

dōTERRA® Lifelong Vitality Pack ORAC Scores

dōTERRA's Lifelong Vitality Pack is a revolutionary dietary supplement system of vitamins, minerals, antioxidants, essential fatty acids, and cellular energy factors that help support longevity and wellness. A key factor in slowing down the aging process is protecting cellular DNA from the damaging effects of free-radical molecules that are a by-product of energy production in cellular mitochondria. Antioxidants are molecules that neutralize free radicals and are found in abundance in many fruits and vegetables. Eating foods that are naturally high in antioxidants and taking a dietary supplement can help reduce damage to DNA and other cell structures caused by free-radical molecules. dōTERRA's Lifelong Vitality Pack has high levels of antioxidants including a potent blend of polyphenols, carotenoids, vitamins, minerals, and a blend of essential oils that provide supplemental antioxidant protection.

What is an ORAC score?

An **ORAC** (Oxygen Radical Absorbance Capacity) score is a measurement of a nutrient's potential for neutralizing free radicals. Although not the only useful measurement of the beneficial activity of a nutrient, a high ORAC value suggests protective benefits against free-radical damage to cells. **S-ORAC** is a measurement of an antioxidant's potential for neutralizing a particularly dangerous free-radical molecule, the superoxide radical, and may be a more important measurement of antioxidant protection on a cellular level. (An average serving of fruits and vegetables has an ORAC value of approximately 500.)



One daily serving provides:
ORAC=6,800+
S-ORAC=18,000+

Using independent laboratories* who have developed specialized methods for testing antioxidant capacity using the ORAC and S-ORAC scales, one daily serving of dōTERRA's Lifelong Vitality Pack of Alpha CRS+®, xEO Mega®, and Microplex VMz® received a cumulative ORAC score of over 6800 (equivalent to 13+ servings of fruits and vegetables). More importantly, one daily serving provides an S-ORAC value of over 18,000! Daily use of the Lifelong Vitality Pack provides excellent supplemental protection against the damages of free-radical molecules that can accelerate aging and degenerative conditions in cells.

*ORAC values for Alpha CRS+ and Microplex VMz tested by Brunswick Laboratories of Norton, MA. ORAC value for xEO Mega tested by ChromaDex Laboratories of Irvine, CA. S-ORAC values for all three Lifelong Vitality Pack products tested by Brunswick Laboratories.