

Microplex VMz®

Food Nutrient Complex—Made with SLS-Free Vegetable Capsules

dōTERRA®

Product Information Page



Microplex VMz® | Food Nutrient Complex
120 Vegetable Capsules

60229827

Complementary Products

dōTERRA PB Restore®
Alpha CRS+®
Bone Nutrient Essential Complex
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.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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. Recent global data in *The Lancet Global Health* shows that more than half of people worldwide fail to consume adequate amounts of essential vitamins and minerals, highlighting persistent nutrient gaps and the need to supplement key nutrients. (*The Harvard Gazette*, August 29, 2024).

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 micrograms 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 list the "contains soy and wheat" statement?

Wheat was used in the fermentation process to make some of the enzymes in Microplex VMz. Even though the soy and wheat was consumed in the fermentation process and no gluten was detected in our testing, FDA guidelines require that it be listed on the label.

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.

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Supplement Facts

Serving Size Four (4) Capsules
Servings per Container 30

	Amount per Serving	% Daily Value*
Calories	5	
Vitamin A (as β -Carotene and Retinyl Palmitate)	2100 mcg	233%
Vitamin C (from Calcium Ascorbate and Magnesium Ascorbate)	200 mg	222%
Vitamin D (as Cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha Tocopherol, Natural Mixed Tocopherols, and Tocotrienols)	34 mg	227%
Vitamin K (as Phytonadione from Glycoprotein Matrix)	20 mcg	17%
Thiamin (as Thiamin HCl from Glycoprotein Matrix)	3 mg	250%
Riboflavin (from Glycoprotein Matrix)	3 mg	231%
Niacin (as Niacinamide from Glycoprotein Matrix)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl from Glycoprotein Matrix)	3 mg	176%
Folate (from Calcium L-5-methyltetrahydrofolate)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	10 mcg	417%
Biotin (from Glycoprotein Matrix)	30 mcg	100%
Pantothenic Acid (as Calcium D-Pantothenate from Glycoprotein Matrix)	10 mg	200%
Calcium (from Aquamin Algae, Dicalcium Malate, Calcium Ascorbate, Calcium Carbonate, and Calcium D-Pantothenate)	500 mg	38%
Iron (as Ferrous Bis-Glycinate Chelate)	6 mg	33%
Iodine (from Potassium Iodide)	25 mcg	17%
Magnesium (as Dimagnesium Malate and Magnesium Ascorbate)	150 mg	36%
Zinc (as Zinc Bis-Glycinate Chelate)	15 mg	136%
Selenium (as Selenium Glycinate Complex)	70 mcg	127%
Copper (as Copper Bis-Glycinate Chelate)	0.5 mg	56%
Manganese (as Manganese Bis-Glycinate Chelate)	0.5 mg	22%
Chromium (as Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
Proprietary Whole-Food Blend:	71 mg	**
Kale (<i>Brassica oleracea acephala</i>) Leaf Powder, Dandelion (<i>Taraxacum officinale</i>) Leaf Powder, Parsley (<i>Petroselinum crispum</i>) Leaf Powder, Broccoli (<i>Brassica oleracea italica</i>) Aerial Parts Powder, Brussels Sprouts (<i>Brassica oleracea gemmifera</i>) Immature Inflorescences Powder, Spinach (<i>Spinacia oleracea</i>) Leaf Powder, Cabbage (<i>Brassica oleracea capitata</i>) Leaf Powder		
Active Enzyme Blend:	10 mg	**
Protease, Lipase, Amylase, α -Galactosidase, Lactase, Diastase, Glucoamylase, Peptidase		
dōTERRA Tummy Tamer Blend:	30 mg	**
Caraway Seed Extract, Ginger Root Extract, Peppermint Leaf Extract		

**Daily Value not established.

Other Ingredients: Hypromellose, Microcrystalline cellulose, Modified food starch, Maltodextrin, Stearic acid, Silicon dioxide, Soy flour, Yeast (*Saccharomyces cerevisiae*), Gum arabic, Glycine, Citric acid, Pea starch, Alginate, DL Methionine, Hesperidin, L-Lysine, *Lactobacillus* sp., *Lactobacillus acidophilus*, Sunflower oil

Contains: Soy and Wheat.