



A2Z Chewable Strawberry Flavored Dietary Supplement

Product Description

dōTERRA's A2Z Chewable is a proprietary formula of ingredients developed for children, or for and adults who have difficulty swallowing capsules. Combining a blend of B vitamins with a blend of vitamins A, C, E, and botanical extracts, A2Z Chewable supports healthy cell development and longevity when taken daily.* A2Z Chewable is formulated to be used with dōTERRA's odorless IQ Mega™ Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity as well as antioxidant protection.

Concept

Cellular stress, including oxidative stress to cellular DNA and other key cell structures, can result in increased frequency of degenerative conditions associated with cellular dysfunction. Cellular stress is predominately from free-radical molecules. These are unstable molecules with one or more unpaired electrons that attach to other healthy molecules. This can damage healthy molecules, often times beyond repair. Cells are equipped to defend against free radical damage by employing electron-rich molecules called antioxidants such as vitamins A, C and E and other antioxidants (such as those in the superfood and alpha CRS+ blends), to neutralize free-radical molecules. In addition to providing exogenous antioxidant protection against free-radical damage to cells, the polyphenols in dōTERRA's A2Z Chewable tablets also support the endogenous production and recycling of antioxidants made by the body. A2Z Chewable tablets also support healthy cell proliferation and lifespan by providing antioxidant protection to cellular DNA.

In addition to antioxidants, A2Z Chewable tablets include a cellular energy blend of B vitamins which are important metabolic factors of cellular energy. A growing body of evidence shows even as we eat more we are obtaining less of the essential nutrients vital

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for optimal health. A2Z Chewable tablets provide a balanced, high-quality supplement formulated to provide the essential micronutrients that may be insufficient in your, or your child's, diet and known to support optimal vitality and wellness.

Primary Benefits

- Safe for children 4 years of age and older and adults who prefer a chewable to capsules
- Easy to chew with a great strawberry flavor
- No high fructose corn syrup, artificial colors, sweeteners or flavors
- Whole-food complex that helps support overall health and wellness
- Formulated with dōTERRA's proprietary Alpha CRS+ Cellular Longevity Blend

What Makes This Product Unique?

- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins
- Includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese
- Specially formulated to be used daily with IQ Mega as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*
- Formulated with dōTERRA's proprietary Alpha CRS+® blend

Who Should Use This Product?

dōTERRA's A2Z Chewable tablets are ideal for children as well as adults that prefer chewable tablets. The chewable tastes great and is perfect for those looking to increase their consumption of essential nutrients and antioxidants that support healthy cell development and longevity.*

Directions For Use

Children 4 years of age and older: Take 2 tablets daily with meals.

Cautions

Pregnant or lactating women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Does not contain milk or wheat products. For children under 4, consult a physician before using this product.

Warning

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

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A2Z Chewable

60 Chewable tablets

Item code: 45330001

Consultant price: \$19.50 (15 PV)

Preferred member price: \$20.80

Suggested retail price: \$26.00

Supplement Facts

Serving Size 2 tablets

Servings per Container 30

Amount Per 2 Tablets	%Daily Value for ages 4 & up	
Calories	10	
Total Carbohydrate	2 g	1%*
Sugars	2 g	**
Vitamin A (as alpha and beta carotene)	5000 IU	100%
Vitamin C (from acerola cherry fruit extract)	60 mg	100%
Vitamin D2 (as ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate and mixed tocopherols)	30 IU	100%
Thiamin (as thiamine HCl)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folic Acid	10 mcg	3%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as calcium amino acid chelate)	20 mg	2%
Iron (as iron amino acid chelate)	5 mg	28%
Iodine (from potassium iodide)	100 mcg	67%
Magnesium (as magnesium amino acid chelate)	10 mg	3%
Zinc (as zinc oxide)	3 mg	20%
Copper (as copper glycinate)	0.05 mg	3%
Manganese (as manganese amino acid chelate)	0.05 mg	3%
Potassium (as potassium glycinate)	1 mg	<1%
Superfood Blend	280 mg	**
Pineapple (fruit), pomegranate extract (fruit) (standardized for ellagic acid), lemon bioflavonoids, spirulina, sunflower oil (seed), rice bran (seed), beet greens (leaf), broccoli (aerial parts), brown rice (seed), carrot (root), mango (fruit), cranberry (fruit), rose hips (seed), spinach (leaf), acerola cherry extract (fruit).		
Alpha CRS+ Blend	20.5 mg	**
Tomato extract (fruit) (provides lycopene), turmeric extract (root) (standardized for curcumin), Boswellia serrata extract (gum resin), grape seed extract (standardized for proanthocyanadins), marigold flower extract (provides lutein).		
Choline (as choline bitartrate)	10 mg	**
Inositol	10 mcg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Fructose Stearic Acid, Natural Strawberry Flavor, Citric Acid, Beet Root (for color), Molasses Powder, Honey, Maple Sugar, Silicon Dioxide, Magnesium Stearate.

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IQ Mega[™]

Deodorized Omega-3 Fish Oil

CPTG[®] Made with Certified Pure
Therapeutic Grade[®] Essential Oils
with Wild Orange

Product Description

dōTERRA IQ Mega[™] takes the fishy taste out of fish oil and puts the fresh orange flavor of dōTERRA's wild orange CPTG essential oil in this great tasting and easy to swallow omega-3 supplement providing 1,000 mg of concentrated, pure omega-3 from fish oil per serving. IQ Mega contains the essential nutrients EPA and DHA to support healthy brain, cardiovascular, immune and joint function.* IQ Mega is formulated to be used daily, by children and adults, with A2Z Chewable.

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.

Health Benefits of Omega-3 Fatty Acids

Two primary essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests, for optimal health, humans should consume a 1:1 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 1. While our diets must include some omega-6 fatty acids as essential nutrients for life, the disproportionate consumption of omega-6 fatty acids as well as unhealthy hydrogenated or trans fats has been linked to diseases including cardiovascular disease, cancer, osteoporosis, inflammatory and autoimmune disease. Studies also link low intake of omega-3 fatty acids to a higher prevalence of depression and other mental illnesses.

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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 the cellular inflammatory response. Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health, mobility and skin health.*

IQ Mega

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. 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 IQ Mega provides 1000 mg of pure, micro-filtered marine lipids with 600 mg of EPA and 400 mg of DHA omega-3 essential fatty acids without toxins or heavy metals.

Primary Benefits

- Promotes cardiovascular health by reducing oxidative stress and mediating a healthy cellular response to inflammatory makers*
- 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*

What Makes This Product Unique?

- Delivers 1000 mg of pure, concentrated, molecularly-distilled, and completely deodorized fish oil with 600 mg of EPA and 400 mg of DHA per daily serving
- Provides the essential fatty acids EPA and DHA from marine sources to help maintain a healthy balance of omega-3 fatty acids
- Formulated with dōTERRA's CPTG® Certified Pure Therapeutic Grade wild orange essential oil
- Does not contain milk or wheat products
- Specifically formulated to use daily with A2Z Chewable Tablets as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness

Directions for Use

Take 1 teaspoon daily. Store away from direct heat and light. After opening, refrigerate and consume within 100 days. Product may change appearance when refrigerated. Keep bottle tightly closed to preserve freshness. Do not use if safety seal is broken or missing.

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Caution

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 refrigerator after opening.

IQ Mega

150 ml (5 fl. oz.) liquid

Item code: 35320001

Consultant price: \$34.50 (30 PV)

Preferred member price: \$36.80

Suggested retail price: \$46.00

Supplement Facts	
Serving Size 1 tsp. (5ml) / Servings per container 30	
Amount Per Serving	%Daily Value
Calories 40	
Calories from fat 40	
Total Fat 4.5 g	7%*
Saturated Fat 1 g	5%*
Trans Fat 0 g	
Polyunsaturated Fat 1.5 g	†
Monounsaturated Fat 1.5 g	†
Cholesterol 25 mg	100%
Total omega-3 fatty acids 1000 mg	†
EPA (eicosapentaenoic acid) 600 mg	† [~]
DHA (docosahexaenoic acid) 400 mg	† [~]
*Percent Daily Values are based on a 2,000 calorie diet.	
†Daily Value not established.	

[~]Guaranteed analysis EPA + DHA – 1000 mg

Ingredients: Molecularly distilled oil from Anchovy, Sardine, Mackerel

Other Ingredients: Sunflower oil, Citrus sinensis (wild orange) essential oil, natural flavor, rosemary extract, ascorbyl palmitate, natural mixed tocopherols.

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IQ Mega Omega-3 Fish Oil PIP 09.01.12
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