



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.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

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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