



Ingredients: Acacia fibre powder, Pea protein, **Barley grass powder**, Preservative (Citric acid), Spirulina algae powder, Stabiliser (Guar gum), Amla extract, Guava extract, Fructooligosaccharide, Betaine, L-Methionine, Sweetener (Steviol glycosides from stevia), Moringa extract, Stabiliser (Lecithins), Sea buckthorn extract, Lemon extract, Natural flavouring, N-acetyl-L-Cysteine, Kelp extract, Iron pyrophosphate, Apple powder, Powdered grape juice ferment, Bromelain, Mango extract, Concentrated pineapple juice, Burdock root powder, Coenzyme Q10, Grape seed extract, Lemon Balm extract, Pine extract, Pomegranate fruit extract, Turmeric extract, Powdered cauliflower juice, Kiwi powder, Powdered apple juice, Powdered aronia juice, Powdered blackcurrant juice, Powdered cranberry juice, Powdered sweet cherry juice, Grape skin extract, Powdered raspberry juice, Powdered strawberry juice, Powdered elderberry juice, Powdered apple juice ferment, Powdered asparagus juice ferment, Powdered blueberry juice ferment, Powdered broccoli juice ferment, Powdered carrot juice ferment, Powdered **celery** juice ferment, Powdered cranberry juice ferment, Powdered lemon juice ferment, Powdered mulberry juice ferment, Powdered passionfruit juice ferment, Powdered pineapple fruit ferment, Powdered red bayberry juice ferment, Acerola extract, Papain, Acai powder, Powdered kale juice, Vitamin K, Latilactobacillus sakei TCI147, Powdered cabbage juice, Maqui powder, Apple fibre, Artichoke powder, Vitamin A, Powdered spinach juice, Ginger extract, Lactiplantibacillus plantarum TCI837, Ginger essential oil, Lavender essential oil, Lemongrass essential oil, Peppermint essential oil, Orange essential oil, Lactocaseibacillus paracasei TCI727, Lactobacillus johnsonii TCI369, Folic Acid, Vitamin B12, Vitamin D.

PRODUCT DESCRIPTION

VMG+™ Whole-Food Nutrient Complex redefines the multivitamin as a delicious, bioavailable powdered formula that delivers essential nutrients to ensure efficient absorption and retention. By combining the extensive benefits of Alpha CRS+™, Microplex VMz™ (Vegan), and TerraGreens, VMG+ offers comprehensive nutritional support to address modern dietary deficiencies. With over 70 rigorously sourced ingredients, including five super blends of high-quality whole food vitamins, minerals, fruits, vegetables, and other beneficial nutrients, this formula uses advanced nutrient delivery in powdered form for optimal nourishment. Clean, vegan, and gluten-free, VMG+ provides essential macro and micronutrients vital for your body's foundations in a single, convenient sachet. It's more than a multivitamin – it's a complete wellness solution.

DIRECTIONS FOR USE

Take 1 sachet per day. Add 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

Food supplements must not replace a varied and balanced diet and healthy lifestyle. Do not exceed recommended daily dose. Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Not recommended for children.

Allergens: Barley grass powder, celery.

PRIMARY BENEFITS

- Designed to be used alongside EO Mega+™ and dōTERRA PB Restore™ for an all-in-one solution to wellness made simple.
- Plant-based whole food vitamins and minerals are delivered through advanced liposomal technology for optimal absorption and retention.
- Over 75 high-quality, science-backed ingredients, including fruits, vegetables, digestive enzymes, probiotics, essential oils, and other beneficial nutrients.
- Provides the complete benefits of Microplex VMZ™, Alpha CRS™, TerraGreens and more.
- Vegan, GMO, Dairy, Soy and Gluten free.
- 30 Sachets | 282 g | Single Sachet = 9.4 g.
- **Vitamin A**
 - Vitamin A contributes to the normal function of the immune system.
 - Vitamin A contributes to the maintenance of normal skin.
 - Vitamin A has a role in the process of cell specialisation.
 - Vitamin A contributes to the maintenance of normal mucous membranes.
 - Vitamin A contributes to the maintenance of normal vision.
- **Vitamin C**
 - Vitamin C contributes to the normal function of the immune system.
 - Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise.
 - Vitamin C contributes to the reduction of tiredness and fatigue.
 - Vitamin C increases iron absorption.
 - Vitamin C contributes to the protection of cells from oxidative stress.
 - Vitamin C contributes to the regeneration of the reduced form of vitamin E.
 - Vitamin C contributes to normal psychological function.
 - Vitamin C contributes to normal functioning of the nervous system.
 - Vitamin C contributes to normal collagen formation for the normal function of blood vessels.
- **Vitamin D**
 - Vitamin D contributes to the maintenance of normal bones.
 - Vitamin D contributes to the normal function of the immune system.
 - Vitamin D contributes to the maintenance of normal teeth.
 - Vitamin D contributes to the maintenance of normal muscle function.
 - Vitamin D has a role in the process of cell division.
 - Vitamin D contributes to normal absorption/ utilisation of calcium and phosphorus.
 - Vitamin D contributes to normal blood calcium levels.
- **Vitamin E**
 - Vitamin E contributes to the protection of cells from oxidative stress.
- **Vitamin K**
 - Vitamin K contributes to normal blood clotting.
 - Vitamin K contributes to the maintenance of normal bones.
- **Thiamine**
 - Thiamine contributes to the normal function of the heart.
 - Thiamine contributes to normal psychological function.
 - Thiamine contributes to normal energy-yielding metabolism.
 - Thiamine contributes to normal functioning of the nervous system.
- **Riboflavin**
 - Riboflavin contributes to the protection of cells from oxidative stress.
 - Riboflavin contributes to the maintenance of normal red blood cells.
 - Riboflavin contributes to normal energy-yielding metabolism.
 - Riboflavin contributes to normal functioning of the nervous system.
 - Riboflavin contributes to the maintenance of normal skin.
 - Riboflavin contributes to the reduction of tiredness and fatigue.
 - Riboflavin contributes to the maintenance of normal vision.
 - Riboflavin contributes to the normal metabolism of iron in the body.

• Niacin

- Niacin contributes to normal psychological function.
- Niacin contributes to normal energy-yielding metabolism.
- Niacin contributes to normal functioning of the nervous system.
- Niacin contributes to the maintenance of normal skin.
- Niacin contributes to the reduction of tiredness and fatigue.

• Vitamin B6

- Vitamin B6 contributes to normal red blood cell formation.
- Vitamin B6 contributes to normal cysteine synthesis.
- Vitamin B6 contributes to normal protein and glycogen metabolism.
- Vitamin B6 contributes to normal energy-yielding metabolism.
- Vitamin B6 contributes to normal functioning of the nervous system.
- Vitamin B6 contributes to the reduction of tiredness and fatigue.

• Folate

- Folate contributes to normal blood formation.
- Folate contributes to normal psychological function.
- Folate contributes to the normal function of the immune system.
- Folate has a role in the process of cell division.
- Folate contributes to the reduction of tiredness and fatigue.

• Vitamin B12

- Vitamin B12 has a role in the process of cell division.
- Vitamin B12 contributes to normal red blood cell formation.
- Vitamin B12 contributes to normal energy-yielding metabolism.
- Vitamin B12 contributes to normal homocysteine metabolism.
- Vitamin B12 contributes to the normal function of the immune system.

- Vitamin B12 contributes to normal functioning of the nervous system.
- Vitamin B12 contributes to normal psychological function.
- Vitamin B12 contributes to the reduction of tiredness and fatigue.

• Biotin

- Biotin contributes to normal macronutrient metabolism.
- Biotin contributes to normal energy-yielding metabolism.
- Biotin contributes to normal macronutrient metabolism.
- Biotin contributes to the maintenance of normal skin.
- Biotin contributes to the maintenance of normal hair.

• Pantothenic Acid

- Pantothenic acid contributes to normal mental performance.
- Pantothenic acid contributes to normal energy-yielding metabolism.
- Pantothenic acid contributes to the reduction of tiredness and fatigue.

• Iron

- Iron contributes to normal formation of red blood cells and haemoglobin.
- Iron contributes to normal oxygen transport in the body.
- Iron contributes to normal cognitive function.
- Iron contributes to the normal function of the immune system.
- Iron contributes to the reduction of tiredness and fatigue.

• Iodine

- Iodine contributes to normal cognitive function.
- Iodine contributes to normal functioning of the nervous system.
- Iodine contributes to the maintenance of normal skin.
- Iodine contributes to the normal production of thyroid hormones and normal thyroid function.

• Zinc

- Zinc contributes to normal acid-base metabolism.
- Zinc contributes to normal macronutrient metabolism.
- Zinc contributes to normal cognitive function.
- Zinc contributes to normal fertility and reproduction.
- Zinc contributes to normal DNA synthesis.
- Zinc contributes to normal carbohydrate metabolism.
- Zinc contributes to normal metabolism of fatty acids.
- Zinc contributes to normal metabolism of vitamin A.
- Zinc contributes to normal protein synthesis.
- Zinc contributes to the maintenance of normal bones.
- Zinc contributes to the maintenance of normal hair.
- Zinc contributes to the maintenance of normal nails.
- Zinc contributes to the maintenance of normal skin.
- Zinc contributes to the maintenance of normal testosterone levels in the blood.
- Zinc contributes to the maintenance of normal vision.
- Zinc has a role in the process of cell division.
- Zinc contributes to the protection of cells from oxidative stress.
- Zinc contributes to the normal function of the immune system.

• Selenium

- Selenium contributes to normal spermatogenesis.
- Selenium contributes to the maintenance of normal hair.
- Selenium contributes to the maintenance of normal nails.
- Selenium contributes to the normal function of the immune system.
- Selenium contributes to the normal thyroid function.
- Selenium contributes to the protection of cells from oxidative stress.

• Manganese

- Manganese contributes to the protection of cells from oxidative stress.
- Manganese contributes to the maintenance of normal bones.
- Manganese contributes to the normal formation of connective tissue.

• Chromium

- Chromium contributes to the maintenance of normal blood glucose levels.
- Chromium contributes to normal macronutrient metabolism.

• Kelp (*Laminaria japonica* Aresch) Plant Extract

- Strengthens immunity. A generally restorative product for the maintenance of body's functions – ensures the necessary amount of iodine in the body for the physiological self-regulation of iodine exchange, strengthens the immunity.*