

# dōTERRA VMG+®

Whole-Food Nutrient Complex

dōTERRA®

Product Information Page



**dōTERRA VMG+®** | Whole-Food Nutrient Complex  
Net wt 9.95 oz / 282 g  
30 Sachets

## 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
- + 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+ Whole-Food Nutrient Complex 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® essential oils, and other beneficial nutrients. This clean, vegan, and gluten-free formula delivers 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 VMG+ combines 3 products in 1, integrating benefits from Alpha CRS®+, Microplex VMz® (Vegan), and a greens superfood blend. It 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.

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 mL 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.

# Supplement Facts

Serving Size 1 Sachet (9.4 g)  
Servings per Container 30

	Amount per Serving	% Daily Value*
Calories	15	
Total Carbohydrate	8 g	3%
Dietary Fiber	4 g	14%
Total Sugars	0 g	**
Includes 0 g Added Sugars		0%
Protein	2 g	
Vitamin A (as Beta-carotene from Blakeslea trispora)	630 mcg RAE	70%
Vitamin C	45 mg	50%
Vitamin D (as Cholecalciferol from Algae)	13 mcg	63%
Vitamin E	8 mg	51%
Vitamin K (as K <sub>2</sub> Menaquinone-7 from fermented Chickpea)	18 mcg	15%
Thiamin	1 mg	52%
Riboflavin	1 mg	50%
Niacin	8 mg	51%
Vitamin B <sub>6</sub>	1 mg	50%
Folate (as Calcium-L-5-Methyltetrahydrofolate)	470 mcg DFE	117%
Vitamin B <sub>12</sub> (as Methylcobalamin)	20 mcg	817%
Biotin	16 mcg	53%
Pantothenic Acid	3 mg	51%
Calcium	20 mg	2%
Iron (as Liposomal Iron Pyrophosphate)	3 mg	17%
Iodine (from Kelp (Laminaria japonica) plant extract)	105 mcg	70%
Zinc	6 mg	51%
Selenium	29 mcg	52%
Manganese	1 mg	52%
Chromium	18 mcg	51%
Sodium	20 mg	1%
Potassium	20 mg	< 1%
<b>Nutrition Blend:</b>	405 mg	**
Amla ( <i>Embllica officinalis</i> ) fruit extract, Guava ( <i>Psidium guajava</i> ) fruit extract, Holy basil ( <i>Ocimum sanctum</i> ) leaf extract, Moringa ( <i>Moringa oleifera</i> ) leaf extract, Lemon peel extract		

<b>Superfood Blend:</b>	1380 mg	**
Barley grass powder, Spirulina, Purslane extract, Brussel ( <i>Brassica oleracea</i> ) sprout extract, Chlorella powder, Cranberry ( <i>Vaccinium suhg. oxycoccos</i> ) fruit juice concentrate, Apple ( <i>Malus domestica</i> ) fruit juice concentrate, Strawberry fruit juice concentrate, Dark sweet cherry ( <i>Prunus avium</i> ) fruit juice concentrate, Black currant fruit juice concentrate, Goji berry ( <i>Lycium barbarum L.</i> ) fruit extract, Raspberry fruit juice concentrate, Elderberry ( <i>Sambucus nigra</i> ) juice concentrate, Acerola ( <i>Malpighia glabra</i> ) fruit extract, Acai ( <i>Euterpe oleracea</i> ) fruit powder, Kale ( <i>Brassica oleracea</i> ) juice powder, Celery stem juice powder, Green cabbage ( <i>Brassica oleracea var viridis L.</i> ) juice powder, Maqui berry ( <i>Aristotelia chilensis</i> ) fruit powder, Spinach ( <i>Spinacia oleracea L.</i> ) juice concentrate, Artichoke ( <i>Cynara scolymus L.</i> ) flower powder		
<b>Bioavailability Boosting Blend:</b>	4475 mg	**
Gum acacia, Guar gum, Isomaltooligosaccharide, Sunflower lecithin, Apple fiber, Latilactobacillus sakei TCI147 (500 million CFU), Lactiplantibacillus plantarum TCI837 (500 million CFU), Lactocaseibacillus paracasei TCI727 (500 million CFU), Lactobacillus johnsonii TCI 369 (50 million CFU), Ginger root oil, Lavender flowering tops oil, Lemongrass aerial parts oil, Peppermint aerial parts oil, Wild orange peel oil		
<b>Cellular Support Blend:</b>	325 mg	**
L-Methionine, Betaine anhydrous (sugar beets), Rosa roxburghii, N-Acetyl-Cysteine, Broccoli seed extract, Coenzyme Q10, Apple ( <i>Malus pumila</i> ) fruit powder, Pomegranate fruit extract, Turmeric rhizome extract, Grape ( <i>Vitis vinifera L.</i> ) seed extract, Ginkgo biloba fruit powder, Ginger root extract, Aronia melanocarpa fruit juice concentrate, Pine ( <i>Pinus pinaster</i> ) bark extract, Grape ( <i>Vitis vinifera L.</i> ) skin extract, Dandelion plant extract		
<b>Biotransformation Blend:</b>	2200 mg	**
Pea protein, Rice Vinegar, Bromelain (from Pineapple), Actinidin (from Green Kiwi (Actinidia deliciosa) fruit extract), Papain (from Papaya), Blueberry ( <i>Vaccinium angustifolium</i> ) fruit powder, White grape ( <i>Vitis vinifera</i> ) fruit powder, Cranberry ( <i>Vaccinium macrocarpon</i> ) fruit powder, Apple ( <i>Malus pumila</i> ) fruit powder, Carrot ( <i>Daucus carota</i> ) root powder, Red grape ( <i>Vitis vinifera</i> ) fruit powder, Bayberry ( <i>Myrica rubra</i> ) fruit powder, Mulberry ( <i>Morus alba</i> ) fruit powder, Granadilla ( <i>Passiflora edulis</i> ) fruit powder, Pineapple ( <i>Ananas comosus</i> ) fruit powder, Lemon ( <i>Citrus limon</i> ) fruit extract, Broccoli ( <i>Brassica oleracea</i> ) stem powder, Celery ( <i>Apium graveolens</i> ) stem powder, Asparagus ( <i>Asparagus officinalis</i> ) stem powder		
* % Daily Value based on a 2,000-calorie diet ** Daily Value not established		

**Other Ingredients:** Citric Acid (Cassava) (Preservative), Xanthan Gum (Emulsifier), Rebaudioside A (Sweetener), Pineapple Juice Concentrate and Mango Extract with Other Natural Flavors