO 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 xEO Mega as pleasant as it is healthful. The essential oils in xEO 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 that, as with the free lipids traveling in the circulatory system, are prone to degradation through free-radical oxidation. xEO 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 xEO 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. The microalgae changes from a light green to a deep crimson red, the astaxanthin is then extracted from the microalgae, microfiltered, 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 xEO Mega.

Vitamin D

xEO 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 xEO 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. xEO Mega employs a revolutionary new lipid delivery system that enhance 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, encapsulating them into small spheres called micelles. These very small micelles readily pass through the aqueous barrier of the digestive tract and traveling 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.

xEO Mega Essential Oil Omega Complex

xEO Mega is a 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 optimal immune function among many other systemic benefits. This unique formula of lipid-soluble nutrients is packaged in small, vegetarian-friendly softgels. xEO 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 1,000 mg of pure, concentrated, molecularly-filtered fish oil with 340 mg of EPA and 240 mg of DHA per daily serving

- Provides a wide range of essential fatty acids including EPA, DHA, GLA, and CLA from marine and plant sources to help maintain a healthy balance of omega fatty acids
- Includes a clinically-substantiated microalgae carotenoid extract of pure astaxanthin
- 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.

DIRECTIONS FOR USE

Adults, take 4 to 8 softgels per day with food. xEO 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.

xEO Mega Essential Oil Complex 120 softgels

Item number: 34190001
Consultant price: \$39.50 (39.50 PV)
Preferred customer: \$42.15
Retail customer: \$52.67

FAQs

Q: Does xEO Mega need to be refrigerated?

A: xEO Mega is designed to be stable at room temperature throughout its shelf life.

However, refrigeration is recommended to extend its shelf life or to maximize the potency of the fragile omega-3 fatty acids.

Q: Does xEO Mega need to be taken with food?

A: xEO Mega should always be taken immediately before or right at the beginning of a full meal.

Q: Is there a vegan version of xEO Mega (no fish)?

A: vEO Mega is available for those that do not wish to consume any animal-sourced ingredients.

Q: Can my kids take xEO Mega instead of the IQ Mega?

A: xEO Mega is safe for children and teenagers at a half dose. However, IQ Mega provides a higher dose of essential omega-3 fatty acids, which are critically important for the development years.

Q: If I take the IQ Mega, do I need to take xEO Mega too?

A: No, one or the other should be chosen.

Q: What fish is utilized in the Marine Omega Blend and what is the country of origin?

A: Though the fishing ground may vary, the Marine Omega blend comes primarily from anchovy and mackerel from the waters off the coast of Peru.

Q: Why do I need the Marine and Land Omega Blends?

A: They provide essential omega-3 fatty acids that cannot be made by the body and must be obtained from the diet. Normal fish and other oil consumption does not meet the needs of most people. Omega-3 fatty acids are required for a number of needs in the body, including anti-inflammatory reactions.

Q: What Does xEO Mega mean?

A: EO stands for essential oil, as this product also contains a powerful essential oil blend for internal use. Mega refers to Omega-3 fatty acids. The x reflects improvements that have been made to the product since it was first launched as EO Mega.

COMPLIMENTARY PRODUCTS

- Microplex VMz
- Alpha CRS+
- TerraZyme

KEY STUDIES

Huang YM, Yan SF, Ma L, et al. Serum and macular responses to multiple xanthophyll supplements in patients with early age-related macular degeneration. *Nutrition*. 2013;29:387-392.

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

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Minihane AM. Fish oil omega-3 fatty acids and cardio-metabolic health, alone or with statins. *European Journal of Clinical Nutrition*. 2013;67:536-540.

Song C. Essential fatty acids as potential anti-inflammatory agents in the treatment of affective disorders. *Mod Trends Pharmacopsychiatry*. 2013;28:75-89.

Supplement Facts

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

	Amount Per Serving	% Daily Value
Marine Omega and Carotenoid Blend:		
Fish oil concentrate (34% EPA, 24% DHA)	1000 mg	**
ASTAPURE® Astaxanthin	1 mg	**
Lutein	3 mg	**
Zeaxanthin	1 mg	**
Lycopene	1 mg	**
Alpha and Beta Carotene	417 IU	8%
Land Omega Blend:		
Flax seed oil	220 mg	**
Borage seed oil	100 mg	**
Cranberry seed oil	40 mg	**
Pomegranate seed oil	40 mg	**
Natural Vitamin D (Cholecalciferol)	800 IU	200%
Natural Vitamin E (d-alpha & mixed tocopherols)	60 IU	200%
CPTG® Essential Oil Blend:		
	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

Microplex VMz® Food Nutrient Complex

Made with SLS-free vegetable capsules

PRODUCT DESCRIPTION

dōTERRA Microplex VMz® Food Nutrient Complex is an all-natural, whole-food formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. Microplex VMz also contains the food-derived minerals calcium, magnesium, and zinc as well as organic trace minerals for optimal bone and metabolic health. Microplex VMz contains the dōTERRA Tummy Tamer™ botanical blend of Peppermint, Ginger, and Caraway to calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules, does not contain wheat or dairy products, and does not include any animal products. Microplex VMz is an all-natural product.

CONCEPT

While it is abundantly clear that diets in the United States and in many developed countries include adequate and even an overabundance of calories (the incidence of obesity continues to rise at an alarming rate around the globe), a growing body of evidence shows that even as we eat more, we are obtaining less of the essential nutrients vital for optimal health. Over-processed, calorie-rich, nutrient-poor food choices threaten to make us fat even as our bodies are deprived of vitamins, minerals, and other essential nutrients. A recent position taken by the American Medical Association acknowledges the prudence of taking nutritional supplements, admitting that while “the clinical syndromes of vitamin deficiencies are unusual in Western societies, suboptimal vitamin status is not”. (Journal of the American Medical Association, June 19, 2002).

Some nutritional supplement manufacturers add many times the necessary amount of synthetic vitamins and minerals to their products to persuade consumers that “more is better.” In reality, more does not always offer additional benefits and may simply be more expensive. All-natural Microplex VMz is a balanced, high-quality supplement formulated to provide the essential micronutrients likely to be deficient in your diet and known to support optimal vitality and wellness.

Microplex VMz is a comprehensive array of whole-food vitamins and minerals that are essential for normal growth, function, and maintenance of cells. Microplex VMz provides a balanced blend of essential antioxidant vitamins A, C, and E, an energy complex of B vitamins, and 800 IU of vitamin D. It also contains important minerals for metabolism and the essential bone nutrients calcium, magnesium, zinc, and organic trace minerals.



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CONCEPT (CONTINUED)**Patented Glycoprotein Matrix†**

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. Sometimes vitamins and minerals are isolated or synthetically constructed and may become more difficult for our bodies to recognize and absorb as food nutrients. The food-derived vitamins in Microplex VMz are presented in a patented glycoprotein matrix to enhance bioavailability. To make a vitamin glycoprotein compound, a natural vitamin is introduced to a culture of lactobacillus and yeast. As it grows, the yeast metabolizes and binds the vitamin into its protein matrix, making the vitamin more recognizable as food in the digestive process. The food-derived minerals in Microplex VMz are similarly cultured in yeast to enhance bioavailability.

Digestion of the vitamins and minerals in Microplex VMz is also enhanced by the presence of a blend of digestive enzymes and mineral cofactors that are necessary for proper assimilation of food nutrients.

Microplex VMz Food Nutrient Complex

dōTERRA Microplex VMz represents the gold standard in natural vitamin and mineral supplementation. The all-natural formula is encapsulated in sodium lauryl-sulfate free vegetable capsules, does not contain wheat or milk products, and does not include ingredients made from animal products. It also contains the dōTERRA Tummy Tamer blend of Peppermint, Ginger, and Caraway seed botanical extract to help calm the stomach.

Microplex VMz is formulated to be used daily with dōTERRA Alpha CRS+® and xEO Mega® or vEO Mega® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness. 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.

PRIMARY BENEFITS

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells*
- Fights free radicals with the antioxidant vitamins A, C, and E*
- Supports healthy metabolism and cellular energy*
- Supports bone health with calcium, magnesium, zinc, and vitamin D*
- Supports healthy immune function*
- Supports healthy digestion*
- Provides systemic benefits of vitality and wellness associated with optimal intake of essential nutrients*
- A balanced blend of essential, all-natural vitamins including the antioxidant vitamins A, C, and E, an energy complex of B vitamins, and natural vitamin D presented in a patented glycoprotein matrix for enhanced bioavailability
- Includes a balanced blend of all-natural minerals including calcium, magnesium, zinc, selenium, copper, manganese, chromium, and vanadium presented in a glycoprotein matrix for enhanced bioavailability
- Includes a whole-food botanical blend of broccoli, spirulina algae, oat straw, brewer's yeast, and kelp
- Formulated with a digestive enzyme blend of amylase, protease, cellulose, and lipase
- Contains tocotrienols
- Includes the dōTERRA Tummy Tamer digestive blend of Peppermint, Ginger, and Caraway
- Made with sodium lauryl sulfate-free vegetable capsules; does not contain milk or wheat products or ingredients made from animal products
- Specially formulated to be used daily with xEO Mega and Alpha CRS+ 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.

†US patents #6864231, #6942856, #7138113

DIRECTIONS FOR USE

Adults, take 4 vegetable capsules per day with food. Microplex VMz is formulated to be used daily with Alpha CRS+ and xEO Mega or vEO Mega. (Taking with the fatty acids in xEO Mega will support absorption of the fat-soluble vitamins in Microplex VMz.)

Microplex VMz Food Nutrient Complex

120 vegetable capsules

Item number: 34200001

Consultant price: \$34.50 (34.50 PV)

Preferred customer: \$36.81

Retail customer: \$46.00

FAQs

Q: Can this product be considered non GMO and gluten free?

A: Microplex VMz is free of genetically modified material and does not contain gluten.

Q: If I am taking the TrimShake, do I still need to take Microplex VMz too?

A: Microplex VMz is designed to provide a full day's supply of a wide variety of high quality, bioavailable nutrients. TrimShake, though it contains a number of vitamins and minerals, is only designed to provide a small boost to that meal. Both products can be safely taken on the same day.

Q: With the enzyme blend in this formula, do I also need to take Terrazyme?

A: The enzyme blend in Microplex VMz is only designed to provide a small boost to normal digestion. If you need full support for digestive health or other concerns, Terrazyme is recommended in addition to Microplex VMz.

Q: What does Microplex VMz stand for?

A: Microplex is a combination of "micronutrient" and "complex". VM stands for vitamins and minerals. The z reflects improvements that have been made to the product since it was first launched.

Q: Can this formula be considered a whole food supplement?

A: Microplex VMz is the simplest of the three

products in LLV, meaning it contains simple vitamins and minerals that are known to be required for health. What is most important about simple nutrients is that they be bioavailable. Packaging simple ingredients into complex foods decreases their bioavailability. Instead, we have selected naturally sourced vitamins and minerals that have been shown by scientific research to optimize bioavailability in the body.

Q: Can my children take this product instead of the A2Z Chewable?

A: dōTERRA recommends A2Z Chewable and IQ Mega for children rather than the Lifelong Vitality Pack. For older children or teenagers that can swallow capsules, a half dose is OK.

COMPLIMENTARY PRODUCTS

- vEO Mega
- PB Assist+
- Alpha CRS+
- Bone Nutrient

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.

May B, Kohler S, Schneider B. Efficacy and tolerability of a fixed combination of peppermint oil and caraway oil in patients suffering from functional dyspepsia. *Aliment Pharmacol Therapy*. 2000;14:1671-1677.

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

Tang BMP, Eslick GD, Nowson C, et al. Use of calcium or calcium in combination with vitamin D supplementation to prevent fractures and bone loss in people aged 50 years and older: a meta-analysis. *The Lancet*. 2007;370:657-666.

Supplement Facts

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

	Amount Per Serving	% Daily Value
Vitamin A (as natural alpha and beta carotene)	9000 IU	180%
Vitamin C (as natural calcium and magnesium ascorbate)	100 mg	170%
Vitamin D-3 (as cholecalciferol)	800 IU	200%
Vitamin E (as natural mixed tocopherols and tocotrienols)	30 IU	100%
Vitamin K (as glycoprotein matrix [†] and menaquinone)	20 mcg	25%
Thiamin (as glycoprotein matrix [†])	3 mg	200%
Riboflavin (as glycoprotein matrix [†])	3 mg	176%
Niacin (natural niacinamide)	20 mg	100%
Vitamin B6 (as glycoprotein matrix [†])	3 mg	150%
Folate (as glycoprotein matrix [†])	400 mcg	100%
Vitamin B12 (as methylcobalamin)	10 mcg	167%
Biotin	300 mcg	100%
Calcium Pantothenate	10 mg	100%
Calcium (as natural coral and ascorbate)	500 mg	50%
Iron (as yeast and bis-glycinate)	5 mg	28%
Iodine (as kelp)	13 mcg	9%
Magnesium (as citrate and ascorbate)	100 mg	25%
Zinc (as gluconate and glycinate)	10 mg	60%
Selenium (as selenomethionine and yeast)	80 mcg	110%
Copper (as gluconate and yeast)	1 mg	50%
Manganese (as amino acid chelate and yeast)	1 mg	50%
Chromium (as picolinate and yeast)	50 mcg	40%
Proprietary Whole-Food Blend:	80 mg	**
Broccoli, Spirulina Algae, Oat Straw Powder, Brewers Yeast, Kelp		
Active Enzyme Blend:	40 mg	**
Protease (4933 HUT), Amylase (733 DU), Lipase (613 FIP), Lactase (373 ALU)		
dōTERRA Tummy Tamer™ Blend:	30 mg	**
Peppermint Leaf, Ginger Root, Caraway Seed		
Geneses® Trace Mineral Blend	20 mg	**

** Daily Value not established.

Other Ingredients: Vegetable hypromellose, vegetable cellulose, stearic acid, silica.

[†]A patented fermented whole-food complex
US patents #6864231, #6942856, #7138113