

Microplex VMz™

Food Supplement with Vitamins and Minerals,
Plants and Enzymes

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



Ingredients: Calcium (coral), Glazing Agent/Stabiliser: Hydroxypropyl methylcellulose, Magnesium citrate (Magnesium), Magnesium carbonate (Magnesium), Calcium ascorbate (Vitamin C), Magnesium ascorbate (Vitamin C), Anti-caking agent: Stearic acid, d-alpha tocopherol oil (Vitamin E), Carrier: Modified food starch, Zinc bisglycinate chelate (Zinc), Carrier: Dicalcium phosphate, Ferrous bisglycinate chelate (Iron), Niacinamide (Niacin), Kale (*Brassica oleracea* L. var. *acephala*) leaf powder, Carrier: Maltodextrin, Carrier: Silicon dioxide, Amylase, D-Calcium pantothenate, Carrier: Citric acid, Dandelion (*Taraxacum officinale*) leaf powder, Parsley (*Petroselinum crispum* leaf powder, Anti-caking agent: Microcrystalline cellulose, Caraway seed extract, Ginger root extract, Peppermint leaf extract, Protease, Carriers: (Rice dextrin, Pea starch, Alginate), Cabbage (*Brassica oleracea* var. *capitata*) leaf extract, Broccoli (*Brassica oleracea* L. var. *italica*) aerial parts powder, Brussel sprout (*Brassica oleracea* L. var. *gemmifera*) immature inoescences powder, Spinach (*Spinacia oleracea* L.) leaf powder, beta-Carotene (Vitamin A), Carrier: Gum acacia, Pyridoxine Hydrochloride (Vitamin B6), Thiamin mononitrate (Vitamin B1), Riboavin, Manganese bisglycinate chelate (Manganese), Carriers: (Modified food starch, Mannitol), Carrot powder, Copper bisglycinate chelate (Copper), Carrier: Starch sodium octenyl succinate, alpha Galactosidase, Lactase, Sunflower oil, Vitamin A palmitate, Protease, Antioxidant: Tocopherols, Carrier: Rice Flour, 5-methyltetrahydrofolate Calcium (Folic acid), Carrier: Sucrose, Lipase, Beta glucanase (Cellulase), Diastase (Amylase), Palm olein, D-Biotin, Tocotrienols (vitamin E), Cellulase, Carrier: Coconut oil, Chromium chloride (Chromium), Preservative: Butylated hydroxytoluene, Papain, Sodium selenite (Selenium), Mixed tocopherols (Vitamin E), Potassium Iodide (Iodine), Preservative: Sodium ascorbate, Preservative: Sodium benzoate, Phytonadione (Vitamin K), Vitamin D3, Carrier: Sorbic acid, Methylcobalamin (Vitamin B12).

Allergens: Contains Soy and Gluten. Store in a cool, dry place.

PRODUCT DESCRIPTION

Microplex VMz™ Food Nutrient Complex is a whole-food formula of bioavailable vitamins and minerals. Including a balanced blend of essential vitamins A, C and E and a complex of B vitamins, Microplex VMz also contains chelated minerals including calcium, magnesium and zinc. Since typical modern diets encounter highly processed foods lacking in vital nutrients, this complex offers a solution to access nutrient-rich compounds.

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 FOR USE

Recommended dose (Adults): Take 4 capsules per day, with food.

CAUTIONS

Keep out of reach of children. Do not exceed recommended daily dose. Food supplements must not replace a varied and balanced diet and healthy lifestyle. Do not take on an empty stomach. Consult a healthcare practitioner prior to use if pregnant, breastfeeding or taking concomitant anticoagulant medications. Not recommended for children under 10, people taking antidepressants or those on a strict, low-calorie diet. Not recommended for use with other green tea-based products or calcium and zinc-containing food supplements. Beta-carotene is not recommended for smokers. High magnesium dose can have a laxative effect.

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.
- Provides highly bioavailable vitamins and minerals in optimum amounts.
- An effective supplement for a variety of people across different stages of life.
- Microplex VMz is designed to be recognised as food nutrients to be absorbed by the body.
- Vegan-friendly.
- **Vitamin A (Retinol)**
 - Vitamin A contributes to the maintenance of normal vision.*
 - Vitamin A contributes to the normal function of the immune system.*
 - Vitamin A contributes to normal iron metabolism.*
- **Calcium (Ca)**
 - Calcium contributes to the normal function of digestive enzymes.*
 - Calcium contributes to normal muscle function.*
 - Calcium contributes to normal blood clotting.*
- **Vitamin C (Ascorbic Acid)**
 - Vitamin C contributes to the protection of cells from oxidative stress.*
 - Vitamin C contributes to the reduction of tiredness and fatigue.*
 - Vitamin C contributes to normal functioning of the nervous system.*
- **Magnesium (Mg)**
 - Magnesium contributes to a reduction of tiredness and fatigue.*
 - Magnesium contributes to electrolyte balance.*
 - Magnesium contributes to normal energy-yielding metabolism.*
 - Magnesium contributes to normal functioning of the nervous system.*
 - Magnesium contributes to normal muscle function.*
- Magnesium contributes to normal psychological function.*
- Magnesium contributes to normal protein synthesis.*
- Magnesium has a role in the process of cell division.*
- Magnesium contributes to the maintenance of normal bones.*
- Magnesium contributes to the maintenance of normal teeth.*
- **Vitamin E (Tocopherols, Tocotrienols)**
 - Vitamin E contributes to the protection of cells from oxidative stress.*
- **Vitamin K (Phylloquinone, Menaquinone)**
 - Vitamin K contributes to the maintenance of normal bones.*
 - Vitamin K contributes to normal blood clotting.*
- **Vitamin B1 (Thiamine)**
 - Thiamine contributes to the normal function of the heart.*
 - Thiamine contributes to normal psychological function.*
- **Vitamin B2 (Riboflavin)**
 - Riboflavin contributes to the maintenance of normal red blood cells.
 - Riboflavin contributes to the maintenance of normal mucous membranes.*
- **Vitamin B3/PP (Niacin, nicotinic acid, nicotinamide, niacinamide)**
 - Niacin contributes to the maintenance of normal skin.*
 - Niacin contributes to normal energy-yielding metabolism.*
- **Vitamin B6 (Pyridoxine)**
 - Vitamin B6 contributes to normal protein and glycogen metabolism.*
 - Vitamin B6 contributes to the regulation of hormonal activity.*

*These health claims are still under the decision of the EU and EFSA.

- **Vitamin B9 (Folate, folic acid)**
 - Folate contributes to normal blood formation.*
 - Folate contributes to normal amino acid synthesis.*
- **Vitamin B12 (Cobalamin)**
 - Vitamin B12 contributes to the normal function of the immune system.*
 - Vitamin B12 contributes to normal homocysteine metabolism.*
- **Vitamin B8/H (Biotin)**
 - Biotin contributes to the maintenance of normal hair.*
 - Biotin contributes to the maintenance of normal skin.*
- **Vitamin B5 (pantothenic acid)**
 - Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.*
- **Iron (Fe)**
 - Iron contributes to normal formation of red blood cells and haemoglobin.*
 - Iron contributes to normal cognitive function.*
- **Zinc (Zn)**
 - Zinc contributes to the maintenance of normal testosterone levels in the blood.*
 - Zinc contributes to normal metabolism of fatty acids.*
 - Zinc contributes to normal fertility and reproduction.*
- **Selenium (Se)**
 - Selenium contributes to the normal thyroid function.*
- **Copper (Cu)**
 - Copper contributes to maintenance of normal connective tissues.*
- **Manganese (Mn)**
 - Manganese contributes to the maintenance of normal bones.*
 - Manganese contributes to normal energy-yielding metabolism.*
 - Manganese contributes to the protection of cells from oxidative stress.*
 - Manganese contributes to the normal formation of connective tissue.*
- **Chromium (Cr)**
 - Chromium contributes to normal macronutrient metabolism.*
 - Chromium contributes to the maintenance of normal blood glucose levels.*
- **Iodine (I)**
 - Iodine contributes to normal functioning of the nervous system.*
 - Iodine contributes to normal cognitive function.*
 - Iodine contributes to the normal production of thyroid hormones and normal thyroid function.*
 - Iodine contributes to normal energy-yielding metabolism.*
 - Iodine contributes to the maintenance of normal skin.*