

Microplex MVp™

Food Nutrient Complex

What Makes Microplex MVp™ Different?

- Microplex MVp™ is specifically designed to restore optimum, natural physiological balance of all micronutrients using the latest nutritional science as well as what the body is used to getting from nature historically.
- Microplex MVp™ delivers more than 40 vitamins, minerals, polyphenols, and whole food-based nutrients.
- Microplex MVp™ is a comprehensive array of bioavailable vitamins and minerals that are essential for normal growth, function, and maintenance of healthy cells, tissues, organs, and systems throughout the body.
- Microplex MVp™ consists of soft, easy-to-swallow capsules that deliver the highest quality of vitamins and minerals.
- Microplex MVp™ provides a balanced blend of essential antioxidant vitamins A, C, and E, an energy complex of B vitamins, and 800 IU of vitamin D.
- Microplex MVp™ also contains readily absorbable minerals including calcium, magnesium, and zinc, as well as organic trace minerals for optimal bone and metabolic health.
- Microplex MVp™ delivers a unique blend of health-promoting polyphenols from a wide variety of some of the healthiest fruits and vegetables.
- Microplex MVp™ delivers a unique whole food blend of vegetable powders from some of the healthiest vegetables, including the cruciferous vegetables.
- Microplex MVp™ contains the dōTERRA tummy tamer botanical blend of Peppermint, Ginger, and Caraway extracts to help calm the stomach for those who may have experienced stomach upset with other vitamin and mineral products.

1. Vitamin A

Alternative names: Retinyl Palmitate, Alpha and Beta Carotene

KEY BENEFITS

- Microplex MVp™ delivers a balanced blend of both preformed and provitamin vitamin A to provide all the benefits of vitamin A without concern of getting too much of this important vitamin.
- There are two forms of vitamin A available in the human diet: preformed vitamin A (retinol and its esterified form, retinyl ester) and provitamin A carotenoids, including alpha and beta carotene (1-6).



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- Preformed vitamin A is found in foods from animal sources, including dairy products, fish, and meat (especially liver) (6).
- Beta-carotene is by far the most important provitamin A carotenoid; however, alpha-carotene is another provitamin A carotenoid. The body can convert these plant pigments into vitamin A (6).
- Vitamin A is important for normal vision, the immune system, growth, bone formation, reproduction, and healthy skin (1, 4-6).
- Vitamin A supports normal cell growth and differentiation, playing a critical role in the normal formation and maintenance of the heart, lungs, kidneys, and other organs (2).

2. Vitamin C

Alternative names: L-ascorbic Acid, L-ascorbate, Calcium Ascorbate, Magnesium Ascorbate

KEY BENEFITS

- Microplex MVp™ delivers two stable and non-acidic forms of vitamin C: calcium ascorbate and magnesium ascorbate, (which also delivers two of the most important nutrients, calcium and magnesium, for our skeletal and cardiovascular systems).
- Vitamin C, is a water-soluble nutrient, meaning that your body doesn't store it. We have to get what we need from food, including citrus fruits, broccoli, and tomatoes, or through supplementation (7).
- Vitamin C is a powerful, water-soluble antioxidant that helps neutralize free radicals (8).
- Vitamin C is needed for the normal growth and repair of tissues in all parts of the body (7).
- Vitamin C helps the body make collagen, an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels (7, 11-13).
- Vitamin C helps maintain and support healthy immune system function (8-10).
- Vitamin C helps maintain healthy skin and slow signs of premature aging (7).
- Vitamin C helps keep blood vessels flexible and resilient (7, 13).
- Vitamin C can easily be depleted by stress and exercise (8).

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3. Vitamin D3

Alternative names: Cholecalciferol

KEY BENEFITS

- Microplex MVp™ delivers the most beneficial form of supplemental vitamin D, Vitamin D3–Cholecalciferol (14,15).
- Vitamin D is an essential, fat-soluble vitamin that plays a role in many important body functions (16).
- Research has shown that Vitamin D provides essential support for the brain, heart, prostate, breast, colon, bone, and joint tissues, as well as the immune system (31).
- Your body stores vitamin D and can make it when your skin is exposed to ultraviolet rays from sunlight (16). However, greater exposure to sunlight for the synthesis of vitamin D is not necessarily a healthy option due to the risk of skin damage and photo-toxicity to ultraviolet light.

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- Vitamin D is best known for working with calcium in your body to help build and maintain, strong healthy bones and teeth (16-18).
- Vitamin D also helps support the health and optimal function of the cardiovascular system (17, 18).
- Vitamin D is important for normal, healthy cell growth and development, neuromuscular and immune function, and normal immune response (17-19).
- Vitamin D is required for normal muscle function, strength, and contraction (17-19).
- Vitamin D is essential for the support and maintenance of healthy brain function, particularly as we age (19).

4. Vitamin E

Alternative names: d-alpha-tocopherol, tocopherols, tocotrienols

KEY BENEFITS

- Microplex MVp™ delivers all eight natural forms of vitamin E (four tocopherols and four tocotrienols) to provide comprehensive vitamin E benefits.
- The vitamin E family is made up of eight different members including alpha, beta, delta, and gamma tocopherol, along with alpha, beta, delta, and gamma tocotrienol (20).
- All eight forms of vitamin E are powerful antioxidants, but alpha tocopherol is viewed as the family member delivering the greatest vitamin E activity in the body (20).
- Most supplements only contain one member of the vitamin E family in the form of alpha tocopherol (d-alpha tocopherol being the natural form and dl-alpha tocopherol being the less active synthetic form).
- Vitamin E is the major lipid-soluble antioxidant in the body and helps protect cells from free radicals (21).
- Vitamin E is extremely important to vital organs where oxidative damage to lipid-based structures normally and frequently occurs: brain, liver, heart, and skin (21).
- Vitamin E helps support cardiovascular and circulatory health (21, 22).
- Vitamin E also helps support healthy immune system function (21).
- Vitamin E is important in maintaining the structure and function of the retina (21).
- Vitamin E is important in the health and maintenance of the nervous system (21).

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5. Vitamin K

Alternative names: Phytonadione, Menaquinone-7

KEY BENEFITS

- Microplex MVp™ delivers both vitamin K1 (phytonadione) and vitamin K2 (meaquinone-7), providing a comprehensive vitamin K benefit. One of these benefits is optimal utilization of calcium (23).
- Vitamin K plays an important and essential role in overall cardiovascular health (23-26).
- Vitamin K is needed for proper bone formation and blood clotting (23-26).

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6. Thiamin

Alternative names: Vitamin B1, Thiamine, Thiamin Mononitrate

KEY BENEFITS

- Vitamin B1 is one of eight B vitamins (27).
- Your body needs vitamin B1 to form adenosine triphosphate (ATP), which every cell of the body uses for energy (27, 28).
- All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy (27, 28).
- These B vitamins, often referred to as B-complex vitamins, also help the body metabolize fats and protein (27, 28).
- B-complex vitamins are needed for healthy skin, hair, eyes, and liver function (27, 28).
- They also help the nervous system function properly and are needed for good brain function (27).
- All B vitamins are water-soluble, meaning that the body does not store them (27, 28).
- Like other B-complex vitamins, vitamin B1 is sometimes called an “anti-stress” vitamin because it may strengthen the immune system and improve the body’s ability to withstand stressful conditions (27, 28).

7. Riboflavin

Alternative names: Vitamin B2

KEY BENEFITS

- Vitamin B2, also called riboflavin, is one of eight B vitamins (29-31).
- All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is “burned” to produce energy (29-31).
- These B vitamins, often referred to as B complex vitamins, also help the body metabolize fats and protein (29-31).
- B complex vitamins are necessary for healthy skin, hair, eyes, and liver function (27, 28). They also help the nervous system function properly (29-31).
- All the B vitamins are water-soluble, meaning that the body does not store them (29-31).
- In addition to producing energy for the body, riboflavin also works as an antioxidant by fighting damaging particles in the body known as free radicals (29-31).
- Free radicals damage cells and DNA, and may contribute to the normal aging process (29-31).
- Antioxidants such as riboflavin fight free radicals and may reduce or help prevent some of the damage they cause (29-31).
- Riboflavin is also needed to help the body change vitamin B6 and folate into forms it can use (29-31).
- Riboflavin is important for body growth and red blood cell production (29-31).

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8. Niacin

Alternative names: Vitamin B3, Niacinamide, Nicotinic Acid, Nicotinamide

KEY BENEFITS

- B3 is one of eight B vitamins, and is also known as niacin (nicotinic acid) and has two other forms: niacinamide (nicotinamide) and inositol hexanicotinate, which have different effects from niacin (32).
- Microplex MVp™ delivers niacin as niacinamide, which avoids the “flushing” reaction so common with ordinary niacin supplements.
- All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy (32).
- Vitamin B3 (Niacin) assists in the release of energy from carbohydrates, fats, and proteins, and is needed for DNA formation (32).
- These B vitamins, often referred to as B complex vitamins, also help the body use fats and protein. B complex vitamins are needed for healthy skin, hair, eyes, and liver function (27, 28).
- Niacin also helps the body make various hormones (32).
- Niacin supports healthy cardiovascular function and promotes healthy circulation (32).
- Niacin (Vitamin B3) is required for the production of ATP, the universal energy unit for the cells of the body, especially the nervous system (32).
- Niacin helps maintain healthy skin, digestion, and nervous system function (29).

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9. Vitamin B6

Alternative names: Pyridoxine, Pyridoxamine, Pyridoxal, Pyridoxine

KEY BENEFITS

- Vitamin B6 is a water-soluble vitamin that is naturally present in many foods (33, 34).
- The body needs vitamin B6 for more than 100 enzyme reactions involved in metabolism (33).
- Vitamin B6 plays an important role in energy metabolism and immune function (34).
- Vitamin B6 is required for healthy nervous system function and is essential in the production of neurotransmitters (33-35).
- Vitamin B6 is required for the synthesis of Heme, the key oxygen-delivering portion of red blood cells (34, 35).

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10. Folic Acid

Alternative names: Folate, Methyltetrahydrofolate, Vitamin B9

KEY BENEFITS

- Microplex MVp™ delivers both folic acid and its bioactive equivalent, methyltetrahydrofolate, to provide a comprehensive folic acid/folate benefit.
- Folic acid is a water-soluble B vitamin naturally present in some foods and added to others (36-38).
- Folic acid is required for DNA synthesis (36-40).
- Folic acid is important for maintaining cardiovascular health (36-38).
- Folic acid plays an important role in red blood cell production.
- Folic acid plays an essential role in cell division (37, 40).
- Folic acid is essential for brain development and function (36-40).

11. Vitamin B12

Alternative names: Cobalamin, Cyanocobalamin, Methylcobalamin

KEY BENEFITS

- Unlike ordinary multivitamin-mineral supplements, Microplex MVp™ delivers vitamin B12 in its biologically active form, methylcobalamin.
- Vitamin B12 is found almost exclusively in animal products (meat, dairy, seafood) (41).
- Vitamin B12 is by far the most difficult of all vitamins to absorb from foods and typical vitamin supplements (41, 46).
- Supplementation of vitamin B12 is highly recommended for vegetarians and older Americans (41).
- Vitamin B12 is a methyl donor, delivering one of the body's most fundamental molecular units to facilitate your body's basic biochemistry (41-45).
- Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells (41-45).
- Vitamin B12 is required for proper red blood cell formation, neurological function, and DNA synthesis (41-45).
- Vitamin B12 supports the health of the gastrointestinal tract, skeletal system, and nervous system (41).
- Supplementation of vitamin B12 may support positive mood and overall general sense of well-being (41-45).
- Maintaining adequate levels of vitamin B12, along with other Bvitamins, supports the preservation of brain mass and cognitive function as we age (46).
- Vitamin B12 is essential for all energy production and fat metabolism (41-46).
- Vitamin B12 is required to burn fat and metabolize carbohydrates and protein (41-46).
- Vitamin B12 is required to produce our cell's most basic unit of energy (ATP) (41-46).

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12. Biotin

Alternative names: Vitamin B7, Vitamin H

KEY BENEFITS

- Biotin is a water-soluble vitamin, meaning the body does not store it (47).
- Biotin is part of the B complex group of vitamins (47).
- All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy (47).
- Your body needs biotin to metabolize carbohydrates, fats, and amino acids, the building blocks of protein (47).
- B-complex vitamins are needed for healthy skin, hair, eyes, and liver (47).
- B vitamins also help the nervous system function properly (47).
- Biotin is essential for cell growth and critical to rapidly growing tissues, such as hair, skin, and nail tissues (47, 50, 51).
- Biotin also assists in healthy blood sugar metabolism (49).

13. Pantothenic Acid

Alternative names: Vitamin B5

KEY BENEFITS

- Vitamin B5, also called pantothenic acid, is one of eight B vitamins (52-54).
- All B vitamins are water-soluble, meaning that the body does not store them (52-54).
- All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy (52-54).
- These B vitamins, often referred to as B complex vitamins, also help the body use fats and protein (52-54).
- B complex vitamins are needed for healthy skin, hair, eyes, and liver. They also help the nervous system function properly (52-54).
- Pantothenic acid is required for the production of Coenzyme A, a vital molecule in the production of Acetyl CoA and ultimately ATP, the cells only source of energy (52-54).
- In addition to playing a role in the breakdown of fats and carbohydrates for energy, pantothenic acid is critical to the manufacture of red blood cells and hormones (52-54).
- Pantothenic acid is also important in maintaining a healthy digestive tract, and it helps the body use other vitamins, particularly B2 or riboflavin (52-54).

14. Calcium

Alternative names: Calcium Malate, Calcium Ascorbate, Calcium Carbonate

KEY BENEFITS

- Unlike typical multivitamin-mineral products, Microplex MVp™ delivers two ultra-fine, super-soluble, highly-absorbable (56) powdered forms of calcium (calcium malate and calcium ascorbate) into easy-to-swallow capsules.
- Calcium is found in many foods including dairy products and dark green leafy vegetables (55, 56).
- Supplemental calcium is best absorbed at amounts ≤500 mg, and Amounts above 500mg increase the likelihood of stomach upset and other issues (65, 66). Microplex MVp™ provides 300 mg of calcium per serving.
- The body needs calcium to maintain strong bones and to carry out many important functions (55, 56).
- Adequate calcium nutrition promotes bone health and helps maintain a healthy skeleton (55, 56).
- The body needs calcium for muscles to move and for nerves to carry messages between the brain and every body part (55, 56).
- Calcium is used to help blood vessels move blood throughout the body and to help release hormones and enzymes that affect almost every function in the human body (55, 56).
- The body acquires needed calcium in two ways: dietary intake (food and dietary supplements), and by removing it from bones when dietary calcium is not sufficient (55, 56).

15. Iron

Alternative names: Iron Bis-Glycinate Chelate, Ferrous Sulfate, Ferrous Fumarate

KEY BENEFITS

- Unlike typical multivitamin-mineral products, Microplex MVp™ delivers iron combined with an amino acid (i.e. chelate) along with vitamin C to promote better absorption.
- Iron is an essential mineral that cannot be produced by your body and must be obtained from your diet or as part of a nutritional supplement (59).
- Supplementation of iron is often recommended for vegetarians, younger women, and individuals who have difficulty absorbing nutrients from their diets (59).
- Iron is an essential mineral that is necessary for growth, development, normal cellular functioning, and synthesis of some hormones and connective tissue (57, 58, 59).
- Your body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen throughout the body, and myoglobin, a protein that provides oxygen to muscles (57, 60).
- Iron also aids in immune function, cognitive development, temperature regulation, and energy metabolism (60).

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16. Iodine

Alternative names: Potassium Iodide, Sodium Iodide

KEY BENEFITS

- Iodine is a mineral found in some foods, especially seafood and table salt (61, 62).
- Iodine plays an essential role in thyroid functioning and is required for the production of thyroid hormones (61, 62).
- Thyroid hormones control the body's metabolism and many other important functions (61, 62).

17. Magnesium

Alternative names: Magnesium Malate, Magnesium Ascorbate, Magnesium Oxide

KEY BENEFITS

- Unlike typical multivitamin-mineral products, Microplex MVp™ delivers two ultra-fine, super-soluble, highly-absorbable powdered forms of magnesium (Magnesium Malate and Magnesium Ascorbate) into easy-to-swallow capsules.
- Most people in the United States probably do not get as much magnesium as they should from their diet (63).
- Magnesium is a cofactor in more than 300 enzyme systems that support and maintain normal and diverse biochemical reactions in the body, including supporting healthy muscle and nerve function, maintaining already healthy blood sugar levels, and blood pressure levels already in the normal range, and making protein, bone, and DNA (63-65).
- Magnesium activates enzymes, contributes to energy production, and helps regulate calcium levels, as well as copper, zinc, potassium, vitamin D, and other important nutrients in the body (63).
- Every organ in the body—especially the heart, muscles, and kidneys—needs magnesium (63).
- Magnesium helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong (66).

18. Zinc

Alternative names: Zinc Bis-Glycinate, Zinc Citrate, Zinc Sulfate

KEY BENEFITS

- Unlike typical multivitamin-mineral products, Microplex MVp™ delivers zinc combined with an amino acid (i.e. chelate) to promote better absorption (77).
- A daily intake of zinc is required to maintain a steady state because the body has no specialized zinc storage system (75).
- Zinc is involved in numerous aspects of cellular metabolism (76).
- Zinc is required for the activity of approximately 100 enzymes (67, 68) and it plays a role in immune function (69, 70), protein synthesis (70), the body's natural wound healing process (71), DNA synthesis (68, 70), and cell division (70).

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- Zinc also supports normal growth and development during pregnancy, childhood, and adolescence (72–74), and is required for proper sense of taste and smell (89).
- Next to iron, zinc is the most common mineral in the body and is found in every cell (76).
- Zinc also has antioxidant properties (76).

19. Selenium

Alternative names: Selenium Glycinate, Selenomethionine, Selenocysteine

KEY BENEFITS

- Microplex MVp™ delivers selenium combined with an amino acid (i.e. chelate), while also delivering selenium as organic selenomethionine to promote optimal absorption from two sources.
- Selenium is important for healthy immune system function, reproduction, thyroid gland function, DNA production, and antioxidant support (77, 78, 81).
- Selenium may support healthy cognitive function (79, 80).
- Selenium may help support healthy cardiovascular and joint function (78).

20. Copper

Alternative names: Copper Bis-Glycinate

KEY BENEFITS

- Unlike typical multivitamin-mineral products, Microplex MVp™ delivers copper combined with an amino acid (i.e. chelate) to promote better absorption.
- Copper helps your body make red blood cells and keeps nerve cells and your immune system healthy (82-84).
- Copper helps form collagen, a key part of bones and connective tissue (82-84).
- Copper may also act as an antioxidant, protecting against free radicals that can damage cells and DNA (82-84).
- Copper is important for energy production, connective tissue formation, iron metabolism, and the nervous system (82).

21. Manganese

Alternative names: Manganese Bis-Glycinate

KEY BENEFITS

- Unlike typical multivitamin-mineral products, Microplex MVp™ delivers manganese combined with an amino acid (i.e. chelate) to promote better absorption.
- Manganese helps the body form connective tissue, bones, blood-clotting factors, and sex hormones (85, 86).

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- Manganese plays a role in fat and carbohydrate metabolism, calcium absorption, and healthy regulation of blood sugar levels already in the normal range (85).
- Manganese is also necessary for normal brain and nerve function (85, 88).
- Manganese is a component of the antioxidant enzyme superoxide dismutase (SOD), which helps fight free radicals (85-87).

22. Chromium

Alternative names: Chromium Nicotinate Glycinate, Chromium Nicotinate, Chromium Picolinate

KEY BENEFITS

- Unlike typical multivitamin-mineral products, Microplex MVP™ delivers chromium combined with an amino acid (i.e. chelate) to promote better absorption.
- As many as 90 percent of American diets are low in chromium, but it's rare to be truly deficient in chromium (89-91).
- The elderly, people who do a lot of strenuous exercise, those who eat a lot of sugary foods, and pregnant women are most likely to be deficient in chromium (89-91).
- Chromium supports both fat and carbohydrate metabolism (89-91).
- Chromium is an essential mineral that plays a role in how insulin helps the body maintain healthy blood sugar levels already in the normal range (89-91).

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23. Polyphenol Blend

Alternative names: Phenolic Acids, Stilbenes, Flavonoids, Lignans

KEY BENEFITS

- Microplex MVP™ delivers a unique blend of health-promoting polyphenols from a wide variety of some of the healthiest fruits and vegetables.
- Polyphenols are naturally occurring compounds found largely in fruits, vegetables, cereals, and beverages (93).
- Fruits like grapes, citrus, pomegranate, apple, pear, cherries, and berries are rich sources of polyphenols (93).
- Polyphenols include some important antioxidant compounds, such as the flavonoids that are present in most fruit and vegetables as well as tea and red wine (93).
- Polyphenols are natural, powerful, water-soluble antioxidants (92).
- In food, polyphenols may contribute to the bitterness, astringency, color, flavor, odor, and oxidative stability (93).
- Polyphenols and other food phenolics are the subject of increasing scientific interest because of their possible beneficial effects on human health (93).
- Epidemiological studies and associated meta-analyses have strongly suggested that long term consumption of diets rich in plant polyphenols offered some benefits in immune, cardiovascular, endocrine, skeletal, and nervous system health (93).

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- Polyphenols have been shown to have greater antioxidant activity than vitamins C or E (94).
- Polyphenols help support a normal circulatory system and healthy blood vessels (93).
- Polyphenols help support the function of the immune system (93).

24. Indian Kino Tree

Alternative names: Pterocarpus marsupium Extract

KEY BENEFITS

- Pterostilbene is a naturally occurring compound found in blueberries and *Pterocarpus marsupium* heartwood (95, 96, 98).
- Pterostilbene is structurally similar to resveratrol, a compound found in red wine that has comparable antioxidant and immune supporting properties; however, pterostilbene exhibits increased bioavailability due to the presence of two methoxyl groups which cause it to exhibit increased lipophilic and oral absorption (97-99).
- Substantial (but preliminary) evidence suggests that pterostilbene may help support the nervous, immune, cardiovascular, and endocrine systems (95, 96).

25. Grape Seed

Alternative names: Vitis vinifera Seed Extract

KEY BENEFITS

- Grape seed is one of the richest natural sources of polyphenol oligomeric proanthocyanidins (OPC's) (100).
- Proanthocyanidins from grape seed extract 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 (100).
- Grape seed extract helps support the circulatory system by helping to keep the blood vessels flexible and resilient (100).
- Grape seed extracts support the blood vessels and assist in protecting the circulatory system from oxidative damage (100).
- Grape seed extract helps support a healthy immune system (100).

26. Quercetin

Alternative names: Sophorae japonica Bud Extract

KEY BENEFITS

- Quercetin is a major dietary bioflavonoid found in vegetables and fruits which are often lacking in the typical American diet including apples, citrus fruits, black and green tea, onions, berries, broccoli, cauliflower, and cabbage (101).
- Quercetin is well established as one of the most beneficial molecules naturally present in some of the healthiest fruits, berries, and vegetables (101).
- Bioflavonoids like quercetin are powerful antioxidants (101).

27. Rutin

Alternative names: Quercetin-3-rutinoside, Rutoside

KEY BENEFITS

- Rutin helps strengthen fragile capillaries and support normal permeability (102).
- Rutin promotes healthy blood vessel maintenance and function by supporting blood flow and supporting the circulatory system and cardiovascular health (102).

28. Pomegranate

Alternative names: Punica granatum

KEY BENEFITS

- In addition to being used as a folk remedy for centuries, pomegranate has long been held as a sacred fruit representing life and regeneration (103).
- Pomegranate's unusual complement of protective compounds are just as unique as its appearance (103).
- Pomegranates have been used traditionally in many cultures for their health benefits (103).
- Several studies have shown that pomegranate has antioxidant and cardiovascular health promoting properties attributed to the presence of multiple polyphenols such as tannins, flavonols, anthocyanins, and ellagic acid (104).
- Pomegranate is naturally rich in polyphenols called anthocyanins—the dark pigments responsible for its vibrant color and also powerful antioxidants (104).

29. Citrus Fruit Polyphenols

Alternative names: Citrus sinensis - Sweet Orange

KEY BENEFITS

- Citrus fruit is a rich source of polyphenols, called bioflavonoids, which act as powerful antioxidants containing polyphenolic compounds (101, 102).
- Bioflavonoids can enhance capillary resistance, reduce capillary fragility, and help maintain the tone of the capillaries (101,102).
- Bioflavonoids can help support collagen structure and endothelial cells through reinforcement of collagen cross-links (101, 102).
- Bioflavonoids help support a normal circulatory system and healthy blood vessels (101, 102).
- Bioflavonoids enhance the role of Vitamin C in the body (101, 102).

30. Resveratrol

Alternative names: Polygonum cuspidatum Extract, Trans-Resveratrol

KEY BENEFITS

- The polyphenol resveratrol is commonly found in red wine and is well-known as a principal part of the healthy Mediterranean diet (105).
- The dried root and stem of the Japanese knotweed (*Polygonum cuspidatum*) plant is used in traditional Chinese and Japanese holistic health practices to support circulation, among other things. It is considered one of the richest sources of resveratrol (105).
- Resveratrol has been the subject of extensive scientific and medical research establishing it as one of the most credible natural anti-aging strategies (105).
- Resveratrol is believed to significantly contribute to the so-called “French Paradox”—France’s high fat diet, yet good cardio health (105).
- Resveratrol has been shown to emulate many of the positive cellular changes of caloric restriction, while also helping to conserve telomere length, which is directly related to cellular aging (105).
- Resveratrol has powerful free radical quenching abilities (105).
- Resveratrol may help support the health of the heart, brain, and liver, as well as the cardiovascular, nervous, and immune systems (105).

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31. Whole Foods Blend

Alternative names: Kale, Dandelion, Parsley, Spinach, Broccoli, Cabbage, Brussels Sprout

KEY BENEFITS

- Microplex MVp™ delivers a unique whole-food blend of vegetable powders from some of the healthiest vegetables, including the cruciferous vegetables.

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32. Tummy Tamer Extract Blend

Alternative names: Ginger, Peppermint, Caraway

KEY BENEFITS

- Microplex MVp™ has been uniquely formulated to deliver a variety of essential, health-promoting nutrients that are gentle on the stomach, along with our proprietary tummy tamer blend of Ginger, Peppermint, and Caraway, all of which are well-known to support healthy digestion.

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