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 Vitality 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 brain function, memory and mood*
- 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. WOKVEL®† Boswellia Serrata gum resin extract (300 mg)

Latin name: Boswellia serrata

Common names: Indian frankincense, Indian olibanum

Extract properties: Standardized extract of Boswellia serrata containing natural amounts of all six active boswellic acids. Additional technical information can be found at www.wokvel.com.

†WOKVEL is a registered trademark of Verdure Sciences, Inc.

Key Scientific References:


2. Scutellaria Root Extract (50 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:


3. Milk Thistle Seed Extract (100 mg Silymarin)

Latin name: Silybum marianum

Common names: Milk thistle, Mary’s thistle

Extract properties: Standardized for 100 mg of Silymarin per daily serving

**Key Scientific References:**


4. Polygonum Cuspidatum (root) Extract (50 mg Resveratrol)

Latin name: Polygonum cuspidatum; Fallopia japonica


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

Key Scientific References:


5. Red Raspberry Leaf Extract (20 mg Ellagic Acid)

Latin name: Rubus idaeus, Rubus strigosus

Common names: Red raspberry, American raspberry

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

**Key Scientific References:**


5. Ou H.C., et al., *Ellagic acid protects endothelial cells from oxidized low-density lipoprotein-induced apoptosis by modulating the PI3K/Akt/eNOS pathway.* Toxicol Appl Pharmacol. 2010 Aug 4. [Epub]


6. Pineapple Extract (Bromelain Protease Enzyme)

Latin name: Ananas comosus, Ananas ananas, Bromelia ananas, Bromelia comosus

Common names: Pineapple

Extract properties: Standardized for bromelain protease enzyme

Key Scientific References:


7. Turmeric Root Extract (30 mg Curcumin)

Latin name: Curcuma longa

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

Key Scientific References:


8. 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:**


9. 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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**10. 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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**Cellular Energy Blend:**

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**Key Scientific References:**


1. **BACOGNIZE®† (Bacopa monnieri extract 200 mg)**

Latin name: Bacopa monnieri


Extract properties: Standardized extract of Bacopa monnieri containing natural amounts of serotonin. Additional technical information can be found at www.bacognize.com.

†BACOGNIZE is a registered trademark of Verdure Sciences, Inc.

**Key Scientific References:**


2. **Quercetin (50 mg)**

Alternate names: Meletin, quercetin dihydrate, sophretin

**Key Scientific References:**


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3. **Coenzyme Q10 (50 mg)**

Alternate names: CoQ10, ubiquinone, ubidecarenone

**Key Scientific References:**


4. **Alpha-Lipoic Acid (100 mg)**

Alternate names: Thiocytic acid, ALA

**Key Scientific References:**


5. Acetyl-L-Carnitine (100 mg)

Alternate names: Acetyl carnitine, acetyl-levocarnitine, ALCAR

Key Scientific References:


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 jiāng, gingembre, imber, Indian ginger, Jamaica ginger, jiang, kankyo, kanshokyo, nagara, race ginger, rhizoma zingiberi, rhizoma zingiberis, rhizoma zingiberis recens, shen jiāng, sheng jiāng, shoga, shokyo, shunthi, srungavera, sunth, sunthi, vishvabhesha, zingiberis rhizoma, zingiberis siccatum rhizoma, zinzeberis, zinziber officinale, zinziber officinali

**Key Scientific References:**


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3. Caraway Seed

Latin name: Carum carvi

Common names: Anis des vosges, apium carvi, carraway, 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:**


2. Goerg, K.J. and T. Spilker, Effect of peppermint oil and caraway oil on gastrointestinal motility in healthy volunteers: a pharmacodynamic study using simultaneous determination


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**Alpha CRS™ Cellular Vitality Blend Labeling**

<table>
<thead>
<tr>
<th>Supplement Facts</th>
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<tbody>
<tr>
<td><strong>Serving Size:</strong> Three (3) Capsules</td>
<td></td>
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<tr>
<td><strong>Servings per Container:</strong> 30</td>
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<tr>
<td><strong>Amount Per Serving</strong></td>
<td><strong>% DV</strong></td>
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<tr>
<td>Cellular Longevity Blend:</td>
<td><strong>870 mg</strong></td>
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<tr>
<td>WOKVEL®† Boswellia serrata (gum resin) extract (300 mg),</td>
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<tr>
<td>Scutellaria Root extract (50 mg Baicalin),</td>
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<tr>
<td>Milk Thistle (seed) extract (100 mg Silymarin),</td>
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<tr>
<td>Polygonum Cuspidatum (root) extract (50 mg Resveratrol),</td>
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<tr>
<td>Red raspberry (leaf) extract (20 mg Ellagic Acid),</td>
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<tr>
<td>Pineapple extract (2400 GDU Bromelain protease enzyme),</td>
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<tr>
<td>Tumeric Root extract (30 mg Curcumin),</td>
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<tr>
<td>Grape Seed extract (20 mg Proanthocyanidins),</td>
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<tr>
<td>Tomato Fruit extract (1 mg Lycopene),</td>
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<tr>
<td>Marigold Flower extract (3 mg Lutein)</td>
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<tr>
<td>Cellular Energy Blend:</td>
<td><strong>410 mg</strong></td>
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<tr>
<td>BACOGNIZE®† Bacopa monnieri extract (200 mg),</td>
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<tr>
<td>Quercetin (50 mg),</td>
<td></td>
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<tr>
<td>Coenzyme Q10 (50 mg),</td>
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<tr>
<td>Alpha-Lipoic Acid (50 mg),</td>
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<tr>
<td>Acetyl-L-Carnetine extract (50 mg),</td>
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<tr>
<td>dōTERRA Tummy Taming™ Blend:</td>
<td><strong>30 mg</strong></td>
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<tr>
<td>Peppermint Leaf, Ginger Root extract, Caraway Seed</td>
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<tr>
<td><strong>Daily Value not established</strong></td>
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</tbody>
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Other Ingredients: Vegetable hypromellose, vegetable fatty acid, silica.
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. Does not contain milk or wheat products. Store in a cool, dry place.

Note: The products in dōTERRA’s Lifelong Vitality Pack including Alpha CRS+, xEO Mega, and Microplex VMz 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.