Did you know that your body doesn’t create the essential fatty acids that it needs? Plexus MegaX™ combines the benefits of omega 3, 6, 9, 5 and 7 all in one sustainable, ALA and SDA-rich, heart and brain health softgel. It is truly the complete omega product! *

Plexus MegaX™ was created using AHIFLOWER® Oil, which contains the omega 3 stearidonic acid (SDA) which your body converts to EPA (the omega-3 fatty acid found in fish oil) at a rate of up to 4 times more efficiently than our other plant-based oils which contain no SDA, such as flaxseed. * See more in this informative new video: https://www.youtube.com/watch?v=gCKBiMa-67Y&feature=youtu.be

**BENEFITS**
- Research suggests that omega-3s may help lower triglyceride levels. Lower levels of triglycerides are associated with good health, especially cardiovascular health*
- Supports healthy lipid levels*
- Supports normal cholesterol and blood pressure levels, which can help promote cardiovascular health*
- Support for brain health*
- Supports healthy brain development *
- Omega-3 fatty acids are considered essential fatty acids. Also known as polyunsaturated fatty acids, omega-3 fatty acids play a crucial role in brain function*
- Some research suggests that omega-3s may have a positive effect on gradual memory loss linked to aging* 
- Helps with stress management* 
- Aids in relaxation* 
- Studies on DHA have suggested that a dietary supply of omega-3 fatty acids may be essential for optimal visual development*
- Combines the full range of omega 3, 6, 9, 5 and 7

**FEATURES**
- Gluten-Free
- Carrageenan-Free
- No fishy aftertaste
- AHIFLOWER® Oil is the only identity-preserved, non-GMO source of SDA produced following the proprietary Crop Assured 365® identity preservation and quality assurance methods
- Sustainable and renewable. Other omega products use fish oil and krill oil, which cause concerns regarding overfishing and sustainability (krill and small oily fish such as pilchard, sardine, and anchovy are a primary food source for many endangered marine mammals)
- No potential marine contaminants, mercury from fish, or PCBs (Polychlorinated biphenyls) 
- AHIFLOWER® Oil offers superior levels of SDA in comparison to other naturally occurring plant sources, providing approximately 60% more SDA than echium oil and 5-10 times more than hempseed oil.

**INGREDIENTS**

- **Omega 3 Blend**
  - 200 mg - ALA (From Ahiflower® (Buglossoides arvensis) Seed Oil, Raspberry (seed) Oil, Broccoli (seed) Oil)
  - 100 mg – SDA (From Ahiflower® (Buglossoides arvensis) Seed Oil)

- **Total Omega 6 & 9 Blend**
  - Ahiflower® (Buglossoides arvensis) Seed Oil
  - Avocado Oil
  - Raspberry (seed) Oil
  - Sea Buckthorn (berry) Oil
  - Pomegranate (seed) Oil
  - Broccoli (seed) Oil

- **Total Omega 5 & 7 Blend**
  - Pomegranate (seed) Oil
  - Sea Buckthorn (berry) Oil
  - Avocado Oil

- **Other Ingredients:**
  - Gelatin
  - Vegetable Glycerin
  - Purified Water

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*Disclaimer: 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.
Plant-Based Omega’s Your Body Needs

FAQS

What sets Plexus MegaX™ apart from the rest? Unlike most supplements, Plexus MegaX™ is the complete omega product, delivering the full range of omegas. Plexus MegaX™ has no fishy aftertaste, thanks to its identity-preserved AHIFLOWER® Oil. This effective source of SDA, which converts to EPA, is a first-rate alternative to omegas derived from fish. AHIFLOWER® Oil is sustainable and renewable, serving as a preferred omega source without contributing to overfishing concerns. AHIFLOWER® Oil’s propriety Crop Assured 365® quality assurance methods ensure that it’s the real thing and not a GMO.

What are the benefits to taking an Omega product? Supplementing your daily intake of omegas can provide a number of benefits:

- Research suggests that omega-3s may help lower triglyceride levels. Lower levels of triglycerides are associated with good health, especially cardiovascular health*
- Supports healthy lipid levels*
- Supports normal cholesterol and blood pressure levels, which can help promote cardiovascular health*
- Support for brain health*
- Supports healthy brain development*
- Omega-3 fatty acids are considered essential fatty acids. Also known as polyunsaturated fatty acids, omega-3 fatty acids play a crucial role in brain function*
- Some research suggests that omega-3s may have a positive effect on gradual memory loss linked to aging*
- Helps with stress management*
- Aids in relaxation*
- Studies on DHA have suggested that a dietary supply of omega-3 fatty acids may be essential for optimal visual development*

What makes Plexus MegaX™ a complete omega product? Plexus MegaX™ combines the full range of omega 3, 6, 9, 5, and 7 by combining 3 very effective blends:

- Omega 3 Blend – Alpha linolenic acid (ALA) from AHIFLOWER® seed Oil, raspberry seed oil, and broccoli seed oil. Stearidonic acid (SDA) from the AHIFLOWER® seed Oil.
- Omega 6 & 9 Blend – An elegant blend of AHIFLOWER® seed oil, avocado oil, raspberry seed oil, sea buckthorn berry oil, pomegranate seed oil, and broccoli seed oil.
- Omega 5 & 7 Blend – A key blend of pomegranate seed oil, sea buckthorn berry oil, avocado oil.

These three blends complete the full omega package, all in one pleasant softgel.

How do I store Plexus MegaX™? Store in a cool, dry place.

Why should I take an Omega product? The Omegas are a group of essential fatty acids necessary for overall health. Unfortunately, our bodies cannot produce these vital fatty acids on their own, so we depend on food as our source. With today’s modern diet and on-the-go eating habits, it’s become more and more difficult to get the omegas we need.

Why would you prefer a plant based formula over a fish based formula? Plexus MegaX’s™ plant based formula is an excellent alternative to traditional fish based formulas:

- Plexus MegaX™ is gluten-free
- No fishy aftertaste
- AHIFLOWER® Oil is the only identity-preserved, non-GMO source of SDA produced following the propriety Crop Assured 365® identity preservation and quality assurance methods
- Sustainable and renewable. Other omega products use fish oil and krill oil, which cause concerns regarding overfishing and sustainability (krill and small oily fish such as pilchard, sardine, and anchovy are a primary food source for many endangered marine mammals)
- No potential marine contaminants, mercury from fish, or PCBs (Polychlorinated biphenyls)
- AHIFLOWER® Oil offers superior levels of SDA in comparison to other naturally occurring plant sources, providing approximately 60% more SDA than echium oil and 5-10 times more than hempseed oil

Does Plexus MegaX™ contain Carrageenan? No, Plexus MegaX™ does not contain any Carrageenan.

Does Plexus MegaX™ contain any allergens? No, Plexus MegaX™ does not contain any major food allergens. As with any dietary supplement, you should consult your physician before taking.

What is ALA and SDA? Alpha Linolenic Acid (ALA) and Stearidonic Acid (SDA) are fatty acids derived from omegas. AHIFLOWER® Oil offers superior levels of SDA in comparison to other naturally occurring plant sources, providing approximately 60% more SDA than echium oil and 5-10 times more than hempseed oil.

Is Plexus MegaX™ vegan/vegetarian? No. The softgel capsule, which surrounds the Plexus MegaX™ product, is made using gelatin (bovine).

Is Plexus MegaX™ kosher? The gelatin used to make the softgels surrounding the Plexus MegaX™ product is bovine, not porcine. However, Plexus MegaX™ is not certified kosher.

What is ALA and SDA? Alpha Linolenic Acid (ALA) and Stearidonic Acid (SDA) are fatty acids derived from omegas.

Can I take Plexus MegaX™ if I am pregnant or nursing? Plexus recommends that you consult your physician prior to taking any dietary supplement.

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