

# IQ Mega™

## Deodorized Omega-3 Fish Oil

with CPTG Certified Pure Therapeutic 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 1,000 mg of concentrated, pure 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; 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, 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 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 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 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.\*

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. 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, one daily dose of IQ Mega provides 1,000 mg of pure, micro-filtered marine lipids with 600 mg of EPA and 400 mg of DHA omega-3 essential fatty acids tested to be free of toxins or heavy metals.

## PRIMARY BENEFITS

- Promotes cardiovascular health by reducing oxidative stress and mediating a 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, and completely deodorized fish oil with 600 mg of EPA and 400 mg of DHA per daily serving
- Formulated with dōTERRA CPTG Certified Pure Therapeutic Grade® Wild Orange essential oil
- Includes 800 IU of natural vitamin D and 60 IU of natural vitamin E
- Specifically formulated to use daily with a2z™ Chewable 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.

## 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. Does not contain gluten, dairy, wheat, soy, or nut products. Store in refrigerator 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.

Q: Is IQ Mega specifically formulated for children?

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

Q: Where are the fish sourced from?

A: Our fish oils come from a renewable source of anchovy, sardines, and mackerel harvested from the Humboldt current in the South Pacific Ocean. They are the best fish oil concentrates that can be purchased in the industry. They are 100 percent pure marine lipids that have been molecularly filtered, tested, and certified free of toxins, heavy metals, and other harmful contaminants.

Q: Why do you use anchovies, sardines, and mackerel?

A: Anchovies, sardines, and mackerel were

chosen for the high content of omega-3 fatty acids they provide and because they are a renewable source. Each serving provides 600 mg EPA and 400 mg DHA.

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

- a2z™ Chewables
- Lifelong Vitality Pack or Vegan 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	
Calories from fat 40	
<b>Total Fat</b> 4.5 g	7%*
Saturated Fat 1 g	5%*
Polyunsaturated Fat 1.5 g	†
Monounsaturated Fat 1.5 g	†
<b>Cholesterol</b> 25 mg	8%*
<b>Total omega-3 fatty acids</b>	<b>1000 mg†</b>
<b>EPA</b> (eicosapentaenoic acid)	<b>600 mg†</b>
<b>DHA</b> (docosahexaenoic acid)	<b>400 mg†</b>

\* Percent daily value is based on a 2000 calorie diet.

† Daily value not established.

**Other Ingredients:** Sunflower oil, *Citrus sinensis* (Wild Orange) oil, natural flavor, natural mixed tocopherols, rosemary extract, ascorbyl palmitate.

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### IQ Mega™

**Deoderized Omega-3 Fish Oil**  
150 ml (5 fl. oz.) liquid

Item number: 35320001

Consultant price: \$34.50 (30.00 PV)

Preferred customer: \$36.80

Retail customer: \$46.00