



# Microplex MVp® Natural Nutrient Complex

Made with vegetable capsules

## PRODUCT DESCRIPTION

dōTERRA Microplex MVp Natural Nutrient Complex is a balanced formula of bioavailable vitamins and minerals that may supplement possible deficiencies 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 maintain health of the stomach. This formula is encapsulated using vegetable capsules, and does not contain wheat or dairy products.

## CONCEPT

Though diets in the United States and in many developed countries include adequate and even an overabundance of calories, poor food choices may cause nutritional gaps. Some nutritional supplement manufacturers may add many times the amount of vitamins and minerals to their products. In reality, more does not always 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 nutrients to support optimal vitality and wellness.

Microplex MVp is a comprehensive array of vitamins and minerals that are essential for the maintenance of healthy 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.

## CHELATED MINERALS

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. Vitamin D and vitamin C help the absorption of particular minerals (Ca, Mg, Fe, Cr) therefore they could be more beneficial to the body in combined form. For example, many of the minerals in Microplex MVp® have been combined with amino acids to create complexes known as chelated minerals.

## MICROPLEX MVP NATURAL NUTRIENT COMPLEXES

dōTERRA Microplex MVp is a high quality 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 polyphenols. This unique formula is encapsulated in vegetable capsules, and does not contain wheat or milk products.



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## PRIMARY BENEFITS

- Provides 22 essential, and highly absorbable, vitamins and minerals to support normal maintenance of cells
- Specifically designed to provide the right amounts of nutrients using the latest nutritional science
- Fights free radicals with the antioxidant vitamins A, C, and E
- Supports metabolism
- Supports bones with calcium, magnesium, zinc, and vitamin D
- Supports immune function
- Supports digestion
- Provides 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 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 vegetable capsules; does not contain milk or wheat products
- Specially formulated to be used daily with xEO Mega® as a comprehensive dietary supplement foundation

## DIRECTIONS FOR USE

Adults, take up to 4 capsules per day with food; maximum of 4 capsules per day.

Consult a healthcare professional prior to use if you are taking a blood thinner such as Warfarin.

## 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: 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: Is this product halal certified?**

**A:** Yes, this is certified through IFANCA.

# Supplement Facts

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

Amount Per Serving		% DV
<b>Calcium</b> (as Malate, Carbonate and Ascorbate)	300 mg	30%
<b>Magnesium</b> (as Malate, Carbonate and Ascorbate)	150 mg	37%
<b>Vitamin C</b> (as Calcium Ascorbate and Magnesium Ascorbate)	200 mg	333%
<b>Vitamin E</b> (as D-Alpha Tocopherol Acetate, Natural Mixed Tocopherols and Tocotrienols)	55 IU	183%
<b>Zinc</b> (as Bis-Glycinate Chelate)	15 mg	100%
<b>Vitamin A</b> (as Retinyl Palmitate, Alpha Carotene and Beta Carotene)	4700 IU	94%
<b>Iron</b> (as Bis-Glycinate Chelate)	6 mg	33%
<b>Vitamin D<sub>3</sub></b> (as Natural Cholecalciferol)	800 IU	200%
<b>Niacin</b> (as Niacinamide)	20 mg	100%
<b>Vitamin B<sub>6</sub></b> (as Pyridoxine HCL)	3 mg	150%
<b>Vitamin K</b> (as Menaquinone and Phytonadione)	60 mcg	75%
<b>Pantothenic Acid</b> (as Calcium Pantothenate)	10 mg	100%
<b>Selenium</b> (as Selenomethionine and Glycinate)	70 mcg	100%
<b>Copper</b> (as Bis-Glycinate Chelate)	500 mcg	25%
<b>Riboflavin</b>	4 mg	235%
<b>Thiamin</b> (as Thiamin Mononitrate)	3 mg	200%
<b>Biotin</b>	30 mcg	10%
<b>Manganese</b> (as Bis-Glycinate Chelate)	500 mcg	25%
<b>Folate</b> (from Natural Lemon (Citrus Limon) Peel Extract)	200 mcg	50%
<b>Chromium</b> (as Nicotinate Glycinate Chelate)	50 mcg	42%
<b>Iodine</b> (as Potassium Iodide)	75 mcg	50%
<b>Vitamin B<sub>12</sub></b> (as Methylcobalamin)	12 mcg	200%
<b>Polyphenol Blend:</b>	<b>160 mg</b>	<b>**</b>
Grape (Vitis Vinifera) Seed Extract, Quercetin (from Sophora Japonica), Rutin (from Sophora Japonica), Pomegranate Extract, Citrus Fruit Polyphenol Extract, Resveratrol (from Polygonum Cuspidatum), Pterostilbene (from Indian Kino Tree (Pterocarpus marsupium) Wood Extract)		
<b>Whole Foods Blend:</b>	<b>70 mg</b>	<b>**</b>
Kale (Brassica Oleracea Acephala) Leaf Extract Powder, 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 Powder, Brussels Sprout (Brassica Oleracea Gemmifera) Immature Inflorescences Powder		
<b>Tummy Tamer Extract Blend:</b>	<b>30 mg</b>	<b>**</b>
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

