

Plexus MegaX®

Support for heart and brain health.*

Plexus MegaX delivers a broad spectrum of Omega fatty acids, supporting a healthy heart and brain, supporting healthy lipid levels already within the normal range, and helping with stress management.*



THE (O)MEGA CRISIS

Omega-3 fatty acids and Omega-6 fatty acids have a lot in common. They both have to be obtained from your food, since your body can't produce them on its own. They're also both necessary for good health because they are important components of cell membranes and are precursors to many other substances in the body. However, when the ratio of Omega-3's to Omega-6's is off, your health may struggle.

3's, PLEASE.

Americans tend to not get enough Omega-3's and this is due to our diets. Several thousand years ago, our hunter-gatherer ancestors consumed much more Omega-3's from seafood, nuts, and seeds. But at the onset of the industrial revolution there was a shift in the amount of Omega-3 to Omega-6 consumed. And unfortunately, Omega-6's have unfairly received a bad rap because they are so closely associated with vegetable oils which are often used to cook fried foods or included in packaged foods. But the American Heart Association supports the cardiovascular benefits of eating Omega-6 fats and says that cutting Omega-6's isn't the answer. Instead, we need to seek healthy sources of Omega-6's like avocado oil found in MegaX and we need to add more Omega-3's to help balance out the 3:6 ratio.

Since getting sufficient Omega-3's from diet alone can be difficult, it's beneficial to get your Omega-3's from a well-made, high-quality supplement—Plexus MegaX.

HOW MEGAX WORKS

MegaX contains Ahiflower® Oil (contains Omega-3's), along with Pomegranate Seed Oil (containing punicic acid), and Avocado Oil (contains oleic acid). Together, these ingredients help support a healthy heart, support brain health, support healthy lipid levels already in the normal range, and help with stress management.*

Discover the mega power of Omega-3's, with MegaX.

MEGAX'S 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'S ADVANTAGE

- Delivers a broad spectrum of Omega fatty acids
- Contains Ahiflower Oil which contains Omega-3 stearidonic acid
- Formulated with sustainably sourced ingredients
- Free of contaminants, mercury from fish or PCB's
- Easy to swallow and no fishy aftertaste
- Gluten Free
- Non-GMO

WHO SHOULD USE THIS PRODUCT?

MegaX is for adults who are interested in supporting heart and brain health by supplementing their diet with Omega-3's. MegaX is also for adults who would like to try using Omega-3's to help with stress management. MegaX is particularly useful for people who aren't getting enough Omega-3's in their diet (from foods like oily fish, chia seeds, and flaxseeds).*

Plexus MegaX® FAQ

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?

That really 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 if for breakfast you typically eat eggs or avocados then breakfast could be a good time. However, if you are a light breakfast eater then taking it 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 cap 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 3rd carbon. These are essential fatty acids because our bodies cannot form these 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. Ahiflower Oil is safe and not known to cause adverse events in healthy people.

What are the side effects of MegaX?

We are not aware of any adverse side effects associated with Omega fatty acid supplementation in normal healthy individuals.

MegaX Ingredient Glossary

BOTANICAL OILS:

Ahiflower Oil (from *Buglossoides arvensis*)

The common name for the plant from which this oil is derived from is Corn Gromwell. The small, flowering plant is native to large areas across Europe and Asia, and stands around 50cm from the ground. The oil extracted from this seed is rich in 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, 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 off of their stems. Like avocados, this oil is derived from the fruit pulp rather than the seeds, unlike most other plant oils. Sea Buckthorn Berry Oil is known for its unique abundance of the Omega-7 fatty acid, palmitoleic acid.

Broccoli Seed Oil (from *Brassica oleracea*)

A cruciform vegetable that is a cultivar of the plant species that encompasses a wide variety of foods including cabbage, kale, and cauliflower. Broccoli consumed as a vegetable is harvested earlier in the plant life cycle before it flowers and forms seeds that are harvested for oil. Broccoli Seed Oil contains the long chain Omega-9 fatty acid erucic acid, with Omega-6 linoleic and Omega-3 alpha linolenic acid as well.

Raspberry Seed Oil (from *Rubus genus*)

A fruit-bearing shrub known for its distinct drupelet clusters and tart taste with species spanning across the globe in Eurasian and America. Raspberry seeds account for approximately 9-12% of the weight of the fruit. Raspberry Seed Oil primarily consist of Omega-6 linoleic acid and Omega-3 alpha linolenic acid and contains tocopherols.

MegaX Ingredient Glossary

OTHER INGREDIENTS:

Gelatin (from bovine)

Gelatin is 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.

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, broccoli seed 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).

Ahiflower® is a registered trademark of Technology Crops, LLC.