

# Microplex VMz® Food Nutrient Complex

Made with SLS-free vegetable capsules

## PRODUCT DESCRIPTION

dōTERRA Microplex VMz Food Nutrient Complex is a food nutrient formula of bioavailable vitamins and minerals that are often deficient in our modern diets. Many vitamins and minerals on the market are isolated from natural sources or chemically synthesized making it difficult for the body to absorb and retain them. The formula was thoughtfully developed to include a balanced blend of essential antioxidant vitamins A, C, and E, and selenium, a mineral, with the energy complex of B vitamins presented in a patented glycoprotein matrix to help the body actually absorb the nutrients. Microplex VMz contains chelated minerals including calcium, magnesium, and zinc for optimal bone and metabolic health.\* Microplex VMz also contains the dōTERRA tummy tamer botanically derived of Peppermint, Ginger, and Caraway combined with digestive enzymes, to help relieve digestive discomfort for those who may have experienced stomach upset with other vitamin and mineral products.\* Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules.

## CONCEPT

While it is abundantly clear that diets in the United States and in many developed countries include adequate and even an overabundance of calories, a growing body of evidence shows that even as we eat more, we are obtaining less of the essential nutrients vital for optimal health. Over-processed, calorie-rich, nutrient-poor food choices threaten to make us unhealthy as our bodies are deprived of vitamins, minerals, and other essential nutrients. The American Medical Association acknowledges the prudence of taking nutritional supplements, admitting that while “the clinical syndromes of vitamin deficiencies are unusual in Western societies, suboptimal vitamin status is not” (*Journal of the American Medical Association*, June 19, 2002).

Microplex VMz is a comprehensive array of vitamins and minerals presented in a food nutrient complex that are essential for normal growth, function, and maintenance of cells.\* Microplex VMz provides a balanced blend of essential antioxidant vitamins A, C, E, and selenium, an energy complex of B vitamins, and 20 mcg of vitamin D.\* It also contains important chelated minerals for metabolism and the essential bone nutrients calcium, magnesium, and zinc.\*

### **Patented Glycoprotein Matrix**

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. Sometimes vitamins and minerals are isolated or synthetically constructed and may become more difficult for our bodies to recognize and absorb as food nutrients. The vitamins in Microplex VMz are presented in a patented glycoprotein matrix to help promote bioavailability. To make a vitamin glycoprotein compound, a vitamin is introduced to a culture of lactobacillus and yeast. As it grows, the yeast metabolizes and binds the vitamin into its protein matrix, making the vitamin more recognizable as food in the digestive process.



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**CPTG** Certified Pure Tested Grade™

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Digestion of the vitamins and minerals in Microplex VMz® is also enhanced by the presence of a blend of digestive enzymes and mineral cofactors that are necessary for proper assimilation of food nutrients.\*

### **Microplex VMz Food Nutrient Complex**

dōTERRA® Microplex VMz represents the gold standard in vitamin and mineral supplementation. The formula is encapsulated in sodium lauryl-sulfate free vegetable capsules. It also contains the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway seed botanical extract to help calm the stomach.\*

Microplex VMz is formulated to be used daily with dōTERRA Alpha CRS+® and xEO Mega® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.\*

### **PRIMARY BENEFITS**

- Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells\*
- Fights free radicals with the antioxidant vitamins A, C, and E\*
- Supports healthy metabolism and cellular energy\*
- Supports bone health with calcium, magnesium, zinc, and vitamin D\*
- Supports healthy immune function\*
- Supports healthy digestion\*
- Provides systemic benefits of vitality and wellness associated with optimal intake of essential nutrients\*
- Methylated form of B9
- A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E; an energy complex of B vitamins; presented in a patented glycoprotein matrix for enhanced bioavailability\*
- Includes a balanced blend of chelated minerals including calcium, magnesium, zinc, selenium, copper, manganese, and chromium
- Includes a whole-food botanical blend of kale, dandelion, parsley, kelp, broccoli, brussels sprout, cabbage, and spinach
- Formulated with a digestive enzyme blend of protease, lactase, lipase, amylase, -galactosidase, diastase, glucoamylase, and peptidase
- Contains a full-spectrum of vitamin E forms including tocotrienols

- Includes the dōTERRA tummy tamer digestive blend of Peppermint, Ginger, and Caraway\*
- Made with sodium lauryl sulfate-free vegetable capsules
- Specially formulated to be used daily with xEO Mega and Alpha CRS+ as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness\*

### **DIRECTIONS FOR USE**

Adults, take 4 vegetable capsules per day with food. Microplex VMz is formulated to be used daily with Alpha CRS+ and xEO Mega. (Taking with the fatty acids in xEO Mega will support absorption of the fat-soluble vitamins in Microplex VMz.)

### **FAQs**

**Q: Does this product contain genetically modified material?**

**A:** Microplex VMz does not contain genetically modified material.

**Q: Why does the label now list the “contains wheat” statement?**

**A:** The FDA recently announced a new requirement relating to the labeling of allergens used in a fermentation process to make enzymes for supplements. Wheat was used in the fermentation process to make some of the enzymes in Microplex VMz. The revision to the label is required even though the wheat was consumed in the fermentation process and no gluten was detected in our testing.

**Q: With the enzyme blend in this formula, do I also need to take DigestZen Terrazyme®?**

**A:** The enzyme blend in Microplex VMz® is only designed to provide a small boost to normal digestion.\* If you need full support for digestive health or other concerns, DigestZen Terrazyme is recommended in addition to Microplex VMz.\*

**Q: What does Microplex VMz stand for?**

**A:** Microplex is a combination of “micronutrient” and “complex.” VM stands for vitamins and minerals. The “z” reflects improvements that have been made to the product since it was first launched.

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**Q: Can this formula be considered a whole food supplement?**

**A:** Microplex VMz contains simple vitamins and minerals that are known to be required for health. What is most important about simple nutrients is that they be bioavailable. We have selected vitamins and minerals that have been shown by scientific research to optimize bioavailability in the body.

**Q: Can my children take this product instead of the dōTERRA A2Z Chewable?**

**A:** dōTERRA recommends dōTERRA A2Z Chewable and IQ Mega® for children rather than Microplex VMz. For older children or teenagers that can swallow capsules, a half dose is OK. For any questions please consult your pediatrician.

## COMPLEMENTARY PRODUCTS

- PB Assist+®
- Alpha CRS+®
- Bone Nutrient Essential Complex
- xEO Mega®

## KEY STUDIES

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. *British Journal of Nutrition*. 2007;98:S29-S35.

Wintergerst ES, Maggini S, Hornig DH. Contribution of selected vitamins and trace elements to immune function. *Ann Nutr Met*. 2007;51:301-323.

Hayes CE, Nashold FE, Spach KM & Pedersen LB. The immunological functions of the vitamin D endocrine system. *Cell Molec Biol*. 2003;49:277 -300.

Tang BMP, Eslick GD, Nowson C, et al. Use of calcium or calcium in combination with vitamin D supplementation to prevent fractures and bone loss in people aged 50 years and older: a meta-analysis. *The Lancet*. 2007;370:657-666.

# Supplement Facts

Serving Size Four (4) Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
<b>Calories</b>	5	
<b>Vitamin A</b> (as Retinyl Palmitate and 86% as β Carotene)	2080 mcg	231%
<b>Vitamin C</b> (from Calcium Ascorbate and Magnesium Ascorbate)	200 mg	222%
<b>Vitamin D</b> (as Cholecalciferol)	20 mcg	100%
<b>Vitamin E</b> (as d-alpha Tocopherol, Natural Mixed Tocopherols and Tocotrienols)	34 mg	227%
<b>Vitamin K</b> (as Phytonadione from Glycoprotein Matrix)	20 mcg	17%
<b>Thiamin</b> (as Thiamin HCl from Glycoprotein Matrix)	3 mg	250%
<b>Riboflavin</b> (from Glycoprotein Matrix)	3 mg	231%
<b>Niacin</b> (as Niacinamide from Glycoprotein Matrix)	20 mg NE	125%
<b>Vitamin B<sub>6</sub></b> (as Pyridoxine HCl from Glycoprotein Matrix)	3 mg	176%
<b>Folate</b> (from Calcium L-5-methyltetrahydrofolate)	680 mcg DFE	170%
<b>Vitamin B<sub>12</sub></b> (as Cyanocobalamin from Glycoprotein Matrix)	10 mcg	417%
<b>Biotin</b> (from Glycoprotein Matrix)	30 mcg	100%
<b>Pantothenic Acid</b> (as d-Calcium Pantothenate from Glycoprotein Matrix)	10 mg	200%
<b>Calcium</b> (from Natural Coral, Dicalcium Malate and Calcium Ascorbate)	500 mg	38%
<b>Iron</b> (as Ferrous Bis-Glycinate Chelate)	6 mg	33%
<b>Iodine</b> (from Potassium Iodide)	25 mcg	17%
<b>Magnesium</b> (as Dimagnesium Malate and Magnesium Ascorbate)	150 mg	36%
<b>Zinc</b> (as Zinc Bis-Glycinate Chelate)	15 mg	136%
<b>Selenium</b> (as Selenium Glycinate Complex)	70 mcg	127%
<b>Copper</b> (as Copper Bis-Glycinate Chelate)	0.5 mg	56%
<b>Manganese</b> (as Manganese Bis-Glycinate Chelate)	0.5 mg	22%
<b>Chromium</b> (as Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
<b>Proprietary Whole-Food Blend:</b>	<b>71 mg</b>	<b>**</b>
Kale ( <i>Brassica oleracea acephala</i> ) Leaf Powder, Dandelion ( <i>Taraxacum officinale</i> ) Leaf Powder, Parsley ( <i>Petroselinum crispum</i> ) Leaf Powder, Broccoli ( <i>Brassica oleracea italica</i> ) Aerial Parts Powder, Brussels Sprouts ( <i>Brassica oleracea gemmifera</i> ) Immature Inflorescences Powder, Spinach ( <i>Spinacia oleracea</i> ) Leaf Powder, Cabbage ( <i>Brassica oleracea capitata</i> ) Leaf Powder		
<b>Active Enzyme Blend:</b>	<b>10 mg</b>	<b>**</b>
Protease, Lactase, Lipase, Amylase, α-Galactosidase, Diastase, Glucoamylase, Peptidase		
<b>dōTERRA Tummy Tamer Blend:</b>	<b>30 mg</b>	<b>**</b>
Caraway Seed Extract, Ginger Root Extract, Peppermint Leaf Extract		

\*\* Daily Value not established.

**Other Ingredients:** Hypromellose, Modified food starch, Maltodextrin, Stearic acid, Soy flour, Silicon dioxide, Yeast (*Saccharomyces cerevisiae*), Gum acacia, Glycine, Citric acid, Microcrystalline cellulose, Pea starch, Alginate, DL-Methionine, Hesperidin, *Lactobacillus acidophilus*, Gelatin.

**Contains Soy and Wheat**

## MICROPLEX VMz® FOOD NUTRIENT COMPLEX 120 VEGETABLE CAPSULES

Part number: 60213169  
Wholesale price: \$39.50  
Retail: \$52.67  
PV: 39.5

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