A Compendium of Scientific References Supporting the Efficacy of Ingredients Used in the Formulation of Alpha CRS™ Cellular Vitality Complex

The following is a compendium of scientific references supporting the health and wellness benefits associated with the consumption of the botanical ingredients and essential dietary nutrients used in the formulation of dōTERRA’s Alpha CRS Cellular Vitality Complex. Alpha CRS is part of dōTERRA’s Lifelong Wellness Pack and is formulated to be used daily by adults as part of a foundational dietary supplement program. Regular use of Alpha CRS, along with eating a healthy diet, exercising regularly, managing stress and getting enough rest, and managing exposure to harmful environmental stressors will increase the likelihood of a lifetime full of vitality and wellness and decrease the likelihood of the premature onset of some conditions associated with aging.* Alpha CRS Cellular Vitality Complex is not formulated or intended as treatment or cure for disease. Persons with known medical conditions and pregnant or lactating women should consult a physician before starting any dietary supplement program.

Health Benefit Claims of Alpha CRS Cellular Vitality Complex:

- Provides support to antioxidant defense network*
- Provides powerful DNA protection against nucleic oxidation*
- Provides important factors of cellular energy and metabolism *
- Supports healthy genetic expression of cellular longevity factors*
- Supports healthy inflammatory response to oxidative stress in cells*
- Supports a healthy immune system*
- Supports a healthy response to stress*
- Supports cardiovascular health*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.
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Alpha CRS™ Ingredient Highlights

Cellular Longevity Blend:

1. Scutellaria Root Extract (150 mg Baicalin)

Latin name: Scutellaria baicalensis, Scutellaria macrantha (synonym)

Common names: Chinese or Baikal skullcap, skute, huang qin

(Note: Scutellaria baicalensis, or Baikal skullcap, is NOT the same as scutellaria lateriflora L., or blue skullcap, which has had reports of possible hepatotoxicity.)

Extract properties: Standardized for 150 mg of baicalin per daily serving

Key Scientific References:


2. Green Tea Leaf Extract (50 mg EGCG)

Latin name: Camellia sinensis. Synonyms: Camellia thea, Camellia theifera, Thea bohea, Thea sinensis, Thea viridis

Common names: Green tea

Extract properties: Standardized for 50 mg of epigallocatechin gallate (EGCG) per daily serving

(Note: The green tea leaf extract used in Alpha CRS has less than 5 mg of residual caffeine per daily serving.)

Key Scientific References:


3. Polygonum Cuspidatum Extract (50 mg Resveratrol)

Latin name: Polygonum cuspidatum; Fallopia japonica


Extract properties: Standardized for 50 mg of resveratrol per daily serving

**Key Scientific References:**


4. Pomegranate Extract (20 mg Ellagic Acid)

Latin name: Punica granatum

Common names: Anardana, dadim, dadima, fruit of the dead, Granada, grenade, grenadier, Roma, shi liu gen pi, shi liu

Extract properties: Standardized for 20 mg of ellagic acid per daily serving

**Key Scientific References:**


5. Grape Seed Extract (20 mg Proanthocyanidins)

Latin name: Vitis vinifera

Common names: Activin, black grape raisins, calzin, draksha, enocianina, European wine grape, extrait de pepins de raisin, flame grape, Folia vitis viniferae, grape, kali draksha, muskat, oligomeric proanthocyanidins, oligomeric procyanidins, OPC, OPCs, PCO, PCOs, petite sirah, proanthodyn, procyanidolic oligomers, purple grape, raisin, red globe, red grape, red malaga, sultanas, white grape, wine grapes.

Extract properties: Standardized for 20 mg of proanthocyanidins per daily serving

Key Scientific References:


6. Marigold Flower Extract (3 mg Lutein)

Latin name: Calendula officinalis

Common names: Calendula, garden marigold, garden marigold, gold-bloom, holligold, narigold, narybud, pot marigold, ruddles, zergul
Extract Properties: Standardized for 3 mg of lutein per daily serving

Key Scientific References:


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7. Tomato Fruit Extract (1 mg Lycopene)

Latin name: Solanum lycopersicum

Common names: Love apple, raktamaci, tamatar

Extract properties: Standardized for 1mg of lycopene per daily serving
**Key Scientific References:**


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**8. Turmeric Root Extract**

Latin name: Curcuma longa

Common names: Curcumae longa, curcumae longae rhizoma, curcumin, halada, haldi, haridra, Indian saffron, nisha, pian ji yang huang, radix curcumae, rajani, rhizoma

**Key Scientific References:**


9. Bilberry Extract

Latin name: Vaccinium myrtillus

Common names: Airelle, black whortles, bleaberry, burren myrtle, dwarf bilberry, dyeberry, European bilberry, huckleberry, hurtleberry, myrtilli fructus, Swedish bilberry, trackleberry, whortleberry, wineberry

**Key Scientific References:**


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**Cellular Energy Blend:**

**Key Scientific References:**


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1. **Acetyl-L-Carnitine (100 mg)**

Alternate names: Acetyl carnitine, acetyl-levocarnitine, ALCAR

**Key Scientific References:**


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### 2. Alpha-Lipoic Acid (100 mg)

Alternate names: Thiocytic acid, ALA

**Key Scientific References:**


3. Coenzyme Q10 (50 mg)

Alternate names: CoQ10, ubiquinone, ubidecarenone

**Key Scientific References:**


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4. Quercetin (50 mg)

Alternate names: Meletin, quercetin dihydrate, sophretin

**Key Scientific References:**


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dōTERRA Tummy Taming™ Blend:

1. Peppermint Leaf

Latin name: Mentha piperita

Common names: Bo he, brandy mint, Chinese peppermint, corn mint, menthae, lamb mint, menta piperita, menthae piperitae aetheroleum, menthae piperitae folium, menthe, menthe poivree, mint, mint balm, paparaminta, western peppermint
Key Scientific References:


2. Ginger Root Extract

Latin name: Zingiber officinale

Common names: African ginger, ardraka, black ginger, cochin ginger, gan jiang, gingembre, imber, Indian ginger, Jamaica ginger, jiang, kankyo, kanshokyo, nagara, race ginger, rhizoma zingiberi, rhizoma zingiberis, rhizoma zingiberis recens, shen jiang, sheng jiang, shoga, shokyo, shunthi, srungavera, sunth, sunthi, vishvabheshaja, zingiberis rhizoma, zingiberis siccatum rhizoma, zinzeberis, zinziber officinale, zinziber officinali

Key Scientific References:


3. Caraway Seed

Latin name: Carum carvi

Common names: Anis des vosges, apium carvi, caraway, carvi fructus, cumin des pres, haravi, jeera, jira, kala Jjra, karwiya, krishan jeeraka, krishnajiraka, kummel, kummich, roman cumin, persian cumin, semen cumini pratensis, semences de carvi, shahijra, shiajira, Wiesen-Feldkummel, wild cumin

**Key Scientific References for Caraway & Caraway/Peppermint Combination:**


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**Alpha CRS™ Cellular Vitality Blend Labeling**

### Supplement Facts

**Serving Size:** Three (3) Capsules  
**Servings per Container:** 30

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% DV</th>
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<tbody>
<tr>
<td><strong>Cellular Longevity Blend:</strong></td>
<td>835 mg</td>
</tr>
<tr>
<td>Scutellaria Root extract (150 mg Baicalin), Green Tea Leaf extract (50 mg EGCG), Polygonum Cuspidatum extract (50 mg Resveratrol), Pomegranate extract (20 mg Ellagic Acid), Grape Seed extract (20 mg Proanthocyanidins), Marigold Flower extract (3 mg Lutein), Tomato Fruit extract (1 mg Lycopene), Turmeric Root extract, Bilberry extract</td>
<td></td>
</tr>
<tr>
<td><strong>Cellular Energy Blend:</strong></td>
<td>360 mg</td>
</tr>
<tr>
<td>Acetyl-L-Carnetine extract (100 mg), Alpha-Lipoic Acid (100 mg), Coenzyme Q10 (50 mg), Quercetin (50 mg as Quercetin Dihydrate)</td>
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<tr>
<td><strong>dōTERRA Tummy Taming™ Blend:</strong></td>
<td>15 mg</td>
</tr>
<tr>
<td>Peppermint Leaf, Ginger Root extract, Caraway Seed</td>
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</tbody>
</table>

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, gelatin, magnesium stearate (vegetable source), silicon dioxide.

**Directions:** Adults, take 3 capsules per day with food.

**Caution:** Keep out of reach of children. Pregnant or lactating women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken. Store in a cool, dry place.

**Note:** The products in dōTERRA’s Lifelong Wellness Pack including Alpha CRS, EO Mega, and Microplex VM contain no wheat or milk. Additionally, no nuts are used in the manufacturer of these products. However, these products are produced in a facility that uses nut fruits.