

IQ Mega® Omega-3 Fish Oil

with CPTG Certified Pure Tested Grade™ Wild Orange essential oil

PRODUCT DESCRIPTION

dōTERRA IQ Mega takes the fishy taste out of fish oil and puts the fresh orange flavor of dōTERRA Wild Orange CPTG® essential oil in this great tasting and easy-to-swallow omega-3 supplement providing 1,550 mg of concentrated, omega-3 fatty acids per serving. IQ Mega contains the essential nutrients DHA and EPA to support healthy brain, cardiovascular, immune, and joint function.* IQ Mega is formulated to be used daily by children and adults with dōTERRA a2z Chewable™ tablets.

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; we have to rely on the food we eat to supply us with these important nutrients.

Two primary essential fatty acids are omega-6 and omega-3 fatty acids. Modern science suggests that, for optimal health, humans should consume a 1:1 ratio of omega-6 to omega-3 essential fatty acids. Unfortunately, due to the abundance of omega-6 fatty acids in vegetable oils and our increasing consumption of fried and fatty foods, the Western diet includes omega-6 fatty acids in a 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 major health problems. Studies also link low intake of omega-3 fatty acids to a higher prevalence of mental health issues.

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 and brain function, and helps support a normal immune response.* Increased consumption of omega-3 fatty acids has also been shown to have a positive impact on joint health, mobility, and skin health.*

The Omega-3 nutrient DHA is essential to support nerve cell communication throughout the brain, eyes, and nervous system.* As a determinant of brain growth and performance, DHA promotes normal memory, concentration, attention control, alertness, and positive mood.* A constant supply of DHA is also required for the



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CPTG Certified Pure Tested Grade™

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retina and macula to deliver healthy vision.* The many roles of DHA make it one of the brain's most important molecules.

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 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 canola oil and the oils of some nuts and seeds. One daily serving of IQ Mega provides a total of 1,550 mg of pure, micro-filtered marine lipids, including 900mg of DHA and 400 mg of EPA. 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. As a solution, IQ Mega essential fatty acids are tested extensively to ensure the oil is free of toxins and heavy metals.

PRIMARY BENEFITS

- Promotes cardiovascular health*
- 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*
- Supports healthy function of the eyes and nervous system*
- Delivers 1,550 mg of pure, concentrated, molecularly-filtered, and completely deodorized marine lipids including 900 mg of DHA and 400 mg of EPA per daily serving
- Formulated with dōTERRA CPTG Certified Pure Tested Grade™ Wild Orange essential oil
- Specifically formulated to use daily with dōTERRA 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.

CAUTIONS

Keep out of reach of children. Pregnant or women who are nursing and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing.

Refrigerate after opening.

FAQS

Q: Does IQ Mega need to be refrigerated?

A: Because IQ Mega contains essential fatty acids that can oxidize and lose their potency, we recommend it be refrigerated. Frequent opening and closing of the bottle exposes oxygen to the oil and can begin to oxidize the antioxidants added to protect the oil. Refrigeration slows down the oxidation to maintain potency throughout the shelf life.

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Q: Is IQ Mega specifically formulated for children?

A: IQ Mega was formulated to be used daily by both children and adults. For children, consult physician.

Q: Where are the fish sourced from?

A: Our fish oils come from a renewable source of Cod, Saithe, and Haddock harvested from the Northeast Atlantic Ocean. They are the best fish oil concentrates that can be purchased in the industry. They are pure marine lipids that have been molecularly filtered, tested, and certified to exceed requirements for heavy metals, and other harmful contaminants.

Q: Why do you use Cod, Saithe, and Haddock?

A: Cod, Saithe, and Haddock were chosen for the high content of omega-3 fatty acids they provide and because they are a renewable source. Each serving provides 900 mg DHA and 400 mg EPA. Our fish oils are obtained from a MSC certified source of sustainable and eco-friendly fisheries.

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Q: Will I have the same nutritional value if I cook with IQ Mega® as opposed to taking it straight?

A: We don't recommend cooking with IQ Mega as the essential fatty acids can oxidize easily.

Instead, consume IQ Mega directly, add it to a smoothie, or stir into food after cooking for optimum nutritional value.

COMPLEMENTARY PRODUCTS

- dōTERRA a2z Chewable™ tablets
- dōTERRA Lifelong Vitality Pack®
- Microplex VMz®

KEY STUDIES

Beydoun MA, Kuczmarski MTF, Beydoun HA, et al. Omega-3 fatty acid intakes are inversely related to elevated depressive symptoms among United States women. *J Nutr.* 2013; DOI:10.3945/jn.113.179119.

Montgomery P, Burton JR, Sewell RP, et al. Low blood long chain omega-3 fatty acids in UK children are associated with poor cognitive performance and behavior: A cross-sectional analysis from the DOLAB study. *PLoS ONE.* 2013;8(6):1-11.

Schwalfenberg G. Omega-3 fatty acids; Their beneficial role in cardiovascular health. *Can Fam Physician.* 2006;52:734-740.

Lee YH, Bae SC, Song GG. Omega-3 polyunsaturated fatty acids and the treatment of rheumatoid arthritis; a meta-analysis. *Arch Med Res.* 2012;43:356-362.

Wang Q, Liang X, Wang L, et al. Effect of omega-3 fatty acids supplementation on endothelial function: A meta-analysis of randomized controlled trials. *Atherosclerosis.* 2012;221:536-543.

Simopoulos AP. The importance of the ratio of omega-6/omega-3 essential fatty acids. *Biomed Pharmacother.* 2002;56:365-379.

Supplement Facts

Serving Size 1 tsp. (5ml)
Servings Per Container 30

Amount Per Serving	% Daily value*
Calories 40	
Total Fat 4.5 g	6%
Saturated Fat 0.5 g	3%
Cholesterol 40 mg	
Fish Oil 4500 mg	
(Cod, Pollock, Haddock)	
Total Omega-3s 1550 mg	
DHA (Docosahexaenoic Acid) 900 mg†	
EPA (Eicosapentaenoic Acid) 400 mg†	

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

† Daily Value not established.

Other Ingredients: Wild Orange (*Citrus sinensis*) Peel Oil, Rosemary (*Rosmarinus officinalis*) Leaf Extract, Mixed Tocopherols, Sunflower (*Helianthus annuus*) Seed Oil, Sunflower (*Helianthus annuus*) Lecithin, Ascorbyl Palmitate

Contains Fish (Cod, Pollock, Haddock)

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**IQ MEGA®
OMEGA-3 FISH OIL**
150 mL (5 fl. oz.) liquid
Part Number: 34490001

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