



# Microplex VMz®

## Food Nutrient Complex



Made with SLS-free vegetable capsules

### Product Description

dōTERRA's Microplex VMz® Food Nutrient Complex is an all-natural, whole-food formula of bioavailable vitamins and minerals that are deficient in our modern diets. The formula includes a balanced blend of essential antioxidant vitamins A, C, and E, and an energy complex of B vitamins presented in a patented glycoprotein matrix. It also contains food derived minerals of calcium, magnesium, and zinc and organic trace minerals for optimal bone and metabolic health. Microplex VMz contains dōTERRA's Tummy Tamer™ botanical blend of peppermint, ginger, and caraway to calm the stomach 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, does not contain wheat or dairy products, and does not include any animal products and is all natural.

### 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 (incidence of obesity continues to rise at an alarming rate around the globe), a growing body of evidence shows 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 fat even as our bodies are deprived of vitamins, minerals, and other essential nutrients. A recent position taken by 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.”<sup>1</sup>

Some nutritional supplements manufacturers add many times the necessary amount of synthetic vitamins and minerals to their products to persuade consumers that “more is better.” In reality, more does not always offer additional benefits and may simply be more expensive. All-natural Microplex VMz provides a balanced, high-quality supplement

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formulated to provide the essential micronutrients likely to be deficient in your diet and known to support optimal vitality and wellness.

Microplex VMz is a comprehensive array of whole-food vitamins and minerals that are essential for normal growth, functioning, and maintenance of cells. Microplex VMz provides a balanced blend of essential antioxidant vitamins A, C, and E, an energy complex of B vitamins, and 800 IU of Vitamin D. It also contains important minerals for metabolism and the essential bone nutrients calcium, magnesium, zinc and organic trace minerals.

#### *Patented Glycoprotein Matrix†*

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

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's Microplex VMz represents the gold standard in natural vitamin and mineral supplementation. The all-natural formula is encapsulated in sodium lauryl-sulfate free vegetable capsules, does not contain wheat or milk products, and does not include ingredients made from animal products. It also contains dōTERRA's Tummy Tamer blend of botanical extracts of peppermint, ginger, and caraway seed to help calm the stomach. Microplex VMz is formulated to be used daily with dōTERRA's 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, functioning and maintenance of cells\*
- Fights free radicals with the antioxidants 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\*

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## What Makes This Product Unique?

- A balanced blend of essential all-natural vitamins including the antioxidant vitamins A, C, and E, an energy complex of B vitamins, and natural vitamin D presented in a patented glycoprotein matrix for enhanced bioavailability
- Includes a balanced blend of all-natural minerals including calcium, magnesium, zinc, selenium, copper, manganese, chromium, and vanadium presented in a glycoprotein matrix for enhanced bioavailability
- Includes a whole-food botanical blend of black pepper, chamomile, fennel seeds, rose hips and organic trace minerals
- Formulated with an digestive enzyme blend of amylase, protease, cellulose, and lipase
- Includes dōTERRA's Tummy Tamer digestive blend of peppermint, ginger, and caraway
- Made with sodium lauryl sulfate-free vegetable capsules, does not contain milk or wheat products, does not contain ingredients made from animal products
- 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\*

## Who Should Use This Product?

Microplex VMz is a key component of the dōTERRA Lifelong Wellness™ program of eating right, exercising, managing stress, reducing exposure to environmental toxins, informed self care, and proactive medical care. For enhanced benefit, Microplex VMz should be used with dōTERRA's Alpha CRS and EO Mega as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.\* Microplex VMz can also be used as a stand-alone product by any adult desiring the benefits of a natural, well-balanced micronutrient supplement.

## 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.)

Microplex VMz Food Nutrient Complex  
120 vegetable capsules

Item code: 3420

Consultant price: \$34.50 (34.50 PV)

Preferred customer: \$37.95

Retail customer: \$46.00

1 Journal of the American Medical Association, June 19, 2002

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## Supplement Facts

Serving Size: Four (4) Capsules  
Servings per Container: 30

	Amount Per Serving	% DV
Vitamin A (as natural alpha and beta carotene)	9000 IU	180%
Vitamin C (as natural calcium ascorbate)	64 mg	110%
Vitamin D-3 (as glycoprotein matrix†)	800 IU	200%
Vitamin E (as natural mixed tocopherols)	50 IU	160%
Vitamin K (as glycoprotein matrix†)	10 mcg	13%
Vitamin B <sub>1</sub> (as glycoprotein matrix†)	3 mg	200%
Vitamin B <sub>2</sub> (as glycoprotein matrix†)	3 mg	176%
Vitamin B <sub>3</sub> (natural niacinamide)	20 mg	100%
Vitamin B <sub>6</sub> (as glycoprotein matrix†)	3 mg	150%
Folate (as glycoprotein matrix†)	400 mcg	100%
Vitamin B <sub>12</sub> (as glycoprotein matrix†)	20 mcg	330%
Biotin (as glycoprotein matrix†)	300 mcg	100%
Vitamin B5 (as glycoprotein matrix†)	10 mg	100%
calcium (as natural coral and ascorbate)	500 mg	50%
Iron (as yeast)	5 mg	28%
Magnesium (as yeast)	100 mg	25%
Zinc (as yeast)	10 mg	60%
Selenium (as yeast)	80 mcg	110%
Copper (as yeast)	500 mcg	25%
Manganese (as yeast)	2 mg	100%
Chromium (as glycoprotein matrix†)	50 mcg	40%
Vanadium (as yeast)	10 mcg	**
Proprietary Whole-Food Blend:	34 mg	**
Trace Mineral Blend, Black Pepper, Chamomile, Fennel Seed, Rose Hips, Kelp		
Active Enzyme Blend:	30 mg	**
Protease (3700 HUT), Amylase (550 DU), Lipase (460 FIP), Lactase (280 ALU)		
dōTERRA Tummy Tamer™ Blend:	30 mg	**
Peppermint Leaf, Ginger Root, Caraway Seed		

\*\* Daily Value not established.

Other Ingredients: Vegetable hypromellose, vegetable cellulose, microcrystalline cellulose, stearic acid, silica.

†US patents #6864231, #6942856, #7138113

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