

1. What is VMG+™?

VMG+™ stands for Vitamins, Minerals, Greens and more. It is a delicious, powdered formula designed to support overall wellness. It contains over 75 rigorously sourced ingredients, including vitamins, minerals, plant extracts, live bacterial cultures, enzymes, amino acids, and essential oils.

2. What are the primary benefits of VMG+™?

- Provides a comprehensive nutritional solution by combining the extensive benefits of Alpha CRS+™, Microplex VMz™ (Vegan), and TerraGreens with digestive enzymes, live bacterial cultures, essential oils, and other beneficial nutrients.
- Supports your body's entire foundation, energy metabolism, and overall wellbeing.
- Includes plant-based whole food vitamins and minerals with liposomal technology for optimal absorption. Not sure what liposomes are? See question 13 in this document.
- Free from GMOs, dairy, soy, and gluten.

3. What are the key ingredients in VMG+™?

VMG+™ contains a blend of whole-food vitamins, minerals, and superfood extracts, including:

- **Nutrition Blend:** Amla, Guava, Moringa, and Lemon extracts.
- **CE Blend:** L-Methionine, Betaine, N-acetyl-L-Cysteine, Coenzyme Q10, powdered cauliflower juice, and plant extracts (Sea Buckthorn, Grape seed, Lemon Balm, Pine, Pomegranate, Turmeric, Acerola, Ginger).
- **SF Blend:** Barley grass, Spirulina, Burdock root, Acai, Maqui, Artichoke, and various fruit and vegetable juices (Apple, Blackcurrant, Strawberry, Kale, Spinach, and Celery).
- **BT Blend:** Pea protein, enzymes (Bromelain, Papain), and fruit juice ferments (Grape, Blueberry, Pineapple, and more).
- **BB Blend:** Fructooligosaccharides, apple fibre, gum acacia and probiotics.

4. What benefits do the vitamins and minerals in VMG+™ provide?

- **Vitamin A:** Supports vision, skin health, and immune function.
- **Vitamin C:** Enhances immune system function, reduces fatigue, and promotes collagen formation.
- **Vitamin D:** Maintains healthy bones, teeth, and muscle function.
- **Vitamin E:** Protects cells from oxidative stress.
- **Vitamin K:** Supports normal blood clotting and bone health.
- **B Vitamins (B1, B2, B6, B12, Biotin, Niacin, Pantothenic Acid, Folic Acid):** Contribute to energy metabolism, cognitive function, and red blood cell formation.
- **Iron, Zinc, Selenium, Manganese, Chromium, Iodine:** Support immune function, metabolism, and overall cellular health.

5. What Essential Oils are included in VMG+™?

VMG+™ contains a unique mix of Ginger, Lavender, Lemongrass, Peppermint, and Orange essential oils.

6. Is VMG+™ suitable for vegans?

Yes, VMG+ is 100% vegan and does not contain any animal-derived ingredients.

7. Does VMG+™ contain any allergens?

No, VMG+™ is free from gluten, dairy, soy, and GMOs.

8. Can VMG+™ replace my multivitamin?

Yes, **VMG+™** is designed as a complete wellness solution to provide essential vitamins and minerals, making it an excellent alternative to traditional multivitamins.

9. What other products complement VMG+™?

For an all-in-one wellness solution and to complement the Wellness Made Simple approach, VMG+™ can be used alongside:

- **EO Mega™+** (omega fatty acids for heart and cognitive support)
- **dōTERRA PB Restore™** (live bacterial cultures for overall microbiome support)
- **PB Assist+™** (live bacterial cultures and more to support gut health)

VMG+™ is your core foundational supplement. Pairing it with other targeted products elevates your support with vitamins, minerals, greens and more at lower doses for consistent, sustained nutrient levels.

10. How is VMG+™ different from other multivitamins?

Unlike traditional tablets, VMG+™ is a powdered formula with liposomal technology for enhanced nutrient absorption. It includes whole-food sourced ingredients, enzymes, and live bacterial cultures for comprehensive nutritional support.

11. How is VMG+™ different from LLV?

VMG+™ and dōTERRA Lifelong Vitality Pack™ (LLV) are both designed to support foundational wellness, but they differ in formulation, delivery method, and nutrient composition.

Here's a comparison:

Feature	VMG+™	LLV (Microplex VMz™, Alpha CRS+™, xEO Mega™)
Product Type	Whole-Food Nutrient Powder	Three-Supplement System (Capsules)
Format	Powdered sachet for mixing with liquids	Capsules (Three Bottles)
Primary Function	Comprehensive daily multivitamin with whole-food nutrients, live bacterial cultures, and digestive enzymes	Supports cellular function, omega-3 intake, and overall vitality
Nutrient Delivery	Liposomal technology for better absorption	Standard capsule absorption
Key Ingredients	Whole-food vitamins, minerals, greens, digestive enzymes, live bacterial cultures, essential oils, amino acids	Microplex VMz™ (Multivitamin), Alpha CRS+™ (Cellular Support), xEO Mega™ (Omega-3)
Omega-3 Content	No omega-3 included	Contains xEO Mega™ for essential fatty acids
Plant-Based	Yes, completely vegan	Partially plant-based, except for xEO Mega™ (contains fish oil). Alternative vegan option is vEO Mega™ (algae-sourced omega fatty acids)
Dairy/Soy/Gluten-Free	Yes	Yes
Usage	Mix one sachet per day with water or juice	Take multiple capsules from each bottle daily
Best For	Individuals looking for an all-in-one plant-based supplement in powder form	Those wanting a structured three-part supplement regimen

12. What are liposomes and why are they relevant to me?

Liposomes are spherical vesicles made of phospholipids that are used to deliver nutrients and other substances to specific parts of the body.

Liposomal delivery systems are considered better for absorption because they mimic the natural membranes in the body, allowing the encapsulated nutrients to easily pass through and reach targeted areas in the body, resulting in significantly higher retention compared to traditional supplement forms like tablets or capsules. Since the protective phospholipid bilayer shields the active ingredients from stomach acid, this format allows for targeted delivery to your body.

13. How do I use VMG+™?

Take one sachet per day by mixing the contents into 150-240 ml of cold water or your preferred liquid. Avoid adding to hot drinks. Stir or shake before drinking.

14. Who should take VMG+™?

VMG+™ is suitable for adults looking to improve their daily nutrient intake. It is not recommended for children. Pregnant or nursing women and individuals with medical conditions should consult a healthcare professional before use.

15. Are there any precautions when taking VMG+™?

- Do not exceed the recommended daily dose.
- Not suitable for children.
- Consult a healthcare provider if pregnant, nursing, or have medical conditions.
- Those with hypothyroidism, on anticoagulants, or under thyroid/antidiabetic treatment should seek medical advice before use.