

Microplex VMz[®]

Food Nutrient Complex—Made with SLS-Free Vegetable Capsules

dōTERRA[®]

Product Information Page



CPTG[®] Certified Pure Tested Grade

Microplex VMz[®] | Food Nutrient Complex
120 Vegetable Capsules

Complementary Products

dōTERRA PB Restore[®]
Alpha CRS[®]+
EO Mega[®]+
TerraZyme[®]

Primary Benefits

- + Provides 22 essential vitamins and minerals to support normal growth, function, and maintenance of cells
- + Fights free radicals with the antioxidant vitamins A, C, and E
- + Supports healthy metabolism and cellular energy
- + Supports bone health with calcium, magnesium, zinc, and vitamin D
- + Supports healthy immune function
- + Supports healthy digestion
- + Provides systemic benefits of vitality and wellness associated with optimal intake of essential nutrients
- + Includes methylated B9 (folate) and B12
- + Provides a balanced blend of essential vitamins, including the antioxidant vitamins A, C, and E and an energy complex of B vitamins, presented in a patented glycoprotein matrix

for enhanced bioavailability

- + Includes a balanced blend of chelated minerals, including calcium, magnesium, zinc, selenium, copper, manganese, and chromium
- + Includes a whole-food botanical blend of kale, dandelion, parsley, kelp, broccoli, brussels sprout, cabbage, and spinach
- + Is formulated with a digestive enzyme blend of protease, lactase, lipase, amylase, α -galactosidase, diastase, glucoamylase, and peptidase
- + Contains a full-spectrum of vitamin E forms, including tocotrienols
- + Includes the dōTERRA tummy tamer digestive blend of peppermint, ginger, and caraway extracts
- + Is made with sodium lauryl sulfate-free vegetable capsules
- + Is specially formulated to be used daily with EO Mega[®] and Alpha CRS[®] as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness

Description

dōTERRA Microplex VMz Food Nutrient Complex is a food nutrient formula of bioavailable vitamins and minerals that are often deficient in our modern diets. Many vitamins and minerals on the market are isolated from natural sources or chemically synthesized, making it difficult for the body to absorb and retain them. The formula was thoughtfully developed to include a balanced blend of essential antioxidant vitamins A, C, and E and the mineral selenium with the energy complex of B vitamins presented in a patented glycoprotein matrix to help the body actually absorb the nutrients. Microplex VMz contains chelated minerals—including calcium, magnesium, and zinc—for optimal bone and metabolic health. Microplex VMz also contains the dōTERRA tummy tamer digestive blend botanically derived of peppermint, ginger, and caraway extracts combined with digestive enzymes to help relieve digestive discomfort for those who may have experienced stomach upset with other vitamin and mineral products. Microplex VMz is encapsulated using sodium lauryl sulfate-free vegetable capsules.

Directions

Adults, take 4 vegetable capsules per day with food. Microplex VMz is formulated to be used daily with Alpha CRS®+ and EO Mega®+. (Taking with the fatty acids in EO Mega+ will support absorption of the fat-soluble vitamins in Microplex VMz.)

Concept

While it is abundantly clear that diets in the United States and in many developed countries include adequate and even an overabundance of calories, a growing body of evidence shows that even as we eat more, we are obtaining less of the essential nutrients vital for optimal health. Over-processed, calorie-rich, and nutrient-poor food choices threaten to make us unhealthy as our bodies are deprived of vitamins, minerals, and other essential nutrients. The American Medical Association acknowledges the prudence of taking nutritional supplements, admitting that while "the clinical syndromes of vitamin deficiencies are unusual in Western societies, suboptimal vitamin status is not" (*Journal of the American Medical Association*, June 19, 2002).

Microplex VMz is a comprehensive array of vitamins and minerals presented in a food nutrient complex that are essential for normal growth, function, and maintenance of cells. Microplex VMz provides a balanced blend of essential antioxidant vitamins A, C, E; selenium; an energy complex of B vitamins; and 20 mcg of vitamin D. It also contains important chelated minerals for metabolism and the essential bone nutrients calcium, magnesium, and zinc.

Patented Glycoprotein Matrix

Most of the vitamins and minerals absorbed in our bodies come from the food we eat. Sometimes vitamins and minerals are isolated or synthetically constructed and may become more difficult for our bodies to recognize and absorb as food nutrients. The vitamins in Microplex VMz are presented in a patented glycoprotein matrix to help promote bioavailability. To make a vitamin glycoprotein compound, it is introduced to a culture of *Lactobacillus* and yeast. As it grows, the yeast metabolizes and binds the vitamin into its protein matrix, making the vitamin more recognizable as food in the digestive process.

FAQ

Does this product contain genetically modified materials?

Microplex VMz does not contain genetically modified materials.

Why does the label now list the "contains wheat" statement?

The FDA recently announced a new requirement relating to the labeling of allergens used in a fermentation process to make enzymes for supplements. Wheat was used in the fermentation process to make some of the enzymes in Microplex VMz. The revision to the label is required even though the wheat was consumed in the fermentation process and no gluten was detected in our testing.

With the enzyme blend in this formula, do I also need to take TerraZyme®?

The enzyme blend in Microplex VMz is only designed to provide a small boost to normal digestion. If you need full support for digestive health or other concerns, TerraZyme is recommended in addition to Microplex VMz.

What does Microplex VMz stand for?

Microplex is a combination of "micronutrient" and "complex." *VM* stands for "vitamins" and "minerals." The *z* reflects improvements that have been made to the product since it was first launched.

Key Studies

Maggini S, Wintergerst ES, Beveridge S, Hornig DH. Selected vitamins and trace elements support immune function by strengthening epithelial barriers and cellular and humoral immune responses. *British Journal of Nutrition*. 2007;98: S29-S35.

Wintergerst ES, Maggini S, Hornig DH. Contribution of selected vitamins and trace elements to immune function. *Ann Nutr Met*. 2007;51:301-323.

Hayes CE, Nashold FE, Spach KM & Pedersen LB. The immunological functions of the vitamin D endocrine system. *Cell Molec Biol*. 2003;49:277-300.

Tang BMP, Eslick GD, Nowson C, et al. Use of calcium or calcium in combination with vitamin D supplementation to prevent fractures and bone loss in people aged 50 years and older: a meta-analysis. *The Lancet*. 2007;370:657-666.

Supplement Facts

Serving Size: Four (4) Capsules

Servings per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as α & β Carotene and Retinyl Palmitate)	7000 IU	140%
Vitamin C (as Calcium Ascorbate and Magnesium Ascorbate)	200 mg	333%
Vitamin D ₃ (as Cholecalciferol)	800 IU	200%
Vitamin E (as Natural Mixed Tocopherol)	50 IU	166%
Vitamin K1 (from Glycoprotein Matrix)	20 mcg	200%
Thiamin (from Glycoprotein Matrix)	3 mg	200%
Riboflavin (from Glycoprotein Matrix)	3 mg	176%
Niacin (Niacinamide from Glycoprotein Matrix)	20 mg	100%
Vitamin B ₆ (from Glycoprotein Matrix)	3 mg	150%
Folate (as Natural Lemon (<i>Citrus Limon</i>) Peel)	400 mcg	100%
Vitamin B ₁₂ (from Glycoprotein Matrix)	10 mcg	167%
Biotin (from Glycoprotein Matrix)	300 mcg	100%
Pantothenic Acid (from Glycoprotein Matrix)	10 mg	100%
Calcium (as Malate, Natural Coral, and Ascorbate)	500 mg	50%
Iron (as Bis-Glycinate Chelate)	6 mg	33%
Iodine (from Kelp (<i>Laminaria Digitata</i>) Plant Powder)	25 mcg	17%
Magnesium (as Dimagnesium Malate and Ascorbate)	150 mg	39%
Zinc (as Bis-Glycinate Chelate)	15 mg	100%
Selenium (as Glycinate)	70 mcg	100%
Copper (as Bis-Glycinate Chelate)	0.5 mg	25%
Manganese (as Bis-Glycinate Chelate)	0.5 mg	25%
Chromium (as Nicotinate Glycinate Chelate)	50 mcg	42%
Proprietary Whole-Food Blend:	80 mg	**
Kale (<i>Brassica Oleracea Acephala</i>) Leaf Powder, Dandelion (<i>Taraxacum Officinale</i>) Leaf Powder, Parsley (<i>Petroselinum Crispum</i>) Leaf Powder, Kelp (<i>Laminaria Digitata</i>) Plant Powder, Broccoli (<i>Brassica Oleracea Italica</i>) Aerial Parts Powder, Brussels Sprout (<i>Brassica Oleracea Gemmifera</i>) Immature Inflorescences Powder, Cabbage (<i>Brassica Oleracea Capitata</i>) Leaf Powder, Spinach (<i>Spinacia Oleracea</i>) Leaf Powder		
Active Enzyme Blend:	40 mg	**
Protease, Lactase, Lipase, Amylase, α -Galactosidase, Diastase, Glucoamylase, Peptidase		
dōTERRA Tummy Tamer Blend:	30 mg	**
Caraway (<i>Carum Carvi</i>) Seed Extract, Ginger (<i>Zingiber Officinale</i>) Root Extract, Peppermint (<i>Mentha Piperita</i>) Leaf Extract		

**** Daily Value not established.**

Other Ingredients: Vegetable Hypromellose, Microcrystalline Cellulose, Water, Stearic Acid, Dicalcium Phosphate, Silicon Dioxide, Palmitic Acid, Maltodextrin, Citric Acid, Gum Arabic, Glycine, Modified Food Starch,