

MegaX

NOURISH BRAIN & HEART HEALTH*

Plexus MegaX® delivers broad-spectrum, plant-based Omega support for brain and heart health, healthy lipid levels already within the normal range, and a healthy stress response—all without the fishy aftertaste.*



Why Omegas Matter

Every day, your body works tirelessly to keep you moving, thinking, and feeling your best. To do its job, it relies heavily on Omega-3 and Omega-6 fatty acids. But while your body is an incredible machine, it doesn't have the blueprint to manufacture these specific fats on its own. That is why science calls them "essential" fats—because it is absolutely essential that we get them from our daily diet.

For years, fish oil supplements seemed like the obvious answer. But for many people, that solution comes with drawbacks—fishy burps, unpleasant aftertastes, concerns about contaminants, and a daily routine that's anything but enjoyable.

Omega Support, Reimagined

That's where Plexus MegaX comes in. Instead of relying on fish oil, MegaX delivers a broad-spectrum blend of plant-based omegas designed to provide the benefits people want from Omega-3 supplementation—without the fishy aftertaste.*

At the heart of the formula is Ahiflower® oil, a unique plant source containing stearidonic acid (SDA), an Omega-3 fatty acid that is more bioavailable than the alpha-linolenic acid (ALA) found in many traditional plant-based omega sources. Combined with avocado oil, raspberry seed oil, sea buckthorn berry oil, and pomegranate seed oil (only beneficial seed oils), MegaX provides a diverse spectrum of omega fatty acids in one convenient softgel.*

The result is comprehensive omega support that helps nourish your body, support heart and brain health, promote healthy lipid levels already within the normal range, and help manage everyday stress.*

Primary Benefits

- Provides support for a healthy heart*
- Supports brain health and healthy cognitive function*
- Supports healthy lipid levels already in the normal range*
- Omega-3 fatty acids support gut wellness and microbiome balance*
- Supports healthy immune system function*
- Helps with stress management*

Primary Features

- 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
- Formulated with only beneficial plant-based seed oils
- Gluten free and non-GMO
- No artificial colors or preservatives



*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

Can I take MegaX with my other Plexus® products?

Absolutely! MegaX can be a great complement to any Plexus routine. Consider Plexus Superfoods as a way to add a full serving of vegetables and nutrient-dense plant ingredients to help fill additional nutritional gaps.*

Can I use MegaX with my medication?

This supplement is formulated with quality ingredients—but it's always a good idea to speak with your healthcare provider or pharmacist before introducing new dietary supplements. They can help ensure the products are a fit for your unique needs and any treatments you're using.

Is MegaX safe for pregnant or nursing women?

As with any new vitamin or supplement, we recommend consulting with your healthcare provider before starting use during pregnancy or while nursing. They can provide personalized advice to ensure the products are safe for you and your baby.

DID YOU KNOW?

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- Your body can't make Omega-3 or Omega-6 fatty acids on its own—that's why they're called "essential" fats. While both play important roles in overall health, many experts believe modern diets tend to provide far more Omega-6 than Omega-3, making Omega-3-rich foods and supplements more important than ever.¹
- Ahiflower® oil contains a unique Omega-3 called stearidonic acid (SDA). Unlike the ALA found in flax or chia, SDA is one step closer to becoming EPA—the Omega-3 associated with many of the benefits people seek from fish oil.²
- Pomegranates have been symbols of vitality and abundance for more than 4,000 years. Cultivated throughout the Mediterranean and Middle East since ancient times, pomegranates were prized by many early civilizations. Their seeds contain pomegranate seed oil, a natural source of the rare Omega-5 fatty acid known as punicic acid.³

Sources:

1. <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-HealthProfessional/>
2. <https://pubmed.ncbi.nlm.nih.gov/23102888/>
3. <https://www.jsimedcentral.com/journal-article-info/Journal-of-Human-Nutrition-and-Food-Science/Pomegranate-Seed-Oil-%28Punica--Granatum-L%29%3A-A-Source-of--Punicic-Acid-%28Conjugated--%3F-Linolenic-Acid%29-8297>

Is MegaX gluten-free?

MegaX is a gluten-free product.

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 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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SUGGESTED USE: Adults take 2 softgels daily.

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 rosemary leaf extract.

Gluten free | Non-GMO
No artificial colors or preservatives

NOTE: Do not exceed suggested daily serving. Not recommended for use by individuals under 18. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if inner safety seal under the cap is broken or missing. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

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

Ahiflower Seed 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 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.

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.

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.

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.

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.



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