



dōTERRA VMG+™ | Nutraceutical

Net wt 9.4 g
30 Sachets

60231096

Primary Benefits

- + Supports overall health and wellness, especially when taken with EO Mega+™
- + Provides essential vitamins and minerals to help fill the gap between diet and recommendations in order to help meet nutritional goals
- + May increase energy levels with a multivitamin and minerals supplement, as supported by clinical research
- + Helps maintain important bodily processes for overall health and well-being with vitamins and minerals
- + May support bodily system health, including the cardiovascular and circulatory, digestive, endocrine, immune (healthy inflammatory response), nervous, musculoskeletal, reproductive, respiratory, and urinary systems
- + Promotes healthy skin and nails with vitamins A and C and biotin

Description

dōTERRA VMG+™ Nutraceutical is an advanced, all-in-one daily nutritional powdered drink designed to optimize foundational wellness and tastes great. It features over 90 high-quality ingredients, including whole-food vitamins and minerals, fruits, vegetables, digestive enzymes, probiotics, CPTG® Certified Pure Tested Grade essential oils, and other beneficial nutrients. This clean formula may help provide essential macro- and micronutrients that the body relies upon to support daily energy levels, immune system function, gut health and digestion, liver function, hormone function, and brain function.

dōTERRA includes 5 proprietary blends to support foundational wellness:

1. Nutrition Blend: Includes plant-derived vitamins, minerals, and essential botanical cofactors.
2. Superfood Blend: Promotes foundational health and vitality with phytonutrients, antioxidants, vitamins, minerals, and other nutrients.
3. Cellular Support Blend: Supports cellular health and antioxidant defenses.
4. Biotransformation Blend: Provides biologically enhanced nutrients via biotransformation.
5. Bioavailability Boosting Blend: Enhances absorption and retention of micronutrients, according to preclinical research.

Perfect for those seeking convenient and comprehensive nutrition, dōTERRA VMG+™ is easy to incorporate into your daily routine with its delicious taste and easy-to-use sachet format. Strengthening your health's foundation for lifelong vitality has never been simpler or more effective.

Directions

Take 1 sachet per day. Add sachet contents to 150-240 milliliters of cold water or the liquid of your choice. Avoid adding to hot drinks. Stir or shake before drinking.

Cautions

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

NOT FOR MEDICINAL USE

Nutritional Information (Per 9.4 g Serving) approx.
Serving Size - 1 Stick **No. of Servings** - 30
Recommended Usage level: Mix one stick in 240ml of water or liquid of your choice.
Not to exceed the recommended daily usage

Nutrients	Amount per serving	% RDA	Nutrients	Amount per serving	% RDA
Calories	29.6 kcal	1.48	Vitamin B1	0.8 mg	44.44
Protein	2.54 g	4.70	Vitamin B2	0.8 mg	32
Total Carbohydrate	5.76 g	**	Vitamin B9	65 mcg	21.66
Total Sugars	0.03 g	**	Biotin	19.6 mcg	49
Added Sugars	0 g	**	Panthothenic Acid	2 mg	40
Total Fat	0 g	0	Minerals*		
Sodium	23 mg	1.15	Iron	9 mg	47.36
Vitamins^			Iodine	45 mcg	32.14
Vitamin A	2.35 mcg	0.235	Zinc	5 mg	29.41
Vitamin C	39 mg	48.75	Selenium	18 mcg	45
Vitamin E	4 mg	40	Copper	0.3 mcg	0.017
Vitamin K	17 mcg	30.90	Manganese	1.2 mg	30
Vitamin B6	0.9 mg	37.5	Chromium	10 mcg	20
Vitamin B12	0.01 mcg	0.45	Calcium	35 mg	3.5
Niacin	6.4 mg NE	35.5	Potassium	47.2 mg	1.35

%RDA~ Recommended Dietary Allowances (RDA) calculated per serve basis 2000Kcal diet for a Work Moderate Men and RDA calculated on the basis of ICMR 2020 Guidelines for a Work Moderate Men. ** RDA is not established.

Ingredients: Vitamins^, Minerals*, Protein isolate (2000mg), Barley leaves powder (2000mg), Betaine anhydrous (600mg), Spirulina powder (500mg), Botanical extract blend [Amla fruit extract, Moringa leaf extract, Guava fruit extract, Lemon peel extract] – 500mg, Fruit and Vegetable blend [Apple juice concentrate, Pear juice concentrate, Onion juice powder, Lemon juice, Grape fruit juice concentrate, Gum acacia, Fructooligosaccharides, Water, Prune juice concentrate] (500mg), L- Methionine (100mg), Coenzyme Q10 (61mg), Sea buckthorn extract (54.35 mg), Weizmannia coagulans (20mg), Kelp (11.55 mg), Papain (10 mg), Turmeric extract (10 mg), Pineapple juice powder (10 mg), Chamomile extract (7.15 mg), Oat B-Glucan (5mg), Lactocaseibacillus paracasei (5mg), Lactobacillus plantarum (5mg), Lactobacillus johnsonii (5mg), S. salivarius (5mg), Pomegranate extract (5mg), Grape seed extract powder (5mg), Goji juice concentrated (5mg), Green cabbage juice powder (5mg), Raspberry juice concentrate (5mg), Blueberry juice concentrate (5mg), Cranberry concentrate juice (5mg), Apple juice concentrate (5mg), Orange juice powder (5mg), Black currant juice (5mg), Elderberry juice concentrate (5mg), Gotu Kola extract (5mg), Purple sweet potato powder (5mg), Ginger extract powder (5mg), Amla extract (5 mg), Rose hip (5mg), Acerola cherry extract (5mg), Red Beet juice powder (5mg), Natural flavor {Pineapple Mango Flavor powder, Pineapple flavor powder, LLV oil blend [Wild orange peel essential oil, Lemongrass aerial parts essential oil, Peppermint aerial parts essential oil, Lavender oil, Ginger root essential oil]} (5mg)}, Binding Agent (Acacia Gum and Guar Gum), Disintegrant (citric acid), Sweetener [(Steviol Glycosides), 35% Rebaudioside - 0.71%], Stabilizer [Bromelain, Lecithin], Color (Grape Skin Extract)