

dōTERRA® | **LIFELONG VITALITY PROGRAM**

*look, feel, and live younger, longer*



Made with **CPTG** Certified Pure Therapeutic Grade® Essential Oils



## LOOK, FEEL, AND LIVE YOUNGER, LONGER

The dōTERRA® Lifelong Vitality Program makes taking the first step on the path toward a lifetime of vitality and wellness convenient and affordable. The three core products of the dōTERRA Lifelong Vitality Program—Alpha CRS<sup>+</sup>, xEO Mega<sup>®</sup>, and Microplex VMz<sup>®</sup>—are formulated to provide you with targeted levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity.\*

Our lifelong health and vitality depend on many factors including diet, physical activity, weight management, rest, stress management, exposure to toxins, and inherited genetic predisposition for disease or wellness. While some of these variables are beyond our complete control, breakthrough scientific research is revealing many ways we can influence—and even control—significant factors of aging and wellness. A long life full of vitality and healthy aging begins with providing your cells with essential nutrients and metabolic factors to help them perform optimally.

\*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.



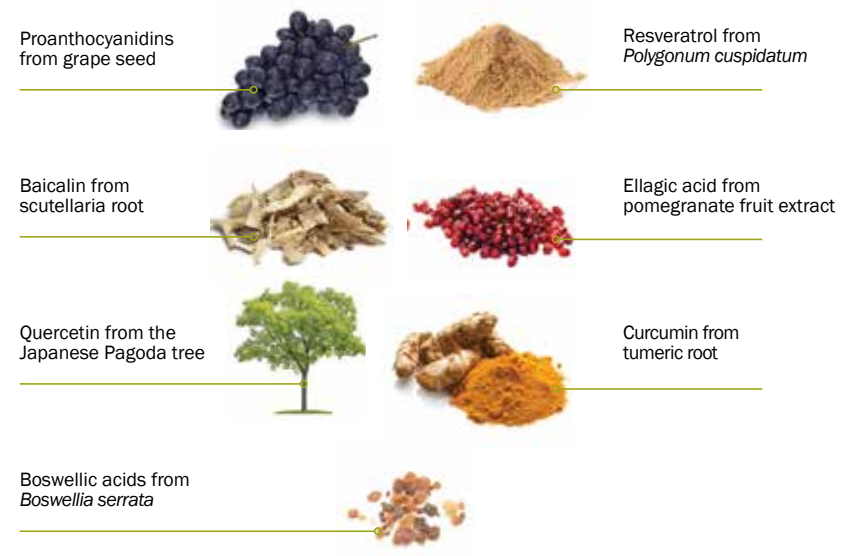
# ALPHA CRS+ CELLULAR VITALITY COMPLEX

**Alpha CRS+ Cellular Vitality Complex contains powerful polyphenols that protect cells from free radicals that can damage cellular DNA, mitochondria, and other critical cell structures\*:**

## PROTECT YOUR CELLS WITH POLYPHENOLS

Free radicals are unstable molecules that can damage and even destroy healthy, functioning cells and speed the aging process by compromising cellular DNA and other critical cell structures, including energy-producing mitochondria. Free radicals are a toxic byproduct of breathing and the metabolism of food. They also come from other sources, such as pollution, smoking, sun exposure, and exposure to radiation. All these free-radical sources can push oxidative stress beyond what the body can safely handle. Cellular free-radical damage is believed to play a major role in aging.

Antioxidants are stable molecules that can neutralize free radicals. Some antioxidants are found in the foods we eat, particularly in fruits and vegetables, and some antioxidants are manufactured by the body. Most medical experts recommend that we increase our consumption of foods containing antioxidants. Polyphenols are a particularly powerful group of antioxidants that provide protection against free-radical damage to cellular DNA and mitochondria. They have a very high capacity to neutralize free radicals and have been studied for a number of longevity health benefits. Reducing oxidative stress to cellular DNA and other important cell structures supports healthy cell proliferation, function, and lifespan.



**POLYPHENOLS:** A class of antioxidant molecules that provide numerous longevity health benefits including powerful antioxidant protection against free-radical damage to cellular DNA, mitochondria, and other critical cell structures.

**FREE RADICALS:** Unstable molecules that can start a damaging chain reaction of cellular oxidation contributing to unhealthy aging.

**DNA:** Nucleic acid in cells that contains the genetic instructions for cell proliferation, specialized function, and lifespan. It is through the DNA that the instructions for life are stored and passed to new cells that make up tissues, organs, systems, and organisms. Disruption of normal DNA function can result in sub-optimal health.



**THE dōTERRA® LIFELONG VITALITY PROGRAM provides a concentrated source of powerful antioxidants\*.**

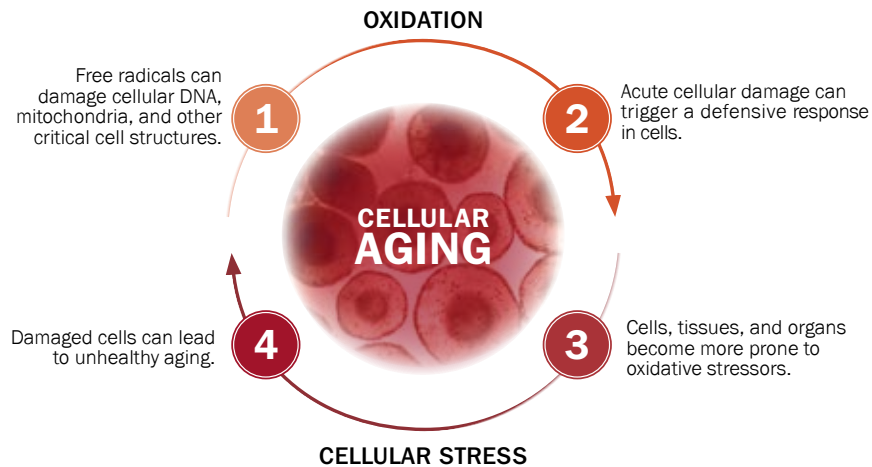
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## REDUCES OXIDATIVE STRESS

Our bodies are made up of millions of cells that rely on complex chemical communication pathways to perform their many specialized and synchronized functions. When cells are under stress, especially oxidative stress, they respond defensively to reduce the stressor. This is an important and normal function of the body's immune system, which helps to protect against threats to cellular health. Free-radical damage to critical cell structures can trigger a defensive response that, if left unchecked, can lead to a chronic state of defensive readiness and can have long-term health consequences.

**Many of the ingredients found in the dōTERRA® Lifelong Vitality Program have been shown to support a healthy oxidative stress response in cells.\* The program also includes a blend of essential fatty acids and CPTG® essential oils that have been clinically demonstrated to support normal and healthy oxidative stress response in cells.\***



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## INCREASE YOUR ENERGY AT THE CELLULAR LEVEL

All energy for life is produced in tiny cellular structures called mitochondria in which food molecules and oxygen are combined to produce chemical energy in the form of ATP (adenosine triphosphate). As we age, the number of mitochondria per cell and their output efficiency can decline, resulting in decreased vitality and energy. Compromised mitochondria can also release more toxic exhaust in the form of free-radical molecules, which can further damage mitochondria, DNA, and other critical cell structures. Less efficient production of energy in cells can result in a decrease of physical performance and mental energy.

Increasing our dietary consumption of foods rich in antioxidants, particularly polyphenols, can help protect mitochondria and other cell structures from free-radical byproducts of energy production in cells. Additionally, supplementing our diets with nutritional co-factors of energy production in mitochondria can support healthy production of cellular energy.

**The dōTERRA® Lifelong Vitality Program includes these antioxidant and energy cofactors\*:**

- **Acetyl-L-Carnitine:** Helps shuttle fatty acids into mitochondria for energy production
- **Alpha Lipoic Acid:** Supports the production of ATP and acts as a powerful antioxidant in mitochondria
- **Coenzyme Q10:** Important coenzyme for energy production; supports heart health
- **Quercetin:** Provides powerful polyphenol antioxidant protection in mitochondria and other cell structures
- **Resveratrol:** Polyphenol found in red wine; supports healthy mitochondrial biogenesis
- **Vitamins and Minerals:** Essential cofactors of energy production in cells
- **Essential Fatty Acids:** Required for cell growth; supports healthy cellular function



**MITOCHONDRIA:** Sometimes described as micro power plants in cells, mitochondria produce the energy chemical adenosine triphosphate (ATP) that powers all cellular activity for life. Cellular mitochondria also play critical roles in other cell functions, including intracellular signaling, cellular differentiation, growth, and apoptosis. Mitochondrial energy functions can decrease with age or increased exposure to oxidative stressors.

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# xEO MEGA®

ESSENTIAL OIL OMEGA COMPLEX

In addition to the potent Cellular Longevity Blend contained in Alpha CRS+, the dōTERRA® Lifelong Vitality Program includes your choice of xEO Mega®, providing ultra-pure essential fatty acids and other fat soluble nutrients that help support heart and circulatory health, brain health, and optimal immune function among many other systemic benefits\*:

xEO Mega provides a proprietary blend of marine and land-sourced essential fatty acids. Omega-3 fatty acids help support healthy joints, the cardiovascular system, brain health, and immune function\*:

xEO Mega includes the powerful antioxidant carotenoid astaxanthin, which helps protect against lipid oxidation in the brain and throughout the circulatory system. xEO Mega is encapsulated in vegetarian softgels\*:

xEO Mega includes a proprietary blend of dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils that also function as antioxidants, support a healthy oxidative stress response in cells, and provide other powerful health benefits: These oils also function as a natural preservative system, protecting the essential fatty acids in xEO Mega from oxidation and rancidity.



### xEO Mega Marine and Plant Omega Blend (1150 mg):

Pure, micro-filtered fish oil providing 300 mg EPA, 300 mg DHA

### xEO/vEO Mega Essential Oil Blend:

Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, Caraway, and German Chamomile



# vEO MEGA®

ESSENTIAL OIL OMEGA COMPLEX

In addition to the potent Cellular Longevity Blend contained in Alpha CRS+, the dōTERRA® Lifelong Vitality Program includes your choice of xEO Mega® or vEO Mega®, providing ultra-pure essential fatty acids and other fat soluble nutrients that help support heart and circulatory health, brain health, and optimal immune function among many other systemic benefits\*:

Committing to a diet that is completely vegetarian is a lifestyle that is gaining popularity and is extremely important to many people. Alpha CRS+ and Microplex VMz are already vegetarian friendly, but xEO Mega needed a slight modification in order to be labeled vegetarian.

vEO Mega still provides a unique blend of essential fatty acids that are so important to our diet but delivers them from plant and algae-based sources. A single daily dose of vEO Mega provides 1,200 mg of botanical omegas with 555 mg of ALA from flax seed oil and Incha Inchi oil, 100 mg of DHA from algae, 20 mg of GLA from borage oil, and a varied blend of other plant-sourced essential fatty acids.

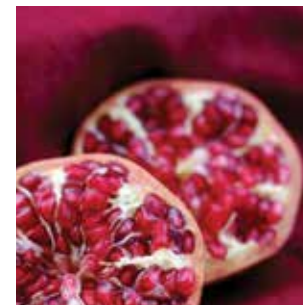
vEO Mega still includes 800 IU of natural vitamin D, 60 IU of natural vitamin E, 1 mg of pure astaxanthin, over 5 mg of other carotenoids, and a proprietary blend of CPTG Certified Pure Therapeutic Grade® essential oils—just like xEO Mega.

### vEO Mega Land Omega Blend (1380 mg):

Flaxseed oil, Inca Inchi Seed oil, Borage Seed oil, Cranberry Seed oil, Pomegranate Seed oil, Pumpkin Seed oil, Grape Seed oil

### xEO/vEO Mega Antioxidant Blend:

Pure astaxanthin from microalgae and natural vitamin E, lutein, zeaxanthin, lycopene, and alpha and beta carotene.



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## SUPPORT YOUR IMMUNE FUNCTION

A healthy immune system begins with a healthy diet containing optimal levels of antioxidants, vitamins, minerals, and essential fatty acids. Poor nutrition, stress, inadequate rest, and exposure to other environmental stressors can all lead to weakened defenses and other factors that can compromise health.

The dōTERRA® Lifelong Vitality Program is formulated to provide nutritional support for healthy immune function.\* Alpha CRS®+ provides powerful antioxidant and immune support through a potent blend of polyphenols and the carotenoids lutein and lycopene.\* xEO Mega® and vEO Mega® are formulated with immune supporting essential fatty acids, astaxanthin, and a proprietary blend of essential oils including Clove Bud, Frankincense, and Thyme.\* Microplex VMz® is a balanced formula of essential vitamins and chelated minerals that include immune-supporting nutrients; vitamins A, C, E, and B6; and the mineral Zinc.\*



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# MICROPLEX VMz<sup>®</sup>

MICRONUTRIENT COMPLEX

**The dōTERRA<sup>®</sup> Lifelong Vitality Program includes Microplex VMz, a balanced formula of essential vitamins and bioavailable minerals carefully formulated to provide optimal levels of key micronutrients that support energy and immune functions.\***

Vitamins and minerals are essential cofactors of growth, energy production, and cellular immune function. They are classified as “essential” because they cannot be produced in the body in sufficient quantities to sustain life and healthy functioning of body systems. Essential vitamins and minerals must be obtained from food, yet our modern diets are often deficient in adequate amounts of the variety of vitamins and minerals necessary for optimal health and wellness. There are more and more health concerns with the lack of nutrients in the foods we eat because we are so reliant on processed and convenience foods.

Microplex VMz has been carefully formulated to be taken with xEO Mega<sup>®</sup> in order to provide the amounts of vitamins, minerals, and omega fatty acids that we need to add to a well-balanced diet for optimum health.\* It will provide no more and no less than what we need every day.



#### **Balanced blend of vitamins:**

Includes antioxidant vitamins A, C, and E; an energy complex of B vitamins; and natural vitamin D<sub>3</sub>.

#### **Whole-Food and Enzyme Blends:**

Contains a blend of whole food ingredients to boost everyday nutrient intake: kale, dandelion, broccoli, cabbage, spinach, etc.

Eight different enzymes were added to aid in digestion and help with the absorption of nutrients: Protease, Lactase, Lipase, Amylase, alpha-Galactosidase, Diastase, Glucoamylase, Peptidase.\*

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#### **NATURALLY SAFE, PURELY EFFECTIVE, GUARANTEED**

The supplements in the dōTERRA Lifelong Vitality Pack<sup>®</sup> are formulated with GRAS-listed (Generally Recognized As Safe) ingredients tested for purity in GMP (Good Manufacturing Practices) facilities to ensure safe products with consistent potency and performance per manufacturing lot. dōTERRA guarantees each product will meet or exceed customer satisfaction for quality and performance or they will refund the full purchase amount of the product. dōTERRA Lifelong Vitality Pack represent a unique dietary supplement foundation of powerful ingredients present in targeted levels and offered at a compelling price point representing unparalleled value for consumers.

## WHAT PEOPLE ARE SAYING ABOUT dōTERRA® LIFELONG VITALITY SUPPLEMENTS†

I experienced a very noticeable boost in my energy and no longer felt that “dark cloud” of gloominess and lethargy hanging over me. It was such a noticeable difference that my husband said to me, “Will you please order a box of that stuff for me next month?”

**Karina Sammons**  
dōTERRA Wellness Advocate



After using dōTERRA® Lifelong Vitality supplements for about six weeks, I started noticing a difference. If I miss even one or two days of the supplements, I can tell a difference. They are wonderful!

**Marti Christensen**  
dōTERRA Wellness Advocate

I have noticed a significant increase in my mental focus and energy since starting the dōTERRA Lifelong Vitality supplement program. I also sleep much better. Unlike other supplements I have used that have upset my stomach and left me wondering if they are doing anything for me, I used dōTERRA supplements from day one with no stomach upset and noticeable results. dōTERRA supports my goal of getting better as I age—not the other way around.

**Peggy Smith**  
dōTERRA Wellness Advocate



**Using the Lifelong Vitality pack has increased my energy and given me the stamina to meet my daily challenges. I feel that it has contributed significantly to improving my immune system. I have maintained healthy cholesterol levels and I have also been pleased to discover that my typical seasonal irritations have decreased dramatically.\***

**Cynthia Crosby**  
dōTERRA Wellness Advocate

**A few of the things I noticed early in the process: my nails were stronger, my hair softer and shinier, and I felt radiant and well.\* People make comments to me all the time. I have had the pleasure of sharing this with friends who were so impressed that they had to give it a try.**

**Renee Banchiere**  
dōTERRA Wellness Advocate



I coupled the dōTERRA Lifelong Vitality supplements with the dōTERRA philosophy of healthy lifestyle choices in an effort to lose weight. After changing my lifestyle and using the products, I've lost 10 pounds. With my increased energy and elevated mood, I find it easy to manage my appetite and keep the weight off.\*

**Peter Bagwell**  
dōTERRA Wellness Advocate

†Product testimonials are authentic, real-life experiences of actual dōTERRA Lifelong Vitality Pack® customers and may not be typical for all users. Individual experiences may vary. Provided photos are not of actual customers.

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## INGREDIENT HIGHLIGHTS:



### ALPHA CRS<sup>®</sup>+

CELLULAR VITALITY COMPLEX

**Powerful polyphenol cellular longevity blend:**

Baicalin from scutellaria root, resveratrol from *Polygonum cuspidatum*, pomegranate fruit extract, proanthocyanidins from grape seeds, curcumin from turmeric root, and silymarin from milk thistle

35370001 **\$92.67 retail**  
120 Vegetable Capsules

**Potent levels of metabolic factors of cellular energy:**

Coenzyme Q10, quercetin, alpha-lipoic acid, and acetyl-L-carnitine



### xEO MEGA<sup>®</sup>/vEO MEGA<sup>®</sup>

ESSENTIAL OIL OMEGA COMPLEX

**Antioxidant protection:**

Astaxanthin and natural vitamin E, lutein, zeaxanthin, lycopene, and alpha and beta carotene

**CPTG Certified Pure Therapeutic Grade<sup>®</sup> essential oil blend:**

Clove, Frankincense, Thyme, Cumin, Wild Orange, Peppermint, Ginger, and German Chamomile

**xEO MEGA:**  
35360001 **\$66.00 retail**  
120 Vegetable Softgels

**Marine and plant omega blend\*:**

Concentrated, pure fish, calamari and echium seed oils providing EPA, DHA, ALA, SDA, and GLA fatty acids

**Land omega blend (vEO Mega):**

Flaxseed, Borage, Cranberry, and Pomegranate seed oils

\*only xEO Mega

**vEO MEGA:**  
34260001 **\$66.00 retail**  
120 Liquicaps



### MICROPLEX VMz<sup>®</sup>

FOOD NUTRIENT COMPLEX

**Balanced blend of essential vitamins:**

Antioxidant vitamins A, C, and E; an energy complex of B vitamins; and natural vitamin D presented in multiple forms for enhanced bioavailability

35350001 **\$52.67 retail**  
120 Vegetable Capsules

**Balanced blend of essential minerals:**

Calcium, Iron, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium

**dōTERRA tummy tamer botanical blend**

Peppermint Leaf, Ginger Root, and Caraway Seed extracts



## THE dōTERRA<sup>®</sup> LIFELONG VITALITY PROGRAM

A comprehensive dietary supplement foundation for a lifetime of vitality and wellness, Alpha CRS<sup>®</sup>+, xEO Mega<sup>®</sup>, and Microplex VMz<sup>®</sup> provide antioxidants, vitamins, minerals, essential fatty acids, co-factors of cellular energy production, and a proprietary blend of CPTG Certified Pure Therapeutic Grade<sup>®</sup> essential oils—your first step toward a lifetime of looking, feeling, and living younger, longer.\*

### dōTERRA LIFELONG VITALITY PACK<sup>®</sup>

Alpha CRS+, xEO Mega, and Microplex VMz are a comprehensive dietary supplement program of essential nutrients and energy factors for lifelong vitality and wellness.\* Formulated to be taken together in a daily regimen, these three revolutionary products supply a proprietary array of cutting-edge ingredients.

### LIFELONG VITALITY BENEFITS\*

- General wellness and vitality
- Antioxidant and DNA protection
- Energy metabolism
- Bone health
- Immune function
- Stress management
- Cardiovascular health
- Healthy hair, skin, and nails
- Eye, brain, nervous system
- Liver function and digestive health
- Lung and respiratory health
- Gentle on stomach
- Non-GMO, gluten-free, dairy-free



34210001 **\$106.00 retail** 30-day supply

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## CPTG Certified Pure Therapeutic Grade® Quality Control

A key component to the dōTERRA® Lifelong Vitality Program is the inclusion of dōTERRA CPTG Certified Pure Therapeutic Grade essential oils. These essential oils complement the formulations of the dōTERRA Lifelong Vitality Pack® products while also contributing their own healthful benefits.

Essential oils are aromatic compounds found naturally in plants. In nature, these compounds help protect the plant. With modern trends moving more toward natural and holistic approaches to self care and wellness, essential oils are proving to be a viable and efficacious addition to any health-care program. Essential oils are easily implemented. They can be diffused aromatically, applied topically, and even—as in the case of the dōTERRA Lifelong Vitality Pack® products—taken internally to aid in digestion and to support vitality and well being.\*

Not only is it important to ensure proper use of essential oils, it is also vital that oils not be adulterated or diluted. Many other oils on the market contain fillers or artificial ingredients to either lower the price or increase the volume yielded by the source. All dōTERRA essential oils undergo the CPTG Certified Pure Therapeutic Grade quality control protocol. This protocol consists of a series of tests for any contaminants, such as heavy metals or other chemical residues, resulting in an essential oil that is guaranteed to be just as nature intended. The essential oils in xEO Mega® and vEO Mega® are CPTG Certified Pure Therapeutic Grade and have been carefully formulated to provide daily support of longevity and wellness.



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## FOLLOWING THE dōTERRA® WELLNESS LIFESTYLE AND USING dōTERRA ESSENTIAL OILS AND WELLNESS PRODUCTS WILL HELP YOU LOOK, FEEL, AND LIVE YOUNGER, LONGER.

dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils and other wellness products are specifically formulated to support a wellness philosophy of eating right, exercising, resting and managing stress, and reducing toxic load. dōTERRA also teaches an informed health-care model of self-care alternatives and proactive participation with a medical care provider who will both inform and be open to information.

Our mission as a company is to empower people to live healthier, more productive lives and to share the blessing of lifetime wellness with others. If you are dissatisfied with your current health-care options, we invite you to join our dōTERRA wellness revolution and take control of your personal health and the health of loved ones in your care.

- LIFESTYLE
- 1. EAT RIGHT
- 2. EXERCISE
- 3. REST & MANAGE STRESS
- 4. REDUCE TOXIC LOAD

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- HEALTH CARE
- 5. INFORMED SELF CARE
- 6. PROACTIVE MEDICAL CARE



# ALPHA CRS+

CELLULAR  
VITALITY COMPLEX  
dietary supplement

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



## Supplement Facts

|   | Amount Per Serving | % 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 Stem 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 extract, Ginger Root extract,<br>Caraway Seed extract |                    |               |

\*\* Daily Value not established

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

# xEO MEGA

ESSENTIAL OIL  
OMEGA COMPLEX  
dietary supplement

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



## Supplement Facts

|   | Amount Per Serving | % Daily Value* |
|---|--------------------|----------------|
| Calories  | 15                 |                |
| Calories from Fat   | 15                 |                |
| Total Fat   | 1.5 g              | 2%             |
| Cholesterol   | 5 mg               | 2%             |
| Vitamin A (as Alpha and Beta Carotene)  | 2000 IU            | 40%            |
| Vitamin D3 (as Natural Cholecalciferol)   | 800 IU             | 200%           |
| Vitamin E (as d-α & Natural Mixed Tocopherols)  | 60 IU              | 200%           |
| Marine Oil and Plant Oil  | 1100 mg            | **             |
| EEPA (Eicosapentaenoic Acid from Fish Oil)  | 300 mg             | **             |
| DHA (Docosahexaenoic Acid from Fish Oil)  | 300 mg             | **             |
| Other Omega 3's (from Fish Oil)   | 70 mg              | **             |
| ALA (Alpha Linolenic Acid from Echium<br>plantagineum Seed Oil)   | 50 mg              | **             |
| SDA (Stearidonic Acid from Echium<br>plantagineum Seed Oil)   | 20 mg              | **             |
| GLA (Gamma Linolenic Acid from Echium<br>plantagineum Seed Oil)   | 16 mg              | **             |
| Pomegranate Seed Oil  | 50 mg              | **             |
| ASTAPURE®† Astaxanthin (from Green Algae)   | 1 mg               | **             |
| Lutein (from Marigold Flower)   | 3 mg               | **             |
| Zeaxanthin (from Marigold Flower)   | 1 mg               | **             |
| Lycopene (from Tomato Fruit)  | 1 mg               | **             |
| CPG® Essential Oil Blend:   | 120 mg             | **             |
| Clove Bud, Frankincense Resin, Thyme Leaf,<br>Cumin Seed, Wild Orange Peel, Peppermint Plant,<br>Ginger Root, Caraway Seed, German Chamomile Flower |                    |                |

\*Percent Daily Values are based on a 2000 calorie diet  
\*\*Daily Values are not established.

Other Ingredients: Non-GMO Food Starch, Glycerin, Purified Water, Maltitol, Carrageenan  
Contains Fish: (Sardine, Anchovy, Mackerel)

# MICRO PLEX VMz

FOOD NUTRIENT  
COMPLEX  
dietary supplement

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



## Supplement Facts

|   | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| Vitamin A (as α & β Carotene and Retinyl Palmitate)   | 7000 IU            | 140%          |
| Vitamin C (as Calcium Ascorbate and Magnesium Ascorbate)  | 200 mg             | 333%          |
| Vitamin D <sub>3</sub> (as Cholecalciferol)   | 800 IU             | 200%          |
| Vitamin E (as Natural Mixed Tocopherols and Tocotrienols)   | 50 IU              | 167%          |
| Vitamin K (as Glycoprotein Matrix)  | 20 mcg             | 25%           |
| Thiamin (as Glycoprotein Matrix)  | 3 mg               | 200%          |
| Riboflavin (as Glycoprotein Matrix)   | 3 mg               | 176%          |
| Niacin (as Glycoprotein Matrix)   | 20 mg              | 100%          |
| Vitamin B <sub>6</sub> (as Glycoprotein Matrix)   | 3 mg               | 150%          |
| Folate (as Natural Lemon (Citrus limon) Peel Extract) Orgen-FA®†  | 400 mcg            | 100%          |
| Vitamin B <sub>12</sub> (as Glycoprotein Matrix)  | 10 mcg             | 167%          |
| Biotin (as Glycoprotein Matrix)   | 300 mcg            | 100%          |
| Pantothenic Acid (as Glycoprotein Matrix)   | 10 mg              | 100%          |
| Calcium (as Malate DimaCal® <sup>®</sup> , Natural Coral, and Ascorbate)††  | 500 mg             | 50%           |
| Iron (as Bis-Glycinate Chelate) Ferrochel®††  | 6 mg               | 33%           |
| Iodine (from Kelp (Laminaria digitata) Stem and Leaf Powder)  | 25 mcg             | 17%           |
| Magnesium (as Dimagnesium Malate and Ascorbate)   | 150 mg             | 38%           |
| Zinc (as Bis-Glycinate Chelate) TRAACS®††   | 15 mg              | 100%          |
| Selenium (as Glycinate)†  | 70 mcg             | 100%          |
| Copper (as Bis-Glycinate Chelate) TRAACS®††   | 0.5 mg             | 25%           |
| Manganese (as Bis-Glycinate Chelate) TRAACS®††  | 0.5 mg             | 25%           |
| Chromium (as Nicotinate Glycinate Chelate) TRAACS®††  | 50 mcg             | 42%           |
| Proprietary Whole-Food Blend:   | 80 mg              | **            |
| Kale (Brassica oleracea acephala) Leaf Powder, Dandelion (Taraxacum officinale) Leaf Powder, Parsley (Petroselinum crispum) Leaf Powder, Kelp (Laminaria digitata) Stem and Leaf Powder, Broccoli (Brassica oleracea italica) Aerial Parts Powder, Brussels Sprout (Brassica oleracea gemmifera) Immature Inflorescences Powder, Cabbage (Brassica oleracea capitata) Leaf Extract, Spinach (Spinacia oleracea) Leaf Powder |                    |               |
| Active Enzyme Blend:  | 40 mg              | **            |
| Protease, Lactase, Lipase, Amylase, α-Galactosidase, Diastase, Glucoamylase, Peptidase  |                    |               |
| dōTERRA Tummy Tamer Extract Blend:  | 30 mg              | **            |
| Caraway (Carum carvi) Seed Extract, Ginger (Zingiber officinale) Rhizome Extract, Peppermint (Mentha piperita) Leaf Extract   |                    |               |

\*\* Daily Value (DV) not established.

Other Ingredients: Vegetable Hypromellose, Stearic Acid, Silica, Microcrystalline Cellulose.  
Contains Soy.

† Orgen-FA® is a registered trademark of Orgenetics, Inc.  
†† DimaCal®, Ferrochel®, and TRAACS® are trademarks licensed by Albion Labor

# vEO MEGA®

ESSENTIAL OIL  
OMEGA COMPLEX  
dietary supplement

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



## Supplement Facts

|   | Amount Per Serving | % Daily Value |
|---|--------------------|---------------|
| <b>Vegetarian Omega Blend:</b>  |                    |               |
| Flaxseed oil (450 mg ALA)   | 900 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 (as Ergocalciferol)   | 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 bud, Frankincense resin, Thyme leaf, Cumin seed, Wild Orange peel, Peppermint leaf, Ginger root, Caraway seed, German Chamomile flower. |                    |               |

\*\* Daily Value not established.

Other Ingredients: Vegetable hypromellose, Silica.  
† Registered trademark of Algatechnologies, Ltd.

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