

# dōTERRA a2z Chewable

## PRODUCT DESCRIPTION

dōTERRA a2z Chewable is a proprietary formula of ingredients developed with children and adults who have difficulty swallowing capsules in mind. Combining a blend of B vitamins with a blend of vitamins A, C, and E, as well as botanical extracts, dōTERRA a2z Chewable supports healthy cell development and longevity when taken daily.\* dōTERRA a2z Chewable is formulated to be used with dōTERRA Wild Orange-flavored IQ Mega® Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity and cognitive function as well as antioxidant protection.\*

## CONCEPT

Cellular stress is predominately from free radicals that attach to other healthy molecules and can cause damage. Cells are equipped to defend against free radical damage by employing electron-rich molecules called antioxidants like vitamins A, C, and E and others (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, the polyphenols in dōTERRA a2z Chewable also support endogenous production and recycling of antioxidants made by the body.\* dōTERRA a2z Chewable also supports healthy cell function by providing antioxidant protection to cellular DNA.\*

In addition to antioxidants, dōTERRA a2z Chewable includes a cellular energy blend of B vitamins, which are important metabolic factors of cellular energy.\* A growing body of evidence shows no matter how much we eat, we are obtaining less of the essential nutrients vital for optimal health than we have in the past. dōTERRA a2z Chewable provides a balanced, high-quality supplement formulated to provide the essential micronutrients known to support optimal vitality and wellness that may be insufficient in your or your child's diet.\* dōTERRA a2z Chewable is 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.\*



1

CPTG Certified Pure Therapeutic Grade®

\*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.

## PRIMARY BENEFITS

- Safe for children 4 years of age and older and adults who prefer a chewable to capsules
- Cognitive Blend: Choline, Phosphatidylserine, Inositol
- Great watermelon flavor
- No high fructose corn syrup, artificial colors, sweeteners, or flavors
- Contains a superfood blend that helps support overall health and wellness
- Formulated with dōTERRA's proprietary Alpha CRS®+ Blend
- 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\*

## DIRECTIONS FOR USE

Children 4 years of age and older: Take 2 tablets daily with meals. Adults may take up to 3 tablets daily.

## CAUTIONS

Pregnant or nursing 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 gluten, dairy, wheat, soy, eggs, or nut products. For children under 4, consult a physician before using this product.

## WARNINGS

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.

## FAQS

**Q: The label says 4 years and older. Can a child younger than 4 take dōTERRA a2z Chewable?**

**A:** Yes. Children 2–4 can safely take one chewable per day. Consult your child's healthcare provider if you have any questions or concerns.

**Q: At what age should a child switch from dōTERRA a2z Chewable to dōTERRA LifeLong Vitality Pack®?**

**A:** The dōTERRA LifeLong Vitality Pack was formulated for those 12 and older, or at least 100 lbs. dōTERRA a2z Chewable will meet the needs of most children.

**Q: Can this product be considered GMO-free and gluten-free?**

**A:** dōTERRA a2z Chewable is free of genetically modified material and does not contain gluten.

**Q: Should I be concerned about my child getting too much iron?**

**A:** The recommended daily intake for children 4–9 years old is 10 mg. The 5 mg found in two dōTERRA a2z Chewable tablets is safe for children to take. Depending on iron intake from the diet, this amount will help ensure the child gets what is needed. The additional 5 mg will not contribute any negative effects due to iron. The upper limit for iron is 40 mg/day for children and the body has a mechanism to turn off iron absorption once the body's stores are full. The product has a child safety cap and should be kept out of reach of children so a child will not consume too many tablets at once.

**Q: Is dōTERRA a2z Chewable better than the multivitamin gummies I can buy at the grocery store?**

**A:** dōTERRA a2z Chewable provides 100 percent of the daily value for 10 vitamins, while delivering minerals plus a superfood blend and Alpha CRS+ blend. Most multivitamin gummies only contain a few vitamins and very little minerals, if any. Additionally, dōTERRA a2z Chewable provides less sugar than common multivitamin gummies. No artificial flavors, sweeteners, or colors.

**COMPLEMENTARY PRODUCTS**

- IQ Mega®
- TerraGreens®

**KEY STUDIES**

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. *British Journal of Nutrition.* 2007;98:S29-S35.

Wintergerst ES, Maggini S, Hornig DH. Contribution of selected vitamins and trace elements to immune function. *Ann Nutr Met.* 2007;51:301-323.

Bonjour JP, Gueguen L, Palacios C, et al. Minerals and vitamins in bone health: The potential value of dietary enhancement. *Bri J Nutr.* 2009;101:1581-1596.

Hayes CE, Nashold FE, Spach KM & Pedersen LB. The immunological functions of the vitamin D endocrine system. *Cell Molec Biol.* 2003;49:277 –300.

Hammond BR. Possible role for dietary lutein and zeaxanthin in visual development. *Nutr Rev.* 2008;66(12):695-702.

**Supplement Facts**

Serving Size 2 chewable tablets  
Serving per Container 30

Amount Per 2 Tablets	% Daily Value for ages 4 & up	
Calories	10	
Total Carbohydrate	2 g	1%*
Sugars	1 g	**
Vitamin A (as Alpha and Beta Carotene)	5000 IU	100%
Vitamin C (from Acerola Cherry Fruit Extract)	60 mg	100%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as D-Alpha Tocopheryl Acetate and Mixed Tocopherols)	30 IU	100%
Vitamin K (as Phytonadione)	40 mcg	50%
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%
Folate (from Lemon Peel)	200 mcg	50%
Vitamin B12 (as Methylcobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Amino Acid Chelate)	75 mg	8%
Iron (as Iron Amino Acid Chelate)	5 mg	28%
Iodine (from Potassium Iodide)	100 mcg	67%
Magnesium (as Magnesium Amino Acid Chelate)	38 mg	10%
Zinc (as Zinc Amino Acid Chelate)	3 mg	20%
Selenium (as Selenium Amino Acid Chelate)	35 mcg	50%
Copper (as Copper Amino Acid Chelate)	0.05 mg	3%
Manganese (as Manganese Amino Acid Chelate)	0.05 mg	3%
Chromium (as Chromium Amino Acid Chelate)	20 mcg	17%
<b>Cognitive Blend</b>	15 mg	**
Choline (as Choline Bitartrate)	5 mg	**
Phosphatidylserine (from Sunflower Phospholipids)	5 mg	**
Inositol	5 mg	**
<b>Superfood Blend</b>	282 mg	**
Pineapple ( <i>Ananas comosus</i> ) Fruit Powder, Pomegranate ( <i>Punica granatum</i> ) Fruit Extract, Lemon Bioflavonoids, Spirulina, Sunflower Oil, Rice Bran, Beet Greens ( <i>Beta vulgaris</i> ) Leaf Powder, Broccoli Powder (Aerial Parts), Brown Rice, Carrot Powder (Root), Rose Hips ( <i>Rosa canina</i> ) Fruit Powder, Spinach ( <i>Spinacia aleracea</i> ) Leaf Powder, Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Powder, Mango ( <i>Mangifera indica</i> ) Fruit Powder		
<b>Alpha CRS®+ Blend</b>	10.5 mg	**
Grape ( <i>Vitis vinifera</i> ) Seed Extract, Tomato Fruit Extract (Provides Lycopene), Marigold Flower Extract (Provides Lutein)		

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**OTHER INGREDIENTS:** Organic Cane Sugar, Microcrystalline Cellulose, Stearic Acid, Natural Watermelon Flavor, Citric Acid, Malic Acid, Stevia Extract, Silica, Magnesium Stearate

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3

**dōTERRA a2z CHEWABLE  
60 CHEWABLE TABLETS**

Part number: 34500001  
Wholesale: \$20.50  
Retail: \$27.33  
PV: 15

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