

plexus MegaX[®]

Daily support for your heart and brain*

Support brain and heart health with Plexus MegaX.

MegaX is the broad-spectrum, plant-based Omega that delivers heart and brain health benefits, supports healthy lipid levels already in the normal range, and helps with stress management — all without the fishy aftertaste you get with most Omega-3 supplements.*



Mighty Omegas

Omega-3 and Omega-6 fatty acids are both necessary for good health. In fact, they are both referred to as “essential fats.” These are fats that the body cannot produce, which means you have to get them from your diet. But while they are both important on their own, the ratio between them is important too. Unfortunately, the typical modern American diet throws this ratio off.

The Need for 3s

While most Americans get plenty of Omega-6 fatty acids from the foods they eat, they are not getting enough Omega-3s. And because Omega-3s can help with heart health, brain health, and stress management, many people could be missing out on those benefits.

Omega-3 supplements provide a perfect option, but most of them have 1 serious flaw: an unpleasant fishy aftertaste. Because oily fish is an excellent source of Omega-3s, most people believe that fish oil is the only option for a decent supplement. That leaves you with a big dilemma: You can either worry that you are not doing all that you can to support your heart and brain health, or you can struggle through the fish burps and gross taste of traditional Omega-3 supplements.

Or . . . you can reach for Plexus MegaX.

How MegaX Works

MegaX delivers the heart and brain health benefits you want from an Omega-3 supplement without any of the downsides of the fishy alternatives. That is because MegaX is not a fish oil. It is a plant-based, broad-spectrum Omega that can help you feel more confident as you work to support a happy, healthy heart and brain.*

MegaX contains ahiflower oil, which includes Omega-3 stearidonic acid, a more bioavailable Omega-3 than most plant-based options offer. Other sources of Omega-3s in MegaX include avocado oil, and raspberry seed oil.

Together, these high-quality ingredients help support a healthy heart, a healthy brain, and healthy lipid levels already in the normal range, so you can support your body and live your best life every day.*

MegaX Primary Benefits

- Provides support for a healthy heart*
- Supports brain health*
- Supports healthy lipid levels already in the normal range*
- Helps with stress management*

MegaX Advantage

- Delivers a broad spectrum of Omega fatty acids
- Contains ahiflower oil, which includes Omega-3 stearidonic acid
- Formulated with sustainably sourced ingredients
- Free of contaminants, mercury from fish, or PCBs
- Easy to swallow and no fishy aftertaste
- Gluten free and non-GMO
- No artificial colors or preservatives

Who Should Use MegaX?

MegaX is for adults who are interested in supporting heart and brain health by introducing more Omega-3s into their daily routine. It is also for those who would like to try using Omega-3s to help with stress management. MegaX is particularly useful for people who are not getting enough Omega-3 fatty acids in their diet (from foods like oily fish, chia seeds, or flaxseeds).*

MegaX is an excellent complement to other Plexus[®] products that focus on your gut health or weight loss efforts. Become a wellness warrior with a healthy brain and heart as you support your Health and Happiness goals every day.*

*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.



Frequently Asked Questions

What is Plexus MegaX®?

Plexus MegaX is a broad-spectrum plant-based Omega that delivers heart-healthy benefits without the unpleasant aftertaste. Omega-3 fatty acids are super healthy and support everything from your heart to your brain and even help manage stress.*

When is the best time to take MegaX?

The answer depends on your individual diet. Studies have shown that Omega-3 fatty acids are better absorbed into the body when consumed with food containing fat — such as nuts, eggs, avocados, or meats. So for breakfast, if you typically eat eggs or avocados, then breakfast could be a good time. However, if you are a light breakfast eater, then taking MegaX with a heavier meal is going to be more beneficial.

Do I have to take MegaX with food?

It is not necessary, but in order to get the most out of MegaX, we recommend it be taken with food.

Why is MegaX not vegetarian?

The softgel capsule is made with gelatin, which is not a vegetarian ingredient.

What products work best with MegaX?

MegaX can be taken with any of our products to work at its full potential.

What are Omega-3 fatty acids?

Omega-3 fatty acids are essential fatty acids and are key components of cell membranes. Omega-3 is a designation for fatty acids that have an unsaturated bond at their third carbon. These are essential fatty acids because our bodies cannot form Omega-3 unsaturated bonds.

What is Ahiflower®, and is it safe?

Ahiflower seed oil is a plant-based source of lipid that contains an Omega-3 fatty acid called stearidonic acid, which is a more bioavailable Omega-3 fatty acid than the traditional alpha-linolenic acid found in most plant sources.



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Ingredient Glossary

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%†
Plant-Based Omega Blend	1,046 mg	†
Ahiflower® <i>Buglossoides arvensis</i> seed oil, avocado oil, pomegranate seed oil, sea buckthorn fruit oil, raspberry seed oil		
Total omega 3-fatty acids	300 mg	†
Alpha Linolenic Acid (ALA)	200 mg	†
Stearidonic Acid (SDA)	100 mg	†
Total omega-6 and omega-9 fatty acids	300 mg	†
Total omega-5 and omega-7 fatty acids	100 mg	†

‡Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value (DV) not established.

Other Ingredients: Gelatin, vegetable glycerin, purified water, and mixed tocopherols from sunflower (antioxidant to preserve freshness).

Gluten free and non-GMO
No artificial colors or preservatives

BOTANICAL OILS:

Ahiflower Oil (from *Buglossoides arvensis*)

The common name for the plant from which this oil is derived from is corn growwell. The small, flowering plant is native to large areas of Europe and Asia and stands around 20 inches from the ground. The oil extracted from this seed is rich in the Omega-3 fatty acids alpha-linolenic acid and stearidonic acid.

Pomegranate Seed Oil (from *Punica granatum*)

Pomegranate is a fruit-bearing shrub native to the Middle East and cultivated widely throughout the Mediterranean since antiquity. Pomegranate seed oil is a source of polyphenols and tocopherols, and is a natural source of the rare fatty acid known as punicic acid.

Avocado Oil (from *Persea americana*)

Common in most Western food markets and native to central America, avocados are known for their creamy high-fat-content fruit pulp. In contrast to other plant oils, the fruit pulp is the source of the oil instead of the seeds. The majority of avocado oil is the Omega-9 fatty acid oleic acid, with high amounts of the Omega-3 fatty acid alpha-linolenic acid relative to other plant oils.

Sea Buckthorn Berry Oil (from *Hippophae genus*)

Sea buckthorns are shrubby plants that grow in adverse habitats and bear hundreds of tiny orange berries from their stems. Like avocados, this oil is derived from the fruit pulp rather than the seeds. Sea buckthorn berry oil is known for its unique abundance of the Omega-7 fatty acid palmitoleic acid.

Raspberry Seed Oil (from *Rubus genus*)

The raspberry is a fruit-bearing shrub known for its distinct drupelet clusters and tart taste with species spanning the globe in Eurasia and America. Raspberry seeds account for approximately 9-12% of the weight of the fruit. Raspberry seed oil primarily consists of Omega-6 linoleic acid and Omega-3 alpha linolenic acid and contains tocopherols.

OTHER INGREDIENTS:

Gelatin (from bovine)

The primary structural component forming the softgel coating that encapsulates the oils

Glycerin (from vegetables)

A component of the softgel capsule incorporated to improve pliability and flexibility

Water

A component of the softgel coating that allows the ingredients to form a stable gel that will encapsulate the oils

Mixed Tocopherols (from sunflower)

Tocopherols are a family of compounds that together make up the different forms of vitamin E, which act as antioxidants. These are added to MegaX to help preserve freshness.

