

Legacy 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 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. Microplex VMz also contains minerals including calcium, magnesium, and zinc as well as organic trace minerals for optimal bone and metabolic health.* Microplex VMz contains the dōTERRA 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 is vegetarian friendly.

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 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” (*Journal of the American Medical Association*, June 19, 2002).

Some nutritional supplement 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. Microplex VMz is a balanced, high-quality supplement 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 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, 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.*



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*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.

CONCEPT (CONTINUED)

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. The food-derived minerals in Microplex VMz are similarly cultured in yeast to promote 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 Microplex VMz represents the gold standard in vitamin and mineral supplementation. The formula is encapsulated in sodium lauryl-sulfate free vegetable capsules, does not contain wheat or milk products, and is vegetarian friendly. 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*
- A balanced blend of essential 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 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 broccoli, spirulina algae, oat straw, brewer's yeast, and kelp
- Formulated with a digestive enzyme blend of amylase, protease, cellulose, and lipase*
- 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; does not contain milk or wheat products and is vegetarian friendly
- 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.)

†US patents #6864231, #6942856, #7138113

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FAQs

Q: Can this product be considered non GMO and gluten free?

A: Microplex VMz® is free of genetically modified material and does not contain gluten.

Q: If I am taking the Slim & Sassy® TrimShake, do I still need to take Microplex VMz too?

A: Microplex VMz is designed to provide a full day's supply of a wide variety of high quality, bioavailable nutrients. Slim & Sassy® TrimShake, though it contains a number of vitamins and minerals, is only designed to provide a small boost to that meal. Both products can be safely taken on the same day.

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.

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. Packaging simple ingredients into complex foods decreases their bioavailability. Instead, 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 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.

COMPLEMENTARY PRODUCTS

- PB Assist®+
- Alpha CRS®+
- Bone Nutrient LifeTime Complex™
- xEO Mega®
- Legacy Nutrition Pack

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.

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May B, Kohler S, Schneider B. Efficacy and tolerability of a fixed combination of peppermint oil and caraway oil in patients suffering from functional dyspepsia. *Aliment Pharmacol Therapy*. 2000;14:1671-1677.

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
Vitamin A (as natural alpha and beta carotene)	9000 IU	180%
Vitamin C (as natural calcium and magnesium ascorbate)	100 mg	170%
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin E (as natural mixed tocopherols and tocotrienols)	30 IU	100%
Vitamin K (as glycoprotein matrix [†] and menaquinone)	20 mcg	25%
Thiamin (as glycoprotein matrix [†])	3 mg	200%
Riboflavin (as glycoprotein matrix [†])	3 mg	176%
Niacin (natural niacinamide)	20 mg	100%
Vitamin B6 (as glycoprotein matrix [†])	3 mg	150%
Folate (as glycoprotein matrix [†])	400 mcg	100%
Vitamin B12 (as methylcobalamin)	10 mcg	167%
Biotin	300 mcg	100%
Calcium Pantothenate	10 mg	100%
Calcium (as natural coral and ascorbate)	500 mg	50%
Iron (as yeast and bis-glycinate)	5 mg	28%
Iodine (as kelp)	13 mcg	9%
Magnesium (as citrate and ascorbate)	100 mg	25%
Zinc (as gluconate and glycinate)	10 mg	60%
Selenium (as selenomethionine and yeast)	80 mcg	110%
Copper (as gluconate and yeast)	1 mg	50%
Manganese (as amino acid chelate and yeast)	1 mg	50%
Chromium (as picolinate and yeast)	50 mcg	40%
Proprietary Whole-Food Blend: Broccoli, Spirulina Algae, Oat Straw Powder, Brewers Yeast, Kelp	80 mg	**
Active Enzyme Blend: Protease (4933 HUT), Amylase (733 DU), Lipase (613 FIP), Lactase (373 ALU)	40 mg	**
dōTERRA Tummy Tamer™ Blend: Peppermint Leaf, Ginger Root, Caraway Seed extract	30 mg	**
Geneses® Trace Mineral Blend	20 mg	**

** Daily Value not established.

Other Ingredients: vegetable hypromellose, vegetable cellulose, stearic acid, silica. This product contains soy.

[†]A patented fermented whole-food complex
US patents #6864231, #6942856, #7138113