

Microplex MVp™ Food Nutrient Complex

Made with SLS-free vegetable capsules

PRODUCT DESCRIPTION

dōTERRA Microplex MVp™ Food Nutrient Complex is a balanced formula of bioavailable vitamins and minerals that may be 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.* Also contained in the formula are calcium, magnesium, and zinc for optimal bone and metabolic health.* Microplex MVp 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.* This formula is encapsulated using sodium lauryl sulfate-free vegetable capsules, and does not contain wheat or dairy products.

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.”

Some nutritional supplement manufacturers add many times the necessary amount of vitamins and minerals to their products to persuade consumers that “more is better.” In reality, more does not offer additional benefits and the excess is simply unused by the body. Microplex MVp is a balanced, high-quality supplement formulated to provide the essential micronutrients likely to be deficient in your diet in a balance reflected by our entire human history and known to support optimal vitality and wellness.*

Microplex MVp is a comprehensive array of vitamins and minerals that are essential for normal growth, function, and maintenance of cells.* 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.* It also contains readily absorbable forms of important minerals for metabolism and the essential bone nutrients calcium, magnesium, and zinc.*

* 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)

Chelated Minerals

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. When vitamins and minerals are taken alone and not balanced with the other vitamins and minerals at the right ratios, they are not as beneficial to the body. For example, many of the minerals in Microplex MVp™ have been combined with amino acids to create complexes known as chelated minerals to enhance bioavailability. The chelated minerals in Microplex MVp are then balanced with each other, including iron, zinc, selenium, copper, manganese, and chromium.

Microplex MVp Food Nutrient Complexes

dōTERRA Microplex MVp represents the gold standard in natural vitamin and mineral supplementation. In addition to everything mentioned above, it also contains the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway botanical extracts to help calm the stomach, a blend of wholesome vegetables, and a unique blend of health-promoting polyphenols.* This unique formula is encapsulated in sodium lauryl-sulfate free vegetable capsules, and does not contain wheat or milk products.

Microplex MVp is formulated to be used daily with xEO Mega® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness.* Both products can be found in one convenient pack—the dōTERRA Daily Nutrient Pack™. Save significantly by buying them in the two pack.

PRIMARY BENEFITS

- Provides 22 essential, and highly absorbable, vitamins and minerals to support normal growth, function, and maintenance of cells*
- 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

- 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*
- Provides a balanced blend of essential antioxidant vitamins A, C, and E, an energy complex of B vitamins, and 800 IU of vitamin D*
- Delivers a unique blend of health-promoting polyphenols from a variety of healthy fruits and vegetables, including resveratrol, grape, citrus, and pomegranate*
- Includes a balanced blend of highly absorbable minerals including calcium, magnesium, zinc, selenium, copper, manganese, chromium, and other minerals
- Includes a whole-food botanical extract blend of kale, dandelion, parsley, spinach, broccoli, cabbage, and brussels sprout
- Contains natural vitamin E tocopherols and 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
- Specially formulated to be used daily with xEO Mega® 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 MVp™ 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 MVp.)

FAQs

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

A: Microplex MVp 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 MVp?

A: Microplex MVp 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 in the same day.

Q: What does Microplex MVp stand for?

A: Microplex is a combination of "micronutrient" and "complex." MVp stands for minerals and vitamins with polyphenols.

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

A: Microplex MVp 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 sourced 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 dōTERRA A2Z Chewable®?

A: dōTERRA recommends A2Z Chewable and IQ Mega® for children rather than the dōTERRA Daily Nutrient Pack. For older children or teenagers that can swallow capsules, a half dose is recommended.

COMPLEMENTARY PRODUCTS

- xEO Mega
- Alpha CRS+
- PB Assist®+
- Deep Blue Polyphenol Complex™
- Mito2Max®
- Bone Nutrient Lifetime Complex™

KEY STUDIES

Agarwal, Sanjiv et al. "Comparison of Prevalence of Inadequate Nutrient Intake Based on Body Weight Status of Adults in the United States: An Analysis of NHANES 2001-2008." *Journal of the American College of Nutrition* (2015): 1-9. NCBI PubMed. Web.

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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.

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.

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.

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Supplement Facts

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

Amount Per Serving		% DV
Vitamin A (as Retinyl Palmitate and Alpha and Beta Carotene)	4700 IU	94%
Retinyl Palmitate	1000 IU	
Beta-Carotene (Palm (<i>Elaeis guineensis</i>) Fruit Extract)	3300 IU	
Alpha-Carotene (Palm (<i>Elaeis guineensis</i>) Fruit Extract)	400 IU	
Vitamin C (as Calcium Ascorbate and Magnesium Ascorbate)	200 mg	333%
Vitamin D₃ (as Natural Cholecalciferol)	800 IU	200%
Vitamin E (as Natural Mixed Tocopherols and Tocotrienols)	55 IU	183%
Vitamin K (as Phytonadione and Menaquinone-7)	60 mcg	75%
Thiamin (as Thiamin Mononitrate)	3 mg	200%
Riboflavin	4 mg	235%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B₆ (as Pyridoxine HCL)	3 mg	150%
Folate (from Natural Lemon (<i>Citrus limon</i>) Peel Extract) Orgen-FA®††	200 mcg	50%
Vitamin B₁₂ (as Methylcobalamin)	12 mcg	200%
Biotin	30 mcg	10%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Calcium (as Malate DimaCal® and Ascorbate)†	300 mg	30%
Iron (as Bis-Glycinate Chelate) Ferrochel®†	6 mg	33%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Dimagnesium Malate and Ascorbate)†	150 mg	37%
Zinc (as Bis-Glycinate Chelate) TRAACS®†	15 mg	100%
Selenium (as Glycinate and Selenomethionine)†	70 mcg	100%
Copper (as Bis-Glycinate Chelate) TRAACS®†	500 mcg	25%
Manganese (as Bis-Glycinate Chelate) TRAACS®†	500 mcg	25%
Chromium (as Nicotinate Glycinate Chelate) TRAACS®†	50 mcg	42%

Polyphenol Blend: 160 mg **
 Grape (*Vitis vinifera*) Seed Extract, Quercetin (from *Sophorae japonica* Bud), Rutin, Pomegranate (*Punica granatum*) Fruit Extract, Citrus Fruit Polyphenol Extract, Resveratrol (from *Polygonum cuspidatum* Root), Pterostilbene (from Indian Kino Tree (*Pterocarpus marsupium*) Wood Extract)

Whole Foods Blend: 70 mg **
 Kale (*Brassica oleracea acephala*) Leaf Extract, Dandelion (*Taraxacum officinale*) Leaf Powder, Parsley (*Petroselinum crispum*) Leaf Powder, Spinach (*Spinacia oleracea*) Leaf Powder, Broccoli (*Brassica oleracea italica*) Aerial Parts Powder, Cabbage (*Brassica oleracea capitata*) Leaf Extract, Brussels Sprout (*Brassica oleracea gemmifera*) Immature Inflorescences Powder

Tummy Tamer Extract Blend: 30 mg **
 Ginger (*Zingiber officinale*) Root Extract, Peppermint (*Mentha piperita*) Leaf Extract, Caraway (*Carum carvi*) Seed Extract

** Daily Value (DV) not established.

Other Ingredients: Vegetable Hypromellose, Microcrystalline Cellulose, Vegetable Fatty Acid, Silica

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