

dōTERRA®

# Vegan Microplex VMz®

Food Nutrient Complex

dōTERRA®

Product Information Page (UAE)



## Description

dōTERRA® Microplex VMz® Food Nutrient Complex's formula includes a blend of essential vitamins A, C, and E, and a complex of B vitamins. Vegan Microplex VMz® also contains chelated minerals including calcium, magnesium, and zinc. Vegan Microplex VMz® is encapsulated using sodium lauryl sulphate-free vegetable capsules and is completely vegan-friendly!

## Uses

- + Although a wonderful addition to your routine, food supplements must not replace a varied and balanced diet and healthy lifestyle.
- + Read all caution and warning statements before use.
- + Do not exceed the recommended dosage.

## Directions

Recommended dose: Adults, take 4 capsules per day with food.

## Cautions

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Store in a dark, cool, dry place.

## dōTERRA® Vegan Microplex VMz® |

Food Nutrient Complex  
120 Vegetable Capsules

60225405

## Primary Benefits

- + Includes a whole-food botanical blend of kale, dandelion, parsley, kelp, broccoli, Brussels sprout, cabbage and spinach.
- + Made with sodium lauryl sulphate-free vegetable capsules.



## Ingredients

Calcium (Natural Coral), Dimagnesium Malate, Hypromellose, Dicalcium Malate, Calcium Ascorbate, Mixed Tocopherols, Niacinamide, Zinc Bis-Glycinate Chelate, Magnesium Ascorbate, Stearic Acid, D-Calcium pantothenate, d-alpha Tocopherol, Silicon dioxide, Ferrous Bis-Glycinate Chelate, Riboflavin, Protease, Beta-Carotene, Kale (*Brassica oleracea acephala*) Leaf Powder, Pyridoxine HCL, Thiamin HCL, Dandelion (*Taraxacum officinale*) Leaf Powder, Parsley (*Petroselinum crispum*) Leaf Powder, Peppermint Leaf Extract, Mixed Tocopherols, Caraway Seed Extract, Ginger Root Extract, Microcrystalline Cellulose, Selenium Glycinate, Biotin, Copper Bis-Glycinate chelate, Broccoli (*Brassica oleracea italica*) Aerial Parts Powder, Brussel Sprout (*Brassica oleracea gemmifera*) Immature Inflorescences Powder, Spinach (*Spinacia oleracea*) Leaf Powder, Cabbage (*Brassica oleracea capitata*) leaf powder, Vitamin A Palmitate, Manganese Bis-glycinate Chelate, Lactase, Tocotrienols, Bromelain, Papain, Vitamin K, Chromium Nicotinate Glycinate Chelate, Lipase, Vitamin B12, Amylase, Alpha-Galactosidase, Calcium L-5-methyltetrahydrofolate, Potassium Iodide, Diastase, Glucoamylase, Peptidase, Vitamin D.

## Supplement Facts

Serving Size Four (4) Capsules  
Servings Per Container 30

	Amount Per Serving	% Daily Value
<b>Calories</b>	5	
<b>Vitamin A</b> (as Retinyl Palmitate and 86% as β Carotene)	2100 mcg RAE	233%
<b>Vitamin C</b> (from Calcium Ascorbate and Magnesium Ascorbate)	200 mg	222%
<b>Vitamin D</b> (as Ergocalciferol)	20 mcg	100%
<b>Vitamin E</b> (as d-alpha Tocopherol, Natural Mixed Tocopherols and Tocotrienols)	35 mg	227%
<b>Vitamin K</b> (as Phytonadione from Glycoprotein Matrix)	20 mcg	17%
<b>Thiamin</b> (as Thiamin HCL from Glycoprotein Matrix)	3 mg	250%
<b>Riboflavin</b> (from Glycoprotein Matrix)	3 mg	231%
<b>Niacin</b> (as Niacinamide from Glycoprotein Matrix)	20 mg	125%
<b>Vitamin B<sub>6</sub></b> (as Pyridoxine HCL from Glycoprotein Matrix)	3 mg	176%
<b>Folate</b> (from Calcium L-5-methyltetrahydrofolate)	400 mcg	170%
<b>Vitamin B<sub>12</sub></b> (as Methylcobalamin)	10 mcg	417%
<b>Biotin</b> (from Glycoprotein Matrix)	30 mcg	100%
<b>Pantothenic Acid</b> (as d-Calcium pantothenate from Glycoprotein Matrix)	10 mg	200%
<b>Calcium</b> (from Natural Coral, Dicalcium Malate, and Calcium Ascorbate)	497.2 mg	38%
<b>Iron</b> (as Ferrous Bis-Glycinate Chelate)	6 mg	33%
<b>Iodine</b> (from Potassium Iodide)	25 mcg	17%
<b>Magnesium</b> (from Dimagnesium Malate and Magnesium Ascorbate)	152.18 mg	36%
<b>Zinc</b> (as Zinc Bis-Glycinate Chelate)	15 mg	136%
<b>Selenium</b> (as Selenium Glycinate Complex)	70 mcg	127%
<b>Copper</b> (as Copper Bis-Glycinate Chelate)	0.5 mg	56%
<b>Manganese</b> (as Manganese Bis-Glycinate Chelate)	0.5 mg	22%
<b>Chromium</b> (as Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
<b>Proprietary Whole-Food Blend:</b>	<b>71 mg</b>	<b>**</b>
Kale ( <i>Brassica oleracea acephala</i> ) Leaf Powder, Dandelion ( <i>Taraxacum officinale</i> ) Leaf Powder, Parsley ( <i>Petroselinum crispum</i> ) Leaf Powder, Broccoli ( <i>Brassica oleracea italica</i> ) Aerial Parts Powder, Brussels Sprout ( <i>Brassica oleracea gemmifera</i> ) Immature Inflorescences Powder, Spinach ( <i>Spinacia oleracea</i> ) Leaf Powder, Cabbage ( <i>Brassica oleracea capitata</i> ) Leaf Powder		
<b>Active Enzyme Blend:</b>	<b>40 mg</b>	<b>**</b>
Protease, Lactase, Lipase, Amylase, α-Galactosidase, Diastase, Glucoamylase, Peptidase		
<b>dōTERRA Tummy Tamer Blend:</b>	<b>30 mg</b>	<b>**</b>
Caraway Seed Extract, Ginger Root Extract, Peppermint Leaf Extract		

\*\* Daily Value not established.

Contains Soy and Wheat

Other Ingredients: Hypromellose, Stearic acid, Silicon dioxide, Microcrystalline cellulose, Bromelain, Papain