

# Deep Blue Polyphenol Complex®

dōTERRA®  
Product Information Page



CPTG Certified Pure Tested Grade®

## Deep Blue Polyphenol Complex® |

Dietary Supplement  
60 Vegetable Capsules

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### Complementary Products

dōTERRA Lifelong Vitality Pack®

Microplex VMz®

dōTERRA TerraZyme™

GX Assist®

## Primary Benefits

- + Includes frankincense extract, which has been shown to help support muscle and joint comfort and function\*
- + Helps soothe occasional aches and discomfort\*
- + Contains the dōTERRA tummy tamer blend of peppermint, ginger, and caraway seed extracts

## Description

The Deep Blue® brand is synonymous with soothing support. The CPTG Certified Pure Tested Grade essential oil blend, as well as the rub and stick, is trusted by and provides comfort to many. It only makes sense that an ingestible supplement would complement the topical benefits of the Deep Blue product line. Deep Blue Polyphenol Complex combines polyphenol extracts of frankincense, turmeric, green tea, ginger, pomegranate, and grapeseed. It's designed to provide soothing support to aching muscles and other occasional discomforts.\* Take as needed when discomfort presents itself or every day for long-lasting benefits.\*

## Concept

Deep Blue Polyphenol Complex provides a unique blend of extracts: Indian frankincense (*Boswellia serrata*), turmeric, and ginger. Indian frankincense has long been used for its soothing properties, and its use in traditional Ayurvedic practices within India are well established.\*

This supplement delivers a unique and standardized *Boswellia serrata* extract (not an essential oil) that has been clinically studied to promote healthy mobility and function and can provide soothing support throughout the entire body.\*

Like frankincense, turmeric and ginger root have been used for centuries and have long been recommended for their natural soothing benefits.\*

## Directions

Take 2 capsules with food per day: 1 capsule in the morning and 1 in the evening.

## Cautions

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing.

\*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.

## Polyphenols

Polyphenols are natural, powerful and, water-soluble antioxidants. Deep Blue Polyphenol Complex® delivers the unique polyphenol benefits from what are considered some of the most healthy beverages: green tea, red wine, and grape and pomegranate juice.\* For centuries, Mediterranean diets have included red wine (resveratrol) and Asian diets have included green tea (catechins). Both have been recognized as central to good health. Today, they are the subject of some of the most exciting healthy aging and wellness research.\*

Resveratrol is thought to be responsible for the French paradox, where the French enjoy far better heart health than would be expected from a less-than-ideal diet and lifestyle.\*

Green tea's wide variety of health benefits have been established for hundreds of years, and recently scientists have identified its catechins—specifically EGCG (epigallocatechin gallate)—as the molecules responsible for these benefits.\* The green tea extract used in this product concentrates the goodness of green tea to provide targeted levels of catechins.\* Grapeseed is known for its exceptional levels of protective polyphenols, particularly OPCs (oligomeric proanthocyanidins), which are powerful antioxidants.\*

Pomegranate is another key ingredient in this product. It is often referred to as the "sacred fruit." Punicalagin has been identified as a key beneficial molecule behind pomegranate's benefits, yet its levels are rarely declared on commercial pomegranate juice or supplements. Deep Blue Polyphenol Complex delivers a unique pomegranate fruit extract, standardized to deliver a specific level of punicalagin, which helps ensure the benefits of this powerful fruit. These polyphenols help neutralize a broad range of damaging free radicals, thereby supporting the health of a wide variety of tissues, organs, and systems throughout the body.\*

Deep Blue Polyphenol Complex is designed to offer unparalleled natural support. Its formula enables you to enjoy all these exceptionally powerful, natural molecules without consuming any alcohol, caffeine, sugar, or other potentially harmful stimulants.\*

## FAQ

### Is Deep Blue Polyphenol Complex safe to take every day?

Deep Blue Polyphenol Complex delivers botanical polyphenols that are (and have been) consumed worldwide, are key components of some of the healthiest diets, and are thoroughly studied for their safety.

### Can I take more than the recommended amount?

We recommend you follow the suggested use as the supplement was formulated for efficacy at the suggested dose. However, there should be no problem taking more than the recommended amount of Deep Blue Polyphenol Complex, based on its safety.

### Does Deep Blue Polyphenol Complex contain gluten?

Deep Blue Polyphenol Complex does not contain any gluten containing ingredients.

### Does Deep Blue Polyphenol Complex contain genetically modified material?

Deep Blue Polyphenol Complex does not contain genetically modified material.

### Is Deep Blue Polyphenol Complex considered organic and vegetarian?

Deep Blue Polyphenol Complex is vegetarian. It is important to us that our ingredients come from quality sources, and this doesn't always mean "Certified Organic." Many ingredients cannot be sourced from organic farms. All our ingredients are thoroughly tested for contaminants, pesticides, and heavy metals to meet our high quality standards and specifications.

### Does this product contain Deep Blue® Soothing Essential Oil Blend?

No.

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## Key Studies

- Chandran, Binu, and Ajay Goel. "A Randomized, Pilot Study to Assess the Efficacy and Safety of Curcumin in Patients with Active Rheumatoid Arthritis." *Phytotherapy research: PTR* 26.11 (2012): 1719–1725.
- Kizhakkedath, Reji. "Clinical Evaluation of a Formulation Containing Curcuma Longa and Boswellia Serrata Extracts in the Management of Knee Osteoarthritis." *Molecular Medicine Reports* 8.5 (2013): 1542–1548.
- Pandey, Kanti Bhooshan, and Syed Ibrahim Rizvi. "Plant Polyphenols as Dietary Antioxidants in Human Health and Disease." *Oxidative Medicine and Cellular Longevity* 2.5 (2009): 270–278.
- Paramdeep, Gill. "Efficacy and Tolerability of Ginger (*Zingiber Officinale*) in Patients of Osteoarthritis of Knee." *Indian Journal of Physiology and Pharmacology* 57.2 (2013): 177–183.
- Scalbert, Augustin, Ian T. Johnson, and Mike Saltmarsh. "Polyphenols: Antioxidants and beyond." *The American Journal of Clinical Nutrition* 81.1 (2005): 215S–217S.
- Sengupta, Krishanu et al. "Comparative Efficacy and Tolerability of 5-Loxin and Aflapin® Against Osteoarthritis of the Knee: A Double Blind, Randomized, Placebo Controlled Clinical Study." *International Journal of Medical Sciences* 7.6 (2010): 366–377.
- Shen, Chwan-Li et al. "Dietary Polyphenols and Mechanisms of Osteoarthritis." *The Journal of Nutritional Biochemistry* 23.11 (2012): 1367–1377.
- Sreekumar, Sreeja et al. "Pomegranate Fruit as a Rich Source of Biologically Active Compounds." *BioMed Research International* 2014 (2014): 686g21.
- Vishal, Amar A., Artatrana Mishra, and Siba P Raychaudhuri. "A Double Blind, Randomized, Placebo Controlled Clinical Study Evaluates the Early Efficacy of Aflapin® in Subjects with Osteoarthritis of Knee." *International Journal of Medical Sciences* 8.7 (2011): 615–622.

## Supplement Facts

**Serving Size Two (2) Capsules**

**Servings Per Container 30**

	<b>Amount Per Serving</b>	<b>% Daily Value</b>
<b>Deep Blue Polyphenol Blend:</b>	875 mg	**
Frankincense ( <i>Boswellia serrata</i> ) Gum Resin Extract	100 mg	**
Curcuminoids Complex (from Turmeric ( <i>Curcuma longa</i> ) Root Extract)	250 mg	**
Ginger ( <i>Zingiber officinale</i> ) Root Extract	300 mg	**
Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract (75% Catechins)	100 mg	**
Pomegranate ( <i>Punica granatum</i> ) Fruit Extract (30% Punicalagin)	50 mg	**
Grape ( <i>Vitis vinifera</i> ) Seed Extract (95% Polyphenols)	50 mg	**
Resveratrol (from <i>Polygonum cuspidatum</i> Root Extract)	25 mg	**
<b>Tummy Tamer Extract Blend:</b>	30 mg	**
Ginger ( <i>Zingiber officinale</i> ) Root Extract, Peppermint ( <i>Mentha piperita</i> ) Leaf Extract, Caraway ( <i>Carum carvi</i> ) Seed Extract		

\*\* Daily Value (DV) not established.

**Other Ingredients:** Vegetable hypromellose, Microcrystalline cellulose, Magnesium stearate, Calcium silicate, Silica.